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DISEASES OF THE THROAT.

1. Sore, inflamed or swollen throat, diphtheria, cancer of the throat, etc. Right hand on throat, left hand on the back of the neck. Intention: Dispersion of the abnormal conditons. Also blow some sulphur into the throat with a glass pipe, or let the patient inhale the smoke from burning sulphur if the case is severe.

2. Singers' or speakers' throat troubles, weak voice or exhaustion—Left hand over throat, right over the base of the neck. Intention: Attraction of more life.

DISEASES OF THE CHEST AND BOWELS.

1. Bronchitis, bronchial catarrh, asthma, etc.—Left hand over bronchial tubes, right hand on back between the shoulders. Intention: More life in the afflicted parts.

2. Lung fever, inflammation of the lungs—Right hand over front part of the chest, left over back, first on one side and then on the other. Intention: Dispersion of inflammation.

3. Consumption—One hand over the front part of the right lung and the other in back (immaterial which). Intention: To send a current of magnetism through the lungs and stimulate the latent life forces. When the right side has been treated, the left must be treated also, unless the right lung should be affected. Deep breathing exercises should be recommended, and practiced very carefully.

4. Weak heart action—Left hand over the heart in front and right hand in back. Intention: More activity and life.

5. Too strong heart action. Change hands, so that

the right hand comes over the heart in front. Intention: Dispersion of the over activity.

You can also make the dispersive movements in all directions away from the heart with your right hand, as in the case of cancer or sores. Also lay cool wet cloth over the heart and bathe the feet in warm water if they are cold, to draw the blood away from the heart into the extremities.

It should not be forgotten that people who use little judgment, may do a great deal of harm. One lady wrote to me that a cancer started under her arm near the right breast, because an Osteopath in treating her for another ailment had sunk his fingernails into her flesh there.

Some time ago a countryman (who had *not* studied my course), wrote to me that he treated a man with a weak heart. He said in substance: "I rubbed and rubbed, and treated and treated, and in spite of all I could do the man died in a few days."

The wonder to me is, that the man did not die under the first treatment.

Rubbing, or massage, has, of course, its uses, but it should be remembered that the efficacy of the magnetic treatment does not lay in "rubbing," but in the application of healthy human magnetism, coupled with intelligent suggestions.

6. Torpid liver—Left hand over liver, right in back. Intention: More life and activity.

7. Stomach trouble—Left hand over stomach in front, and right hand in back. Intention: More life.

8. In indigestion and bowel complaints, the stomach should be treated and also the bowels. In diarrhoea the right hand should be over the bowels, the left in back. Intention: Checking of the over-activity within the bowels.

9. In constipation the hands as well as the intention are reversed, as there is a demand for a greater activity of the bowels. The bowels, especially along the large

colon, may be kneaded, and warm water injections may be recommended.

10. In diseases of the bladder the need is more life to overcome the difficulties, unless there should be inflammation. Treat according to requirements.

THE SEXUAL SYSTEM.

1. Inflammation of the ovaries and womb. Treat for dispersion.

2. The falling of the womb, leucorrhoea, bearing down, etc. Treat for more life and strength in these organs with left hand over the affected parts in front.

3. In cases of sexual debility in men, treat for more life and vigor. Advise them to read "The Mastery of Fate," and deep breathing.

Profuse Menstruation. Place the left hand over the region of the ovaries, and the right hand over the sacral plexus (just above the waist line), with the intention of forcing the negative, soothing current through the disturbed region from left to right in order to quiet the over-active organs. In cases of hemorrhage, or bleeding, the treatment is the same. Good results are also obtained by the use of the European method (downward passes).

Suppressed Menstruation—Requires a reverse position of the hands, with the intent of forcing the positive, stimulating current through womb and ovaries, in order to arouse the life forces to greater activity. The patient should also be instructed to concentrate her attention for some time mornings and evenings upon the ovarian region, *willing and expecting* that more life should manifest there.

Prolapsus of the Womb.—This is a relaxed condition of the vaginal tract, and its successful treatment requires the co-operation of the patient. The healer should treat for more life and vigor, placing the right hand over the lower abdominal region, and the left hand over the sacral plexus.

The patient, on her part, should lie flat upon her back several times a day, and repeatedly contract and relax her vaginal muscles internally, which will tone up and strengthen the organ wonderfully. This should be done particularly in the morning, and after longer periods of rest during the day, when the womb has had a chance to get back into its normal position.

If the womb tips backward, the patient should lie on her face while contracting the vaginal duct. If it tips to one side, she should lie on the opposite side, to give the womb a chance to fall back to its normal position. But if it falls forward, she may lie on her back. In all these cases it will be found helpful if she can lay with the central part of the body (the hip portion) raised higher than the head and shoulders. If the womb tips forward it will be found helpful, if she can lie upon the floor with the limbs from the knees to the feet resting on a low bed or sofa, while the limbs from the hips to the knees are in a perpendicular position, with the calves of the legs drawn close to the side of the sofa or bed. While in this position, the labia may be pulled apart to admit the air into the vagina, which will make it easier for the womb to drop back into place. In all cases of womb trouble, vaginal injections of warm water of a temperature not less than 100 degrees Fahrenheit, and not more than 110, will be found of great benefit. This not only removes all discharges, but also stimulates circulation.

Mentally and emotionally the patient should remain quiet, and to some degree physically as well. Hygienic conditions should be maintained in all cases. She should get plenty of good air, light, nourishing food, etc.

The question of the propriety of treating such cases by contact with the bare skin by male healers, must be settled satisfactorily before treatment is given. It is always best to employ a lady healer to treat female complaints, but where this is impossible, the consent of the patient must be obtained first, and even if she sub-

mits, there should be present the husband or some friend belonging to her own sex. This is necessary in the interests of both healer and patient. But where the consent of the patient to a direct contact cannot be obtained, it is best to treat over the clothes, a sheet, or a bath robe.

MENTAL CONCENTRATION.

A good Healer must have faith in himself and his methods. He must believe that he can do what others can do. Confidence will come with his successes, but until he has success, he must at least act as if he had all the confidence in the world. A distrust in one's power and ability is always fatal. It is true that "fools often rush in where angels fear to tread," but the fools often carry off the palm for that reason. Only he who dares will win.

The man who is strong mentally, always knows how to control his mind. He who possesses this most enviable faculty is always cool and collected in emergencies. He can pursue his work or studies amid the greatest din. He can concentrate his mind on any given point and keep it there, while the weak-minded person loses his balance easily, gets nervous and is carried away by every unusual occurrence that happens around him. Since the faculty of mental concentration is so desirable, we will give a few hints how it may be developed or strengthened. There are two states of concentration, the negative and the positive. When you listen attentively to some one, you are in the negative or passive mood. You are then open to suggestions coming to you. We have little to do with this state, except when we desire to cure ourselves of some disease. Then we make ourselves passive to the inner power, which will heal us if we trust it and relax body and mind, so that it may restore the lost harmony. Fear and doubt always paralyses this inner restorative force and keeps it from operating as it should.

If we desire to heal others, or concentrate our minds

on some mental work, we have to be positive and actively control our thoughts. We must keep the mind steady and in active motion on the thought or thoughts we desire to work with. If you wish to treat another, always WILL that your words or thoughts should reach and impress him. Think or speak with a will. The active, positive, aggressive thinker and speaker will always impress others and be successful in his dealings with his fellowmen. He is apt to be the successful man of the world, while his more negative brother will be a dreamer, a prophet, or seer, always open to control from the spiritual side of life as well as to suggestions from the material or physical side. No man is absolutely negative or positive. Luckily for most people, they are positive in some things and negative in others. But the wise man always strengthens the weak points in himself, and as we are all liable to be impressed by others to our own detriment, we should all learn the art of becoming mentally positive or negative at will. In order to be positive, we should be able to hold to whatever thoughts we choose. To strengthen this faculty, you should choose some subject for a 5 or 10 minutes practice every day. If you choose the word "God," for example, think of all this term means to you. Look at your subject from all points of view. Go around it as much as you please, but never lose sight of it. Refuse all thoughts standing room but those that have direct relation to your subject. Again, try to write on one subject for some length of time every other day, or twice a week. But be careful that all that you write relates only to your subject. You don't know to what great things this one practice may lead you. The world's greatest geniuses never knew what they could do until they tried. Try, by all means, to read and write where others move about or talk. You may be annoyed at first, but eventually you will gain such perfect control of your mind as to be master over it. What this means to you? It means health and success. It means the Mastery of Fate.

GENERAL HINTS FOR HEALERS AND PATIENTS—HOW TO FAST.

The intelligent healer should be fully conversant with human anatomy, physiology, and particularly hygienic requirements, such as proper light, air, food, etc., and the various uses of water, such as bathing, injections, hot and cold water applications, etc. He should know about the uses of lemons, pepper, oil and other things as an aid to his treatment, and his success will be measured by the degree of his knowledge. He should not consider Magnetism in the light of a cure-all, but admit that its application has its limits. Let him study as much as possible the best that modern science knows about the cure of disease by any means and we strongly urge those who are in a position to do so, to study medicine, or take some course which will admit them in their state as a regular practitioner, and thus save them from annoyances and persecutions.

It would be outside of the limits of this course to attempt a discussion of the various hygienic and other measures that may be used to aid nature in restoring normal conditions. I must refer the student to standard works along those lines. If I make an exception in the following article, it is for the reason that the subject matter is rarely ever treated in those works.

For various reasons which I have not space to enumerate here, we do not live in harmony with the laws of nature, and we have to suffer the consequences. The digestive apparatus becomes involved and we suffer from stomach trouble, constipation, dyspepsia, and a hundred other ills. Assimilation or nutrition is interfered with and the other vital organs such as the liver, kidneys, heart, etc., suffer in consequence. The nervous system also becomes weakened, and we have nervous debility, prostration, and even mental derangement. To the student of Personal Magnetism it becomes a question of prime importance of how to regain his physical balance if he has lost it.

Body and mind influence each other. Our thoughts and feelings either promote physical health or impair it. It is a question for debate whether fear, anxiety, worry, anger, jealousy, etc., are not more often the cause of the derangement of the digestive organs than improper food and overeating. The student should henceforth cultivate a serene mind, and suppress as much as possible all harmful thoughts and emotions. The study of my work, "The Mastery of Fate," will aid him materially in this. Someone has said, that there are two things we should never worry about, those we could help, and those we could not help. If you can help matters, then go and do it, and if you cannot help to make them better, then no amount of worrying will make them so. But *it will make you worse*. It will impair your health, impair your nervous, magnetic and mental forces, weaken you all over and make you unfit to cope with your present and future problems. You may have been hypnotized into the belief that you *had* to worry, and *could not help* getting angry, etc. But I tell you as a matter of actual experience that we *can* by a steady and persistent effort overcome these things to a remarkable degree, and in the measure in which you do will you gain in will power, mental, nervous, magnetic and physical vigor, and you know what that means to you. It means that your grip on and control over circumstances (and your fellow-men) will become more firm, and you add to your success and happiness.

If your digestive organs are now out of order, you can regain the lost balance by a system of fasting, as I shall outline to you. The first week you should fast only one day. Then wait two weeks and fast two days. After another interval of two weeks you may fast five days in succession. This may seem an enormous task to you, but if attempted with determination, it will be easy. The first three days you may keep at work at your daily labor, unless it should be too hard. The last two days out of the five you should stay at home, but keep up and move around some. Read good and helpful books

or papers, and keep up spirits. You should take nothing into your stomach during this fast but water. Otherwise it would not be a fast, as anything else but water will start the gastric juices in the stomach, and the process of digestion will go on, whether you have much or little in it. Do not eat a full meal right after your fast, but eat first some roasted corn ground fine. With this you can eat some raw tomatoes if they are in season. Two hours after this you may eat your regular meal.

You should inject into the colon through the rectum from one to three quarts of warm water. Let the water be quite warm, however. Do this once a day for the first three days of your fast. After this the colon will be empty, and there will be generated a secretion which passes from the outside of the walls into the colon. This loosens and carries off all the matter that adheres to the lining of the walls, and the whole colon will be cleaned out thoroughly. This cleaning takes place *after* the third day, and should you break your fast before this it would not do much good beyond the rest which your digestive organs got. You will lose some flesh during the fast as the body will consume some of its fat and tissue, but there will be eliminated from your system great quantities of dead matter which it was unable to dispose of before. The whole system will undergo a thorough cleaning. After you fast you will regain more flesh than you lost. This fast will successfully break up and vanquish a great number of ailments, and when you are through you will feel like a new creature. It will rejuvenate you and give a new impetus to all the vital organs that have acted in a sluggish manner before. The face will look bright and fresh, the skin clear, and blotches and pimples will be gone. But I must desist from enumerating the advantages to be derived from this fast for want of space. I will only add that it should be recommended to all who desire to overcome the tobacco or liquor habit, as it will assist in eliminating from the system all particles of alcohol or nicotine.

There is another method for strengthening the digestive system, and that is the two-meal-a-day system. Particularly those who are compelled to live sedentary lives with little muscular exertion, should adopt this system. Go without breakfast altogether, and up to noon you should take only water, hot or cold, as milk, tea or coffee will start the process of digestion, and the object of the system is to give the organs a longer rest. After the first few mornings you will experience no feeling of hunger when breakfast time comes around. Eating between meals is a most pernicious habit, and ladies especially suffer from its evil effects. Under this head comes also the eating of candy at all times during the day. All those who wish to become Magnetic persons must adopt hygienic methods of living, as all violations of the laws of nature are sooner or later punished with the destruction of health, and only healthy people can be very Magnetic. If you suffer from the derangement of the digestive system, give one or the other (or both) of the above methods a thorough trial, and you will thank me for having written this lesson and given it to you.

GALL STONE.

This is a very painful ailment, oftentimes accompanied by chills and vomiting. Heat the hands very hot and place the positive hand over the seat of pain, with the left hand on the opposite side of the body, exercising a strong intention to force your magnetism through the affected part and overcome the trouble. Continue the treatment until you get good results. Intend in your treatment that the gall stones shall pass away. To prevent the formation of gall stones, treat as for liver troubles.

MALARIAL AND OTHER FEVERS.

The treatment for all fevers is practically the same. You can simply grasp the patient's hands in

yours, exercising a strong intention to reduce the fever to normal, and you will rarely ever fail. You can also, in addition, make long passes from the head to feet, barely touching the patient's body (or not at all), intending to reduce the fever.

APOPLEXY.

Treat by placing the right or positive hand on the patient's forehead and the negative hand low down on the back of the neck, exercising a strong intention to force your magnetism through the body and relieve the pain. Then make long passes with both hands from head to feet with the intention of drawing the blood away from the brain, thus relieving the pressure.

CATARRH OF THE BOWELS.

This ailment may be either chronic or acute. It is usually the result of constipation. Treat by placing the positive hand just above the small of the back and the left or negative hand on the abdomen. Force the magnetic current through for a short time, then reverse the hands and throw the current from front to back. Finish with the General Treatment.

CATARRH OF THE BLADDER.

This ailment may be either acute or chronic. Treat by placing the positive hand over the sacral plexus of nerves just above the waist line, with the negative hand in the region of the bladder, and force the magnetic current through for ten or fifteen minutes, moving the hands about at will. With this ailment, the patient should drink nothing stimulating, and a warm hip bath each day will prove beneficial.

LOCOMOTOR ATAXIA.

This ailment may arise from innumerable causes

and hardly any two cases are exactly alike. Usually accompanied by constipation. Treat for constipation, to relieve this condition, and also give the General Treatment, and in addition treat the bared body from head to feet with vigorous passes with both hands, paying particular attention to the spinal cord.

RHEUMATISM.

This ailment may be either chronic or acute. A little hard to overcome in some instances, but you can cure every case by persistent effort. If rheumatism is in either arm, place your positive hand on the patient's shoulder, hold his hand in your left or negative hand and exercise a strong intention to force the magnetic current down the arm. Then stroke the arm from the shoulder to the finger tips vigorously with your positive hand, with the intention of forcing the pain out at the finger tips. If the trouble is in either leg, place your positive hand over the sacral plexus, just above the waist line, with the negative hand grasping the foot of the leg which is affected, and then proceed exactly as indicated in the treatment for the arm. If the pain be in the trunk, place positive hand over the seat of pain, with the negative hand on the opposite side of the body, and force the magnetism through the body with the intention of overcoming the pain. Finish each treatment with the General Treatment.

PILES.

Usually the result of constipation and caused from straining at stool. Treat exactly as for constipation, intending to cause a healthy action of the bowels. Also give patient magnetized water with which to bathe the affected parts.

LUMBAGO.

This is an ailment of a rheumatic character in the

back, and can be easily overcome by giving the General Treatment.

PARALYSIS.

There are many varieties of this ailment. Give the General Treatment and in addition, treat the paralyzed part just as you would for rheumatism, exercising the intention to force new blood and life into the lifeless portion of the body.

BRAIN AND SOLAR PLEXUS.

These organs are more closely connected with the soul than any other organs of the body. By the brain I mean the three brains, viz., the cerebrum, cerebellum and medulla oblongata. The solar plexus is the chief nerve center of the sympathetic nervous system. It controls the involuntary functions and processes of the body. At times it becomes too active, and again it will not be active enough. It is particularly sensitive to emotional stimuli or depressions, and responds to some degree to various states of consciousness.

Knowing, then, that all parts of the physical system are supplied with nervous energy and vitality through these nerve centers or brains, the intelligent healer can increase the efficacy of his treatments very materially, if he will, besides treating locally, also treat the nerve centers. In all cases of abnormal physical activity, he may place his left hand on the top of the head, with the right at the end of the spine, and *will* that the negative, quieting current should pass down the spine and impart its tranquilizing influence to the brains and spinal cord, from which the various nerve branches emanate. After having the left hand at the top of the head for a few minutes, it should be placed at the back of the head, and a few minutes later upon the neck (first the upper part, and next the lower). The

right hand should remain at the end of the spine while the position of the left is thus changed.

Next, he may treat the solar plexus by placing his left hand over the pit of the stomach, and the right hand at the patient's back, opposite the left hand. The intention again should be to impart a soothing influence to that nerve center.

In chronic ailments, or in cases where stimulation is needed, the position of the hands should be reversed. The intention should be to send a positive, stimulating current through the patient's nerve centers, in order to rouse them to a more active condition, thus stimulating the various physical organs and functions dependent on them.

THE USE OF SUGGESTION IN MAGNETIC HEALING.

Suggestion is such a powerful factor because it gives shape and direction to man's sub-conscious energies, which in turn direct or influence the physical energies. You let a drop of cold water fall on the hand of a subject during hypnosis and tell him that it is scalding hot, and you may be surprised to see this cold water raise a blister. I have reduced a swollen face to its normal condition inside of fifteen minutes by commanding it to go down. I have seen a healthy man put in a fever and back again to his normal condition within ten minutes. I have witnessed a reduction of the pulse in another from 74 beats per minute to 26, and I know that it can be stopped altogether. The student of psychology is astounded by the results of experiments which prove that the sub-conscious forces of man have a wonderful control over the body, if exercised in faith and with a will. These results appear to be more readily obtained in hypnotic subjects, because the objective, reasoning mind, is for the time being, held in abeyance. But suggestion applied in the waking condition may be as efficient. This objective mind is man's guide through his material existence. However it often reports to the soul the limita-

tions of material conditions; until the latter comes to believe *that it is subject* to the limitations of matter. This is the false spirit or consciousness which man must overcome if he would enter the true kingdom of power. He must become like the child which in early infancy believes it CAN do all things. Christ told us that if we have faith in our power, we can remove mountains, and do all the works which he did.

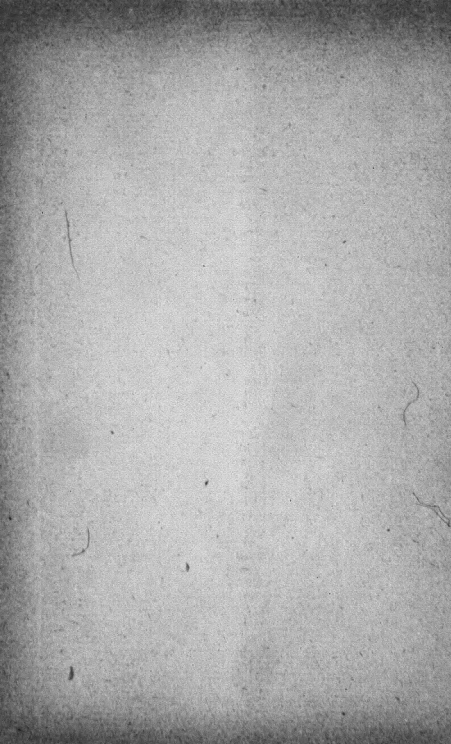
Those who have trained their objective minds to believe in the glorious powers of the soul, have learned to do some of the works which the master did. The belief in a great many limitations is in many instances a false belief, but it is real to us, and our subjective minds act in conformity to it as long as we hold to it. As it is, we are affected by all suggestions coming to us, so long as we believe them to be true. You probably have heard of the man who was made sick because several persons told him he looked sick. Thought, or suggestion, calls into play one or more of the emotions, and these all have their effects in producing distinct chemical changes in the blood, the secretions, and the tissues of the body. Experimentors in Psycho-Physics have given to the world an absolute scientific demonstration of this fact. This is so, because thought is a force, which, although it acts primarily on the mental and emotional planes, affects the physical body through these. Prof. Crooks demonstrated that thought could move a pendulum and tip a scale. If it can affect even grosser substances, what wonder that it will affect the human body in such powerful ways. We all have felt its might. We know exactly what feelings and sensations different thoughts, if believed in, will produce in us. Each emotion affects us differently. That of grief is different from that of anger. It produces different physical changes, and makes itself felt in different sensations. Some emotions, if intense enough, produce a shock that severs the connection between soul and body. Others, if continued long enough, will start a process of disintegration, which, if not arrested, will result in death. An angry man's bite, like a mad dog's, may cause blood

poisoning. A violent fit of anger will poison the mother's milk to such an extent that the baby who drinks it may die in convulsions. What is the cause of all these various results? Some thought or suggestion. Thought affects the body for good or ill, and it controls our mental, moral and social life. We are all the slaves of suggestion, and he who learns to use it intelligently becomes a master.

Now let us make practical application of the facts we have learned. NEVER make a discouraging suggestion to your patients. Give them a positive assurance that their cases are curable and that you can help them if you believe you can. Don't allow any one else to discuss their troubles except in an encouraging manner. Advise each patient to think and talk as little as possible about his troubles. Teach him what power there is in thought. Give him a line of suggestion which he must make to himself at home, a number of times each day, something like the following:

"God is everywhere. He is Life. Life is omnipotent. Life is in me. It is in the diseased parts of my body and I can command my sub-conscious forces to send the life forces to the affected parts, where they will overcome all inharmony and produce normal and healthy conditions. Life and Health SHALL rule. I DEMAND it. I am ruler in my own domain, and my forces must obey the mandate of my will."

Will this method effect instantaneous cures? Sometimes, but most generally it will take some time. People who are very susceptible will note a more speedy change for the better than those who are less so. Only repeated affirmations will make an impression on the subjective forces of the latter class strong enough to effect a cure. You must lead your patient to EXPECT a cure as the result of your efforts and his. Further, you must direct him to fix his attention on the seat of his troubles with the intention of stimulating his restorative forces. Through his fears he has produced or intensified abnormal activities there. Now he must use the same law with the purpose of bringing about contrary results.



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