

1111:
A Complete Course of
Instructions

in the giving of

Absent Treatments

with Rules for Guidance of
Healer and Patient.

By
"THE HEALER."

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A Course in Absent Treatment

By "The Healer."

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In the course of a long life devoted to the cultivation of what is now known as the thought-force, I have had many opportunities of proving alike to the satisfaction of myself and of my patients that it is not only possible to project Healing Thought, which is the fundamental energy of life, to any distance, but that it is also possible to teach to others the secret of the power, if you please to call it so, which I have made my own. I know quite well that many of the readers of this present Course of Instruction have been led to believe that there is no other power at work in performing these cures by distant healing but the Imagination of the patient, or, the Expectant Attention of the patient. I will give due credit to the Imagination and to the Attention, but I must be allowed to retain my earnest belief that there is a force at work which is as much superior to the force of what is called Suggestion, or Imagination, or Attention, as the telegraph is superior to the mail service. I believe that Thought is Energy; that it is dynamic; that it is transferable; that it contains within itself potencies of good and potencies of evil; that I can injure by my thought as certainly as that I can cure by my thought. After eliminating all examples of cure which have occurred within my own practice which might be traced possibly to the use of the Imagination, or of Expectant Attention, or of simple Suggestion, I find an enormous number of cases which cannot be explained

upon any such hypotheses. The only explanation of such cures possible is that I was enabled to transmit Thought, Healing Thought, across distance in some manner, the mechanism of which is at present unknown to us. I do not expect to be able to teach you what Thought is, because if we knew that we should probably have arrived at the heart of the mystery of creation. I do not think that it will ever be given to man to know the composition of Thought. I want to teach you only how you may use Thought-transmission for the benefit of yourself and of others. If you know this, if you know how to do this, and how to use this power at will, you may be well content not to worry yourself about the composition of Thought or the analysis of Energy; it will be sufficient for you that you are enabled to do great good in the world. I take it that most of you who apply to me for this Course of Instruction are already readers of SUGGESTIVE THERAPEUTICS, and have already received and studied the Course in Mind Reading which has been mailed to every one upon receipt of subscription, and you are therefore aware of the first steps considered necessary in the cultivation of Thought-transference. I do not, however, consider it indispensable that you go through the long course of preparation there outlined. I think that you will find as I found that the projection of thought is an extremely simple matter. It is in my opinion so simple that its very simplicity has caused its amazing force to be overlooked in this age of difficulties surmounted. I do advise you, if you have leisure, to go through the detailed experiments as given in the course of Mind Reading sent out by the Psychic Research Co., if they are new ground to you and if you have the time to spare. But I mean to say simply that you can project thought and begin at once to help others without going through any experiments in either

Muscle-Reading, so-called, or Mind-Reading. Your work should begin at once from the centre. There is really no beginning and no ending to this power. It is in every one of us fully developed. It is not a thing of development. It is not a thing of degree. All that is necessary in order to project thought successfully is the motive, the intent, the good purpose, the wish to help, to assist, some one sick and in suffering. This wish or this desire carries with it a full sense of power to do that which you wish to do. You can project thought because you desire to project thought, because your wish is good; it is very different in the field of action; in the realm of thought you, a weak man or woman, are as powerful as the strongest; physically you may not be so, but in thought you are, I repeat, as strong as if you were physically whole and sound. Bear this point very carefully in mind; throw out from your mind all self-distrust; do not believe that because you are yourself perhaps sick and weak therefore you cannot do any one any good. The reverse is true. Some of our greatest Magnetic Healers were by no means physically robust; but they, and all of my pupils, without exception bear witness to the fact that they gain strength themselves in the same proportion that they give strength to others; that while they send out to their patients and their friends, and even to their enemies, full currents of strength-giving healthful thought, they are constantly receiving back, as it were by a return current, renewed health, renewed hope and courage along the thought-plane. The philosophy of this work is very beautiful. It aptly bears out the teachings of Christ. It is a casting of bread upon the waters which returns again and again. It is a giving of alms which is restored to the giver an hundred fold. It is for many the gate not only to physical strength and health but to the unfoldment of the

higher life within. The development of the spirit along the thought-plane (which is indeed to me the spirit plane, the spirit-consciousness) is very marked among those who give themselves in thought to the pursuit of this noble work.

We must not overlook in the treatment of our patients those material aids to physical health which are the mainstay of every reasonably conducted sanitarium in the world to-day. While I may believe with many of the best thinkers of the age that the practice of medicine as we know it to-day is largely an experiment and uncertainty, yet we must not disparage the great work of those far-seeing physicians who have made the practice of preventive medicine their study; who have given their time to the better knowledge of Hygiene, of Diet, of Massage, of Electricity, Water and Rest, preferring to work with the reasonable and simple means which nature has placed in man's way for the improvement of his physical condition, rather than to experiment with dangerous drugs. Chief among these aids to health I place the right use of Breathing. I desire you especially to instruct your patients in a knowledge of the value of the right use of the lungs to man. In the Bible the word "spirit" is used in place of the strict meaning of the Greek word "Pneuma," the Breath. The importance of breathing is never properly enforced upon the young; if it were, there would be in this country no such thing as tuberculosis; no such thing as consumption; since every physician will agree with me that no child is ever born into this world having consumption developed in him. A proper exercise of the lungs would absolutely prevent the development of the germ of this terrible scourge, and I therefore make it a most important point in this Course of Instruction that you add to your treatment and to your form of treatment a letter couched in the

following terms, to be sent together with your form for treatment to each one of your patients. Let your letter be headed :

Guidance for Absent Treatment Patients.

Dear Friend:—In order that you may get the full benefit of this course of treatment which you are about to go through I want you to pay particular attention to two things. The first is the act of breathing, the second is the drinking of sufficient cold water, in very small quantities but very frequently, to greatly increase the quantity of blood in the system, and the third is the form of exercise for invalids which I have found most suitable for all—for weak or strong, young or old. Let us begin with directions for your improved form of breathing. You have been in the habit of taking a great many short and easy breaths in order to supply your body with sufficient oxygen to carry on its work. You have not probably once in the course of the day taken one full inhalation and exhalation. You have not taken in just as much air as your lungs could possibly hold and breathed out to the uttermost extent of compression which the lung-tissue is capable of. I want you to begin to understand that exhaling the breath, thus removing carbonic acid from the lungs, is just as important as inhaling. I want you to begin to breathe from the abdomen, instead of from the chest. Begin your breathing from the abdomen and carry it upward to the chest so that you feel that you are actually taking into your body all the air it can possibly hold. Let this be done gradually and without spasmodic jerkings of the muscles. Take ten such breaths as this in the morning first thing when you awake, long, slow, gradual, complete, breaths. If you should be a poor sleeper, and should wake during the night, repeat this operation, remembering this com-

forting fact, that you will do your system as much good by a half-hour's exercise of this kind as though you were indulging in the profoundest slumber. This is the method which gives to the body oxygen to destroy waste matter and to give heat for the increase of the bodily temperature. With the expansion of the lungs say to yourself, "I am taking in healing and strength with every breath"; every time you exhale a breath let it be with the words silently thought, "I am getting rid of weakness, of disease and of pain." Get these formulas by heart, use them by day and use them by night; never forget them. Whenever you go out from the house into the open air, take ten such breaths; complete inhalations and exhalations; breathe only through the nose. This will set the blood tingling and the heart beating powerfully and well, quickening the circulation and carrying life and health throughout the body. This will also prevent the taking of colds. You will be surprised how greatly the chest expansion will increase under this process of breathing exercise; in the case of dyspepsia too and all stomach troubles the abdominal breathing is as beneficial as massage and is sufficient in itself to cure many obstinate cases. Oxygen also is a great solvent. It is good for rheumatism. It burns and destroys the deposits in the system due to imperfect elimination of waste matter from the blood. Pay particular attention to the benefits to be derived from the deep breathing.

Now as to water-drinking. This is scarcely less important than the breathing. Every human being should take at least five pints of fluid of one kind or another during the day. Neuralgia, headaches, pains of various kinds and degrees, can almost invariably be traced to an insufficient supply of moisture for the body's operations. When the nerves are deprived of sufficient nourish-

ment they cry aloud, and their cry we call pain. When the blood is not sufficiently recuperated by the drinking of enough fluids for the body's welfare it draws upon the supply of fluid which the nerves themselves require; the result is that the nerves are starving for lack of moisture, and while the patient may appear to the eye to be only slightly anemic, the trouble is increasing with the passing of the years and soon assumes very serious proportions. Water should be drunk without ice, in small quantities, a sip at a time, a teaspoonful or a tablespoonful at once, with short intervals between, and while any form of fluid such as weak tea, coffee, cocoa, chocolate, etc., with the exception of alcoholic stimulants, is good, cool water is best. The effect of this continual water drinking is to clear the complexion, to give weight to the body, to give purity to the blood, and strength to the individual. Almost immediately a great change will be noticed. The laxative effects will at first be very marked, but afterwards this becomes a matter of no inconvenience. The improved sleep, the stronger respiration, the better heart's action, the buoyancy of returning health are all to be largely attributed to this great cleansing agent, Cool Water. Guard against drinking as much as even half a tumblerful at a time. Let there be a few moments rest between each teaspoonful or wineglassful, and the results will be unfailingly beneficial. There is no hour of the day when these instructions with regard to the drinking of water may not be followed. There is no hour of the day or night when this water-drinking, conducted according to the plans here laid down, will be other than a benefit to you.

Having now attended to the refreshments, so to speak, of the body, let us complete the directions by taking up the necessary consideration of the Third Arm of the Tripod upon which the

health of the body rests. This is summed up in what is known as Exercise. An invalid's idea of exercise is usually fraught with severe fatigue and some pain. The ideal form of Exercise which I recommend to you, and which carries with it no sense of fatigue whatever, is one which a few men have had the sense to copy from the animal kingdom. If you have ever watched a cat stretching its limbs, and sharpening its claws, you will understand exactly what I mean by Pleasurable Exercise. I do not require you to go for long walks or to fatigue yourself by lifting heavy weights. You are only required to relax and contract the muscles of the whole body, beginning with the hands and ending with the feet. The special beauty of this form of exercise is that it can be performed just as well when you are lying down in bed as if you were standing up. It is as easy for an invalid to take this form of exercise as for a well person. The first exercise in the morning for you when you are practicing your long deep breathing is to throw your arms over your head while lying in bed, grasping the head of the bed and stretching arms and shoulders sufficiently to influence the heart's action to a marked degree during the intaking of the deep breath. You will notice the effect upon the pulse and upon the circulation at once. Then stiffen the muscles of the arms for a few moments and suddenly relax them; so with the abdomen and the legs; so with the feet. Practice this contracting and relaxing of the muscles, and practice the stretching of the body, especially from side to side during the day-time, taking a deep breath and bending over as far as you can bend on one side, then exhaling, taking another deep breath and bending over as far as you can bend on the other side. The effect will be to repair wasted tissue in the body, to bring about a quicker and healthier circulation, and to tone up the system

to a better degree than would occur if you were taking outdoor exercise.

The importance of exercise of a mild and invigorating type to the invalid can hardly be overestimated. There is another process somewhat similar to the foregoing, and not generally known to the public which is called the System of Contraction, and which is a simple method of developing the strength of the muscles by a purely natural process. Hitherto it has always been held by our instructors in physical culture as essential to the development of the body that there shall be in connection with the exercise carried out a large amount of fatigue engendered by the severity of the training undergone. As a matter of fact, fatigue of any kind is directly adverse to the building up of the body. At no time should either a sick or a well person use his strength in lifting weights or in straining the muscles in any manner by walking, running, etc., to the point at which extreme fatigue is felt by the body. What is known as the System of Contraction is simply a healthy method of inducing through the muscular system a feeling of rest and relaxation following upon the contraction of the muscles of the body, and here I wish you to particularly note that this form of exercise is to be used as a preparation for the Distant Treatments for health which are to follow. That is to say, this exercise should be proceeded with about ten minutes before the hour set for the Distant Treatment arrives. Five minutes should be devoted to the exercise, and five minutes to restoring the system by complete relaxation to its condition of natural receptiveness, or passivity, thus restoring the equilibrium to the nerve-centers, quickening the pulse and heart's action, etc. The exercise is to be carried out as follows:

Imagine that you are about to raise from the floor a considerable weight. You would naturally in order to perform such a feat strain your muscles to a high tension. Act exactly as if the weight were in front of you, stoop down to the floor, straining all the muscles of the body as if in the act of lifting the weight, raise yourself gradually to your full height and slowly with muscles still contracted bring your hands together over your head, stretching them as high as possible, and raising yourself slowly to the tips of your toes. Then with the muscles still contracted lower yourself from the position of standing on tiptoe until your feet rest flat again upon the ground. This is the first exercise, and immediately your feet are firmly planted on the ground relax every muscle, resting while you count five. As a preliminary exercise it will be sufficient for the invalid to do this three times only at one sitting, watching the effect upon the body. If there follows a sense of pleasant languor, and lassitude, the exercise is doing the work it should do. It is not intended to really tire the patient, and if not carried to excess it will not have the effect of inducing fatigue, but will on the other hand result in bringing about that change in metabolism, and the reconstruction of cell life, which is necessary to health. As the patient grows stronger there are infinite varieties of this exercise which will commend themselves to him, remembering that the general law to be followed is never actually to raise any weight; never to use clubs or dumb bells or to impose upon the muscles anything in the nature of a strain. A surprising development in the physical strength will come about merely through this system of contraction and relaxation of the muscles of the body. It is a form of exercise which in a modified way can be practiced by the invalid during his return to health

at all times of the day whenever he feels the need of slight stimulus to the circulation.

Yours for health,

THE HEALER.

Now, to my students I say: You are to have printed and to send to each one of your absent patients a form containing all the directions given in the foregoing Common Sense Principles of Natural Treatment. You are also to send them a form for personal use containing directions which your patient is to obey, worded something as follows:

Absent Treatment, Case No. _____ Date _____

Dear _____:

Your application for Absent Treatment from me has been received and your case will be arranged for as follows: You will receive one Treatment each day of one hour, or two Treatments of half an hour each, whichever will be most acceptable to you. If you will kindly fix the time which best suits you when you can have one hour devoted to quiet contemplation without danger of being disturbed or interrupted I will arrange my time, having respect to the distance which separates us, so that at the hour you choose I shall send you strong currents of healthful thought. I desire you during the treatment to keep yourself as far as possible in a quiet, attentive attitude of mind, to sit in a comfortable chair or remain in bed with the eyes closed, breathing slowly and deeply, waiting merely for the effects which are to follow. Devote a few minutes before the beginning of each treatment to pleasant thoughts in a comfortable attitude of body and mind, thus preparing the way for the health-thought which is to come. This strong, but quiet, potential energy which is to be directed for your strengthening and healing is in part resident in yourself. I shall use the force that is within you, and direct it and develop it. You have powers within that you do not dream of. These powers shall be brought into action with your co-operation earnestly given, and the result will surprise you. There is no reason why

you should not mention to others that you are taking absent treatment, but I beseech you to take for your confidantes only such persons as will be in sympathy with the idea, otherwise you are liable to arouse discordance and criticism, which will interfere with the quiet soothing flow of the vital health thought. From this time on allow nothing but hopeful, pleasant thought and speech to engage your attention. If for any reason you feel depressed or miserable do your utmost to shake it off, attend to your breathing, divert your attention from your trouble by the rules for exercise given you above, and begin to make yourself a positive force instead of a negative. Begin to assert yourself, and to realize your own powers for good, instead of being as you have been merely an object of attack for disease and weakness. If disease has heretofore marked you out as a good victim make a bargain with yourself now that you will from this time on present a determined front to its attack, realizing that the power to resist its encroachment is within you, and that as you use this power you will find it grow and develop to your need. Do not be afraid to use the force which is your own. If you will turn down the gas or the flame of a lamp to a faint glimmer (or the use of any bright object in the daytime, such as a coin, will answer the purpose) and will fix your eyes, half shut, upon this object, resting with your muscles relaxed, you will soon become *en rapport* with me. You must receive now the assurance of my personal regard, and believe in my earnest desire to help you. Write and tell me at what time it will be best for you to receive Treatment, and I will then communicate with you by post card, telling you just on what day your Treatment will begin. If there is anything in the case which you have not yet told me about, do so now that I may fully understand it. At the end of your month's Treatment I request you to report to me concerning the progress you have made.

Truly your friend and helper,

THE HEALER.

This is the best form of letter which a Healer can send out to his patients. It is certainly much better that the Healer should write these letters personally than that he should have them printed, but I understand quite well that in the case of a large practice it is very difficult to personally write the first form. The letters of instruction and advice which follow of course should be written with a pen to cover the peculiarities of each case. I want to point out to you who are perhaps sick in body and who have taken up this line of work in the hope that in helping others you may help yourselves, that the projection of thought is merely an actual holding in the mind of a thought or idea of health. The manner in which you are personally to give this Treatment is as follows: You are to sit in a comfortable chair in a room as much secured from noise and interruption as possible, close the eyes, and hold in your hand the letter of the patient whom you wish to benefit, or hold in your mind the name of the person and his request. Repeat quietly to yourself the name and address of the patient. Go over rapidly in your mind the symptoms of which he complains, and then repeat to yourself this formula or something like it: "This patient complains of sickness. I project to him my healing thought, and call upon the power resident in him to meet me in this work of restoring harmony to his system. I cast out disease, which is lack of ease, and bespeak for him health renewed and returning happiness. Let his request be granted. I call upon the Great Power of Good Thought, which is Harmony, which is Universal Health, to aid me to reach this patient, and help him. This is my earnest demand." Repeat again to yourself the name of this patient, and couple with it the talismanic words "Health," "Happiness," "Harmony," "Peace." The Thought so projected does, according to my belief, fully reach the patient and is absorbed by his mind. There it expands and works within him, much as yeast ferments in flour and water. It

is not necessary that you should give up any length of time to the consideration of each patient unless you particularly wish so to do. The hour's Treatment is for the patient; this time is allowed in order that the Thought may have time to fix itself fully upon the attention of the patient, and, so to speak, work thoroughly into the system. You will find it of especial value to hold in your mind the last thing at night the Health Thought for the benefit of some patient, whose case particularly appeals to you as claiming your sympathy and compassion. If you are in pain, such a treatment given to a friend will lighten your pain; if you are sleepless, such a treatment will be the speediest means of tranquilizing your own thought, restoring the nerve equilibrium, and introducing harmony into your own system; if you wake during the night, you may bear in mind that you can instantly reproduce sleep for yourself by calling up the affliction of some friend to your memory and giving that friend a Health Treatment.

In every case I strongly advise you to inform your friends or your patients of what you are about to do. I do not for a moment say that you could not benefit them without their knowledge; I think you could; I think it is being done every day; I think that the Health Thought which is in its essence entirely good can give benefit without the knowledge or expectation of the patient, but I nevertheless think it better at all times to secure the cordial co-operation of my patients in this Treatment.

You have now received full instructions what to do, and full instructions how to do it. It only remains for you now to apply this teaching, and I shall be glad at any time to hear from you of your success.

Yours for a greater knowledge of the truth, in the hope that we may some day unite all peoples of the earth in one grand Health-Thought Society.

THE HEALER,

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