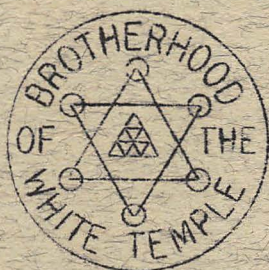
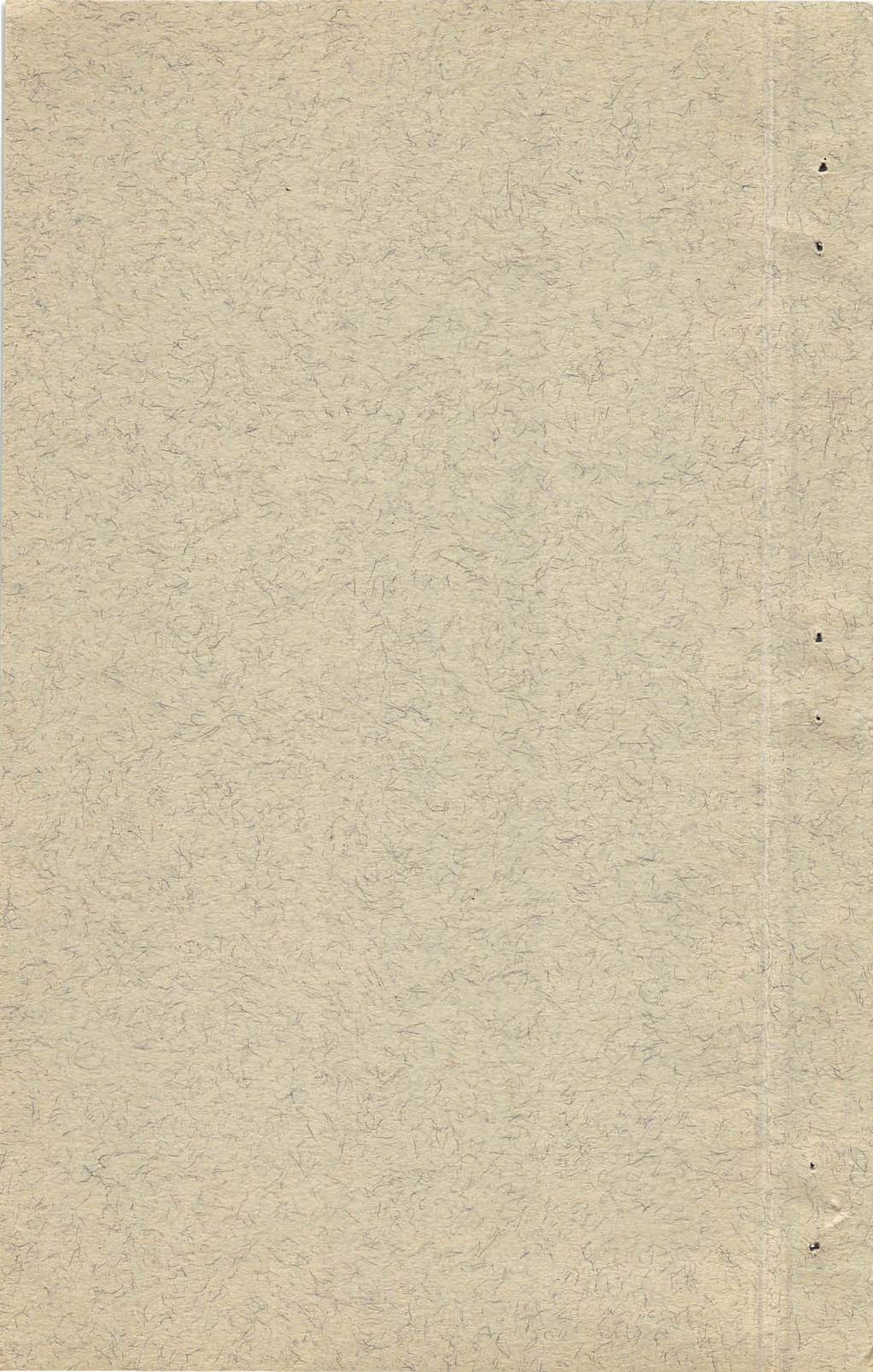


THE  
FOUR PLANES  
OF  
HEALING



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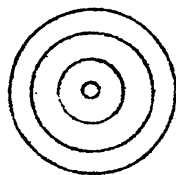




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A  
GUIDE  
FOR THE  
METAPHYSICAL  
HEALER  
BY  
DR. M. DOREAL



Fourth Edition

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SEDALIA, COLORADO

A

END

FOR THE

MAINTENANCE

HEATER

BY

C. M. DORR

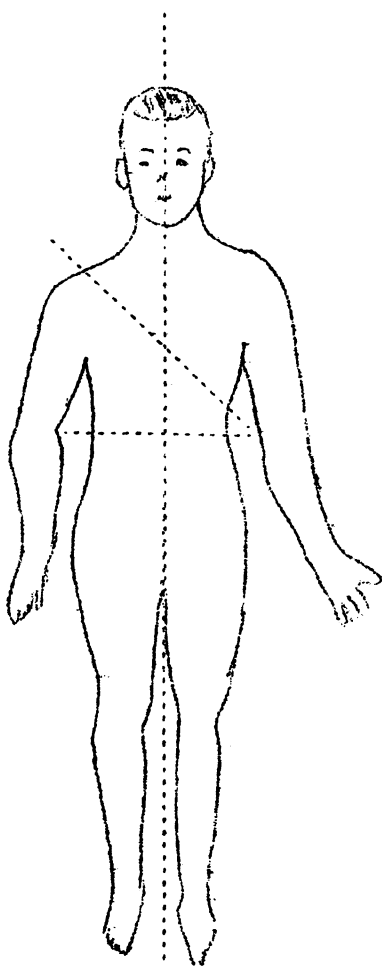


WORTHINGTON

CHICAGO, ILL.

JOHN HENRY STEINER TO GOVERNMENT  
CHICAGO, ILL.





POLARITIES  
OF THE HUMAN BODY

# LAWS OF HEALING

In beginning this book on Healing we are going to discuss the different kinds of sickness and disease, and the first two parts of this course will consist mostly of examples, etc. All through this course I will give methods for the diagnosis of the various aspects of sickness and disease. One of the most important things that the average metaphysical healer fails to take into consideration is the particular kind of disease that afflicts the patient. They seem to think that one kind of treatment will do for all.

I know that Spiritual Healing will reach people in a certain stage of development, but the average person has to be reached otherwise before response to spiritual treatment is possible. We consider sickness and disease as manifesting on four different planes; spiritual, mental, psychic, and physical. In diagnosing causes we find that many times a physical ill has a mental, or psychic, or spiritual cause; a mental ill, a spiritual or psychic cause. If we merely work to alleviate the symptom, we may banish that for a time, but if the cause is allowed to remain the same, or another symptom will appear. Ordinarily, something worse than that you have treated returns, because only the symptom has been touched. If a person comes to me and says, "I have heart trouble," and I



examine them and find heart trouble, I relieve that symptom; but if they go away and I do nothing more, they come back to me, or somebody else in a little while with something worse.

To my mind, there is no necessity for bodily ills whatsoever. Sickness is an illusion, but not in the sense that Christian Science and some other schools teach, for this is based on erroneous logic. I know that if I cut my hand, there is a wound and I do not say that the cut is an illusion; but what I do say is an illusion, is the belief that sickness and illness are necessary evils of humanity. There is not one bit of necessity for one human being to ever have an ache or pain, if they learn how to master the functions of their own body.

Every human body has two polarities; the left side is negative, the right side is positive; the lower half of the body is negative, the upper half positive in relationship to each other. We have three separate angles and directions that we divide the polarity of the body into. Starting at the middle of the right shoulder, we divide straight across it, slanting. The head is all positive as related to this angle. In dividing it in two, top to bottom, one side is negative and the other side positive; that is, in polarity. It is because the right side from the shoulder down is positive, that all magnetic treatments are directed through the right hand. For the same reason, if we begin to take on some of

the symptoms of the individual we are treating, we get rid of them through the left side of the body.

I am going to show you various ways of diagnosing a case. You can diagnose a case in several ways metaphysically, the easiest being through a certain form of mental relaxation; a closing off of the right, positive side, and opening the negative side to receive the impression.

A person will often come to you and say that they have such and such a sickness. What they think is the matter is not always the matter. You might treat that symptom and not get very good results.

It is very important in all Healing to be able to diagnose the case and find out which plane you have to work on.

When a person comes to me with physical ailments, the first thing to do is to relieve the physical symptoms; but the hardest job the healer has, is to get at the cause and eliminate that, as well as the symptoms.

A great deal of the sickness of the body is due primarily to an unbalanced condition of the magnetic polarity of the body. The ancient occultists knew that the balancing of the polarities of the body, so that the magnetic currents would sweep through unobstructed, was important for mental, physical, and spiritual heal-



ing, which consisted in shifting of the actual magnetic power of the Cosmos and allowing it to flow free and unobstructed. In the Kabbala, Schimeon Ben Joachai says, "Because I have kept these fasts all my days, I no longer have to fast; now I can feast." He had attained that perfect balance of the physical body, and had a perfect instrument for his mind and soul to work through. The days set aside for the ancient Sabbath were actually for polarization, for the balancing of the body so that the God within could function in balance. It was the one day out of seven set aside for the purpose of putting the body in harmony with the Cosmic Force. The person who is going to learn Healing should set aside an hour each week for the power and force and energy of the Cosmos to flow through in perfect balance, so that they not only have enough magnetic force to balance their own body, but enough reserve so that they can help others. Jesus had such a balanced condition of polarity in His own physical body that He could create the same condition at least temporarily, in another person. Jesus said, "I go to show you the way, I go to prepare a place for you, after this manner shall ye follow me." He did not mean follow Him physically but to follow the method that He had taught so that those whom He had taught could keep a condition of perfect, balanced polarity.

What is sin? There is only one sin, the sin of unbalance, of lack of harmony with the law of God. When this harmony

is attained, hold it, keep your consciousness, mind, and body in this condition. Those who do are able to pass on to higher planes of consciousness.

When the disciples came to Jesus and said, "Here is a man that you do not know, that is casting out devils in your name." Jesus answered, "Let him alone, he is doing good." Some people have the idea that they can set an idea or an aspect of truth aside, put a fence around it, and say, "This truth belongs to me." Jesus was big enough to realize that truth was not his alone, but that it belonged to anyone who was able to take it, and use it. It is too bad that some people these days cannot take the same attitude.

Usually, the reason that teachers and doctors require such a long period of time to heal their patients and sometimes do not heal them, is because there is some loss of monetary profit to them. I think that under certain conditions, the need of a physician is indispensable.

I had a girl come to me with what she had been told was stomach ulcers. Upon diagnosis, I found the physical cause in the appendix. She had nothing whatever the matter with her stomach. Her case had been erroneously diagnosed by a physician, who should have known better. When I told her what her trouble was, she could not believe me, for she had only been able to keep milk on her stomach for nine months. The reason for



this was that her appendix was so rotten, that it was secreting toxins into her system, which she was unable to throw off. It was so far gone that it was liable to burst at any moment. I advised her to have it removed immediately. She left for home and a few days later was brought back in an ambulance; her appendix had burst. After the operation she found her stomach trouble had disappeared. If she had come to me three or four months earlier, I could have saved her the operation, but she had waited too long; there was nothing to save. I diagnosed this particular case through taking on the condition in a manner to be shown later in the book.

We find that primarily, the cause of a great deal of our physical sickness, is unbalance of the polarities of the body. Nothing exists in the material world without the existence of two polarities, therefore we can realize that the body is both positive and negative, in polarity. We know that it is a law of physics and chemistry that like attracts unlike, therefore the directing of the magnetic force from the right side should be toward the left side of the body of the one who is to receive it. I use magnetic treatment for specific things, more especially for illness connected with the nervous system, because the magnetic force flows in part, along the nerve paths. Ninety per cent of all the nervous diseases are caused by one of two things, either the blocking of the neurons, or by the lack of proper secretion

from the endocrine or ductless glands. Ninety-nine times out of a hundred these conditions are caused by lack of mental balance, that is, the mental balance in relationship to the material world. A mind which is not functioning properly through the body does not allow proper coordination of all the various parts of the nervous system. Then we find that somewhere in the physical body there is a reaction, and the reaction of that part is conveyed back to the mind or brain. If something happens to shut off some function or flow, then we say that the magnetic force is blocked off, and there is an unbalance upon one side or the other. We know that the human breath comes through one nostril. If the magnetic force is properly balanced, an hour from now you will find that it has shifted to the other nostril. In the Cosmos there is a certain form of etheric energy that comes in two forms, positive and negative. If there is an over-balancing of one, then the physical body is not functioning as it should. We find sometimes that there will be a short period when one will breathe through both nostrils. A very good idea is to time yourself and find out which nostril you are breathing through, and an hour and fifteen minutes later, do the same thing. If you are breathing at eight through the left nostril and at nine-fifteen still through that nostril, you must shut that off and forcibly breathe through the right nostril. You must force the right breath flow till such time as the breath takes on its normal change.



QUESTION: How should one breathe if he has sinus trouble? ANSWER: In that case we have to use another method. If one has a nostril stopped up permanently, draw a deep breath in through the mouth. One side of the throat will feel cooler. The other, the side that feels warmer, is the side that the magnetic flow is coming through at the time. To shift, hold the corresponding nostril closed with the forefinger for about three seconds.

We find that a healer who is putting out a great deal of magnetic force every day has to have an over-balance of positive. If I am giving ten treatments a day, then I figure that I should breathe fifteen minutes longer through the positive to one hour negative. If I am treating twenty patients a day, I take an hour and a half positive against an hour negative. I allow a minute and a half extra for each magnetic treatment that I give. After I finish a treatment, I will force the magnetic flow through my right nostril for about three or four minutes, then shift it back again to the left; thus, I always have an abundance of force. I have given as many as forty-five treatments a day, and ordinarily that would drain all magnetic force out of me unless I increase the positive, magnetic flow. The healer above everything else, must always keep his own physical body in good physical condition. Thus, we find one of the very necessary things to know is the balancing of that magnetic polarity of the body. It is a

simple thing, easily controlled.

QUESTION: Can you do it without holding your nostril? ANSWER: Oh yes, you can do it by willing it. I have enough muscular control, so that I can close one nostril, while I open the other one. At first you will have to make a conscious effort to do these things, but after you have been using them for awhile, your subjective consciousness will take care of it. The first thing to do is to form a subconscious habit; and if we can superimpose a habit of absolute harmony and coordination, for one of inharmony, that harmonious condition will manifest itself in our conscious objective life. Occasionally when I have not had time to do any specific rejuvenating of magnetic force, I will do this: I take a deep breath, expand my solar plexus and will with all the power of my mind, to draw in the magnetic force through my left hand. At the same time, I clinch my right hand, and by so doing, create a subconscious mental picture of holding, which reacts on the magnetic flow, holding it in. We have to direct the mind to do what we want it to do. When we do that automatically, our subconscious shuts off all the releasing of force through the right side of the body.

Every person has two tiny centers in the brain, just above and behind the ears; two groups or areas of brain cells which control the subconscious or automatic balance of the magnetic flow. That is the reason that if we can superimpose

the thought and condition of unbalance for one of balance, we will have a state of balance and harmony. I have always found that to get the mind into the habit of doing things as it should, I must trick it. Close your eyes and imagine or visualize a carpenter's level as being flat on your head, and will for the little mass of liquid in the glass tube to reach an absolute level. If it is lying flat and level, it has a perfectly equal surface. First let it flow any way it wants to. I have an idea that first you will see the movement as little ocean waves. What you want to do is to bring these down to a smooth, level surface. When we can get the mental image of the level well formed, we try to pull it backwards into the head. It will come to a stop at the point where the group of two brain cells are functioning, and the level of liquid will either flow to one side or the other. These two centers will react upon the mind, and convey their message through that symbol. After experimenting and working with hundreds of methods, we finally hit on this one as being the simplest. Most of the exercises and things that I give, are the result of many years of work and elimination. Mentally, you cannot force the level to tilt in any direction except in the one that it actually lies; for it is controlled by the subconscious mind which is stronger than any conscious faculty. Magnetically speaking, through the use of the foregoing, we can find which side is basically off balance. The reason I am giving so much time upon the magnetic

work here, is that we have so many people come to us with nervous trouble, infantile paralysis, and so forth.

My niece, when a child about nine years old, had infantile paralysis. One leg was half the size of the other. They took her to many doctors who operated on her five or six times. One doctor severed some ligaments that should not have been severed. In 1927, her father died. She was then about twelve years old. For a time I had to take over her father's business, so I was in close contact with the child for awhile. I decided that there was no use for the girl to go through life like that, so I started to work on her leg. The life energy wasn't coming in with sufficient force, and, as a result, the limb was much smaller than normal. At intervals along the nerve paths are points of connection, little neurons or trap doors, we will say. These open and close as nerve energy is directed to and from the brain. These doors can swing both ways. The magnetic energy pushes them to one side and the force flows through. If something happens that causes these trap doors to stick, we have paralysis. Sometimes this condition is induced by an intense nerve shock. Sometimes a drug will do it, such as the drug they once found in Jamaica ginger which causes Jake-leg by burning out the neurons. The force, which we call the life force, flows into all the cells of the body along the nerve paths, and through the blood stream. This force brings a sufficient quantity to the dif-

ferent cells to vitalize them. In the case of infantile paralysis, these neurons are partly stuck, so the first thing I had to do on the crippled leg was to force open the neurons, and increase the magnetic force to such a degree that those neurons would stay open. I drove the magnetic force through, time after time. They became stuck again, but I kept driving. After awhile the entire leg became more sensitive. We wanted the leg to develop normally, so we started massage on the muscles at the point where the ligaments overlap. In six months time, her crippled leg was almost as large as the other one. Today, I defy you to tell, from ordinary appearance, that the girl has anything at all the matter with her.

Some things are outside the realm of surgery. The doctors know nothing about the nervous system. They know something about the endocrine glands, but not much. They know that age has nothing to do with the atrophy of the pineal gland; but they do not know why it atrophies at different ages in different people. A person of seventeen or eighteen years of age may have a pineal that is all withered up, while some people at sixty-five may have a perfectly normal one with no sign of atrophy. The reason the doctors do not understand, is that the pineal is the place where the soul is focused.

For example, take a person who is apparently a hopeless paralytic. For instance, some years ago Mr. E's father was

stricken with paralysis; a very bad attack. They gave him four hours to live. His family called the priest and gave him the extreme unction. When the doctors had said that he had less than four hours to live, Mr. E. went to him and found him gasping for breath. Mr. E. went to work on him and at five o'clock that night his father was eating dinner. Some people thought that a miracle had been performed, but Mr. E. had a reason for doing that. The reason was this: That if he could demonstrate to that old man a working principle of truth, maybe he could get him a little way on the path of truth. We know that it is not always well to interfere with a soul passing. In this case it was right and just, for this man to be brought back even from the doors of death. For before the old man died some five years later, he had accepted a lot of new things, including reincarnation. Before doing this, Mr. E. questioned his consciousness, whether to do this or not, and found a positive answer. He did not perform a miracle. For an hour before his treatment he had been filling himself with positive force in as large an amount as he could stand. He not only shifted all his breathing through the right nostril, but he intensified that breath. He took hold of his father behind the left ear, and contacted the vagus nerve which goes down toward the heart, and connects directly with the solar plexus which controls the vital life force. Along that channel he sent all of the force which he had accumulated, and discharged every bit of vital



energy that he had. The cause of the stroke was not eliminated but the symptom was.

Now we are going to discuss cases, and we are going to show you in this lesson how to trace causes of sickness, get reactions, and learn how to eliminate them. We always trace a thing as far back as we can, because sometimes a thing which looks like a cause is only a secondary cause. We recognize the fact that sickness can have causes on the physical, mental, psychic, and spiritual planes. If you drink a bottle of mercury I could not diagnose it as a spiritual cause; I would diagnose it as a physical thing. In the same way, if you came to me with stomach trouble from over-eating, I would trace that back to a physical cause, the cause of over-eating. There are certain things that actually have physical causes. A lot of people try to trace everything back to the spiritual realm. Some causes are physical, some psychic, some mental, and some spiritual.

We find that in nervous cases, magnetic treatment is extremely beneficial. Before I start treatment for anything, I relax the nerves. You do not have to touch a person to give them a magnetic treatment. You can send it from a distance of two, four, or six inches. As a matter of fact, under the proper concentration with a lot of practice, you can send that magnetic force a hundred miles or ten thousand miles. However, we seldom use magnetic treatment for those not

in our immediate vicinity; as there are other methods just as effective, better suited for absent treatment. A healer should know more than one method of treatment, because he has to deal with many phases of sickness. A healer must be confident that he can heal before he ever tries to heal. No person going into it doubting that he can heal, is going to accomplish much. When a person comes to me for treatment, I do not question myself as to whether I can heal them; I know I can. I know that if the proper method is used I will get the result and I have taken case after case that has been given up by most doctors. That is usually the kind the metaphysical healer gets.

I had one man come to me in Oklahoma City with sugar diabetes. A man brought him to me whose eyes had been injured in an accident and whom I had healed. I started to work on him. I worked with him for six weeks, eliminating the diseased condition because we had to rebuild some of the physical organs. Finally I had healed the symptoms. I moved heaven and earth with him to get him to let me remove the cause. He was well as far as all physical symptoms showed and he did not care. About six months later he came back to me with another condition. He told me what was the matter with him. I said, "I cannot start treatments at all with you." Of what use was it for me to cure the symptoms when he would not let me cure the cause; and six months later he would return with something else?

Some people want to make Healing their vocation. If they do, that is all right, but they should learn that the only way to make a permanent cure is to get to the cause.

QUESTION: In healing a person, would it be wise to get their consent? ANSWER: Yes, I used to heal anyone, but that was before I had learned how closed and tight people were. Now I tell a person when they first come to me for treatment, that unless they are willing to work with me to cure the cause, I will not take the case. If they still are willing, then I work on the cause all the time I work on the symptom, and try to eliminate them together.

In stopping a pain, distance makes no difference. In the Spring of 1937, one of my students who has a sister living in Oregon, told me that her sister had just written her that she had a very bad tumor somewhere in her right side, close to her liver. It was swollen and terribly painful, and the doctor had planned to operate; so the student asked my help. I said, "At ten o'clock Monday, I will reach her." Those of the council of this organization, a certain group who are selected for their healing power, sent out a healing vibration at that time. The student wrote her sister and told her of our work, but the sister did not receive the letter till Monday afternoon. She wrote back that her pain had stopped at ten o'clock that morning. She immediately boarded a train and came to

Hollywood, she was very thin, her skin was yellow, and she knew nothing of metaphysics; but she was open enough to let me reach the cause. At the end of thirty days we sent her back to Grants Pass, Oregon, and she has not had a pain since.

I want to discuss for a minute, the use of suggestion in treatment. When a person comes to you, never talk to them about the bad condition they have, unless it is an actual emergency case. You must build up a picture in their mind about how good they are. In some ways, the building of a mental image through such affirmations as "a perfect soul in a perfect body," is quite useful, that is, so long as the sickness is on one plane only. We do not want to put worse pictures in their mind than they already have. A lot of times the known is more fearsome than the unknown. Actually, one would have to be really at the point of death before they were too far gone for Healing, and even then it is not impossible to effect a cure. Every healer has to use suggestion in this respect. Never must he suggest that the person is bad, that they cannot get well. Some healers like to do that because it makes a person anxious to come to them and they get more money out of them. Tell them the truth but do not go any further than that. Another thing that we find many times, in fact ninety per cent of the time, is that a person undergoing metaphysical treatment, will be worse after the first three treatments than before they started. It is wise to tell them this before you

start, otherwise they are frightened to death and think that you have made them worse instead of helping them. We know that there has to be a breaking down of the old conditions before the building up of the new. The poisons have to be eliminated through the material organs of elimination. The first sign that I have that the treatment is taking hold, is when a person gets worse. They have so much poison in their system, that when it is released from where it has been centered, the poison driven out, and a process of rebuilding begun, the reaction causes them to feel worse.

The first case I want to discuss is that of a man who had a bad case of heart trouble, bad rupture, and bad stomach. He was a man who did not believe in metaphysics, and the only reason in the world he came to me was because he was sent by a man who had had four vertebrae shattered, whom I had healed. He only knew that there was a man named Doreal who had healed his friend. He said, very matter of fact, "I do not know what it is all about, but I know what you did for Mr. J." I asked him to tell me his symptoms. Many times I do not believe what they tell me, for most people are incapable of correct self diagnosis, but I like to have them tell me anyway. I want them to express what they think is the matter. Many times it gives me a clue to the cause. He said, "I will be at work, when all of a sudden everything gets black in front of me; I faint and have to be carried home. The doctor gives

me some medicine and I go on for three or four weeks, then it hits me again." I said, "It sounds bad, doesn't it? What do you eat? Give me an idea what you had for breakfast, luncheon, and dinner." Every food that he said he ate was acid. I said, "Well, I will tell you what is the matter with you. You may, or may not know that the heart is not on the left side of the body, but almost directly in the center; and that the stomach in some cases almost touches the lower lobe of the heart. Sometime in the past five years a gas pocket formed in the upper part of your stomach and a membranous tissue has formed over it. You eat certain foods that are gas forming, that accumulate gas under ordinary circumstances. It takes only a little to press against that gas pocket and cause a pain in the region of the heart." That was my diagnosis of his heart trouble. I could feel that gas pocket myself. It was noticeable to me. I said, "Now we are going to work on the gas pocket and break it away." He called me up the next morning. He was very sick, his stomach upset. I said, "That is fine, come up this afternoon and I will give you another treatment." I worked on him for about a week and broke the gas pocket. Then we went to work on his rupture. That also was a physical thing caused by physical strain. We healed the muscles where they had been torn. There was no more pain or strain or hurt. The cause he had set up was physical. I told him what he could eat and what he could not eat. He started eating the foods which



I suggested, and after awhile he improved enough so that he could eat anything he wanted. He went on a vacation last summer; the first vacation he had dared to take in five years. After the man was sound and well, he came to me once a week for treatment when there wasn't anything the matter with him. He said he was well and he wanted to stay that way. That was a nice case and nice confidence.

I had another case, a lady who lived in Long Beach; the mother of a medical doctor, who brought her to me, himself. He had tried everything that he knew to cure her. It was a bad case of arthritis. She would attempt to go up or down the stairs and would collapse. Her hands were knotted, fingers were stiff. He had heard about a particular case that I had cured, and when this doctor brought his mother to me he said, "Do you think you can do anything for my mother?" I said, "I am quite sure that we can." He knew, of course, one of the physical causes of arthritis which is excessive acid. He said, "I do not know of anything more to do for her. She has taken hot baths, gone on an alkaline diet and various other things. If you will take her, I will bring her over to you as often as you say." I had him bring her twice a week. I found first that she was a food faddist; had been for years. For a long period of time she had lived principally on carrot and other vegetable juices. In combination with certain other things, carrot juice will form acid in the system. For instance, some animal bodies

require a lot of acid, therefore feeding carrots to a horse will be good for it, but a pig already has so much acid in its system it cannot stand anymore, and will die from eating carrots. Lately it has been discovered that spinach causes certain forms of heart trouble. They know now that some forms of heart trouble are aggravated and sometimes started by eating spinach. For years, doctors and health food lectures have said it was fine; the same health food doctors who came through this country and said that the essential oils of the germ of grains were beneficial. Recently, they found that five of those essential oils are responsible for the formation of cancers and tumors. Injection of those oils, into the stomach tissues of white rats almost invariably results in the forming of cancerous cells. I have been teaching for years, and I like to see myself verified by science in some of these things; especially something which has been contradictory to the accepted rule.

Another thing they discovered too, is that potatoes are not fattening. As a matter of fact, one of the diets the Hollywood stars are using for reducing purposes, is baked potatoes and milk.

The lady who had arthritis was in quite a bad condition. She had not eaten any meat for years. She said, "Meats are very acid forming." I said, "One of the things that is causing this arthritis is your worry about this acid condition."

You have heard for a long time that too much acid in the system causes arthritis. You have a lot of acid in your system but you do not have arthritis of the body; you have the arthritis of the mind. In the first place, you have not taken enough of the right kind of food into your body to build red blood corpuscles, and you are anemic. As a matter of fact, you have some relative close to you that has arthritis." She said, "Yes, my sister." I said, "You built up a mental picture of arthritis in the mind, and it has re-acted in your body." When I convinced her of that, she did not have arthritis any more. Her son thought it was a miracle, so he told another doctor who brought his wife to me. She had certain things the matter with her. I looked her over and told him what the condition was, and he said, "I do not believe that." I said, "You are a doctor, you have access to the laboratory; put her through every test you can think of, then come up and tell me what you find." Five days later he came up and said, "I cannot find anything the matter with her." There was a certain blocking of the nervous system that was caused by a temporary disfunction of the thyroid, induced by a mental condition. This doctor was not a student of the mind, and when a case got outside of the realm of the purely physical, he did not have very much to work with. Among others, whom this doctor sent me, was an old lady about eighty-four; very spry for her age. She had come up two or three times with the doctor's wife. Her mind was func-

tioning perfectly. She had traveled from one end of the country to the other. While she was staying in Hollywood, something peculiar happened to her mind. Every time she would sit down or relax, she would hear the songs she had known as a child. She would hear them as plainly as if she were hearing with her physical ears. It was not just a momentary thing, but for seventy-two hours it had been going on constantly. The doctor who brought her to me said, "You do something, I cannot." I talked to the old lady and she told me what was wrong. I said, "We will fix that up. Sit out here in the Reception Room while I get ready." I called the doctor in and said, "There is one of two things wrong: Either a growth has formed on the area of the brain where the memory impressions of those songs are stored, or there has been a certain physical connection established between that particular group of brain cells and her subjective mind, which in turn is extending into her objective mind when she relaxes. If it is a growth, unless we can dissolve that growth and do it quickly, it is too bad. It will spread and very probably death will result in two weeks time." I called her in and started to talk to her, making very light of the condition. I used this method of diagnosis: I placed my hands over her head. I found no sign of obstruction such as a blood clot or growth, and I knew that it was merely what we would call a psychic derangement. I said, "If you just relax and sit in this chair for five minutes, you wont be

bothered very much. Come back tomorrow and we will get rid of it entirely. It is just awakened memory running through your mind." What I did was to use magnetic force to block off that particular area in the brain. There was too intense an activity in that certain group of cells. I sent the magnetic force both ways, that is, from the positive and negative sides. This re-acted as a balance or shutting off. I was afraid to put too much force in it because she was so old; so I had her come again the next day. I did the same thing again, and she never had any more trouble after that. That was a psychic derangement.

A lady came to me whose husband is a mining man in Arizona. For six years she had had a headache between the eyes. She had been to numerous doctors, including Mayo Brothers. They diagnosed it as trouble with the pituitary gland. They knew that that pain was approximately in the position of the pituitary gland. The first thing she said was, "Do you think you can do anything for me?" I said, "I think we better find out what is the matter with you." She said, "Mayo Brothers couldn't," and I said, "Well, I am not Mayo Brothers." She said, "Go to work," and I said, "First I want to know all about it. How did it start and when?" She said, "It started about six years ago. I woke up with it one morning, with an intense pain between the eyes and it has never stopped since then." I said, "Give me a few details of your life and the things you had been doing for two or

three months preceding that." She said, "I was taking care of my home, playing bridge and attending a Yogi Class." "What kind of exercises did you take?" "A certain kind of breathing which ended with centering on the Ajna." I am quite familiar with Yogi exercises and that breathing exercise in connection with the opening of Ajna was her own idea. I said, "We do not have to look any further. I know just what has happened. You have set up a disordered or uneven vibration in the pituitary center that is out of harmony with the physical body that it is causing that intense pain." I gave her a treatment which uses the mind, the will, and certain psychic forces; and centered it on the pituitary center, willing for the vibration to be lowered, and ordered; and thus gradually brought the vibration down and down. The headache stopped instantly with that one treatment, but I knew that the disordered vibration had been carrying on for so long that that one treatment would not stop it for all time. She came back again and said, "Yes, she had had a little headache, but nothing in comparison with what it was before," so I gave her one more treatment and there was no more headache. This is an example of a psychic ill.

There is no such thing as a materializing spiritual medium who is normal physically, in regards to their physical anatomy.

The solar plexus is the seat of the vital force of life. We call it spirit,



but when we say that, we do not mean the same thing that the religionist does when he talks of soul. Spirit is in all forms of matter. The quality of spirit, which exists in a form, determines whether it is animate or inanimate. Above a certain quantity, the form that has this spirit in it, is able to move around; below that level it is inanimate. The reservoir of this vital life force is the solar plexus, the second largest nerve center in the body. It controls breathing, walking and everything which is not under the direct control of the conscious mind. The sub-conscious mind from its center in the head directs this secondary brain. This is where the reservoir of the vital life force is located. The vital life force which flows through all the occult centers starts at the pineal gland and flows through the occult chain, passing through all its centers and returns to that point from which it started. Let us suppose that something has happened to the solar plexus because of certain practices, not necessarily evil, and through ignorance one develops some occult force and brings about a condition of unbalance which results in a tearing or splitting of the tube which connects the centers. When the vital life force pours into the tube, when the physical body is relaxed and the subconscious is in charge, it pulls the rift apart and allows the vital life force to leak out. When the vital life force pours out, it comes out in the form of ectoplasm. Ectoplasm is nothing more or less than the vital life force or spirit;

it is the fluid, plastic stuff around which all form and substance manifests.

A person came to me with a leakage in the solar plexus, a physical ill. We worked on it and closed it. The person had been mediumistic. When I healed the break, they lost that power, and came to me and wanted to break it open again. I said, "No, I will not do it because then I would be responsible." In two years with a leakage of that degree, she would have been dead and I did not care to assume the responsibility. Some mediums are called control mediums but they have not learned to control anything. There is a break in their occult anatomy over which they have no control. Sometimes, ectoplasm comes through the mouth. When ectoplasm comes out of the mouth, the medium seldom lives to be more than thirty-five years of age. This vital life force is the plastic binding force of all matter and forms the nucleus of every electron, atom, molecule, or cell. Therefore, the medium can subconsciously extend their thought into it, cause it to take on a certain tangibility by collecting Cosmic dust, the primal substance around it; and by their will mold it into any shape they care for it to assume. Materialization is merely the leaking of the life force which has a picture thrown upon it by the will of the medium. There is nothing supernatural about it. I have seen thousands of manifestations of ectoplasm, and by my own will have forced it to assume any form I wanted it to. I happen to be very well

acquainted with one of the most prominent men in psychic research. He is author of about sixty books. I have been to his home a number of times, and he was very much interested in psychic research from the standpoint of scientific investigation. He showed me many cases and photographs which we checked on, and were able to arrive at the definite conclusion that ectoplasm is the plastic, life stuff, and can be forced by the consciousness to assume any form desired. I have sat in the room when one of those materialization seances was going on, and because I could enforce my will above and beyond those present, the materialization would assume the form and image that I would will it to take, by willing to the medium the form in which I wanted the ectoplasm to appear. I would visualize the photograph of some person who was actually living at the time and cause it to materialize. It was my will, received by the subconscious mind of the medium. In the case of this person who came to me with psychic leakage, I had rather doubted to begin with, as to whether I should close it up; but she insisted that she wanted it, because she was weak physically. Usually, in those psychic ills, they cry their eyes out when they lose the power which has been draining their very life away.

The next case that I want to talk to you about is one that is, to me, one of the most interesting cases that I have ever encountered. It was a case that was diagnosed as sleeping sickness.

We read a great deal about sleeping sickness in the papers. As a matter of fact there never has been a case of sleeping sickness in the United States, at least in historic times. The germ of sleeping sickness is not carried from person to person, but is carried by the tsetse fly. The disease is seldom communicated from one human being to another. It afflicts oxen; mules are immune, horses are not. In Africa, they have a peculiar way of inoculating oxen against sleeping sickness. They split the tail about eight inches from the root and insert tissue from an oxen that has been bitten by the tsetse fly. The tail falls off and they are then immune from the bite of that fly. They have done a lot of work in eliminating them in settled regions. I do not think that doctors here even suspect the cause of the so-called sleeping sickness found here. This case was interesting because it had its cause upon two planes, the mental and psychic planes. A woman phoned and told me her daughter had been in a coma for about eighteen days. They had been unable to arouse her and she was getting weaker rapidly. They had had many doctors and called in a psychologist who had been unable to do anything for her. They tried everything they could think of, and asked me, as a last resort if I could not arouse her. I asked what started it, and how it came about. Her mother told me she was sitting in a class for developing mediumship and the second night had gone into a trance. After the seance was over she was still in a trance. They took her

home. She was partially conscious and muttered a bit, incoherently. After that she sank into this deep coma and nothing could arouse her. The mediums were scared and left town. Relatives called in doctors who tried everything. They asked the doctors if it would be all right to call me. The doctors said I could not hurt her, so they came after me. I knew that the trance alone was not the cause of it. I said to her mother, "I want you to give me as nearly as you can, a life history of this girl." She said, "Well, she has been married twice. Her first husband, an aviator, was killed in an airplane crash about a week after they were married. She saw him die. They were very much in love and were planning on building their home. For about two years all she could think of was this fellow, and talked about him all the time, and about their plans. Finally she married another man; not because she loved him, but because of pressure at home. Then she had a child. Conditions were not very good at home because she was always talking about her first husband, saying the child was the physical child of her second husband, and the spiritual child of her first husband. This did not promote harmony and finally they were divorced. Practically all of her thoughts were of this first husband and their romance, and she had gone into spiritualism trying to contact this first husband." I said, "I will see her." She said, "Can you come right now?" and I said, "No, there is no hurry, she will be all right." After class Mr. E. and I

drove out and examined the girl. I raised her eyelids; there was no reaction and she had a fixed stare. Even a thousand candle power light globe aroused no reflex action from her eyes. If intense light gives no reaction, then they are really under; because even hypnosis responds to strong light. I asked the parents to leave the room. I tried suggestion but found I could not reach her mind, so I tried another method. We must always have a medium to reach the consciousness, and this medium is ordinarily, the objective mind; but in this case the consciousness was not functioning objectively, at all. Words did not strike upon her consciousness, because she had shut off all objective connection with her sensory organs. There was a physical and mental cause at the same time that there was a psychic cause. Knowing that I could not reach her through sensory means, that is, through the sense of touch, hearing, or sight, I was able to make contact by knowing where the subjective mind is centered. I could reach in, take hold of the place where the consciousness is centered, and stir it up with an extension of my own consciousness, force it back to the objective realm, and bind it there by my will, as she had blocked off her consciousness from the objective. The second section of the pineal is the seat of the subjective mind, and the pituitary is the seat of the objective mind. There is a certain hollow tube that runs from behind the pituitary to the pineal. It is called the infundibulum and is the material



manifestation of the fourth dimensional channel which connects the pineal and pituitary centers. It is the physical channel along which the consciousness moves from the subjective to the objective mind centers. I blocked this channel off so she could not even use her subjective mind. Then I put her to sleep; a natural, normal sleep, because she had been in a state of suspended animation and needed time for bodily energies to be renewed. Her father and mother, who had been out of the room, came in, looked at me and said, "She is not awake?" I said, "No, but she is not in a coma, she is asleep. Do not bother her. Close the door and leave it closed. She will awake in the morning about eight o'clock. Let her rest tomorrow and the next day. By noon the next day she will be perfectly normal. Bring her in to see me." About 8:05 the next day they called up and said, "She is awake." When you suggest to one in a state of self hypnosis that an event will happen at a certain time, it comes at that time and no other. We have an example here of a psychic and mental illness; and ninety out of a hundred cases of so-called sleeping sickness, are the result of a retreat by the ego into a dream world. In shutting off the subjective mind, those subjective memories were also blocked, and became no longer real to her. She told me herself then, exactly what happened. She did not know what made those memories so real. The only way she could realize this was when they were removed from her. She wanted to study. I said, "No, you

have no business dealing with the subjective realm for some time. You need a firm fixation in the objective world before you can have anything to do with the subjective world." My diagnosis of her case was that through years of mental dwelling on the dream life and romance which she and her first husband had planned, the dream life became more real to her than her real life. The thought kept coming into her subjective mind every moment that she could slip away from reality, till in her subjective mind, she had built a dream world which was more real to her than the world around her. The husband that had died, was there as being alive; everything was there that she wanted. Now when she sat for this trance mediumship, the strong desire that she had, to make a contact with her first husband, caused her to slip into the subjective realm where all the things she desired and wanted, existed. When she found herself surrounded by those things, she cut off all her objective functions. She was in a place that she longed to be, surrounded by the things she longed to have.

QUESTION: What is it when some people, who think that they are quite wise, seem to feel the presence, for some time afterward, of those who have passed through transition? ANSWER: Sometimes they have a subjective impression which they hold on to. At other times some elemental force uses a mental influence to cast a picture into their mind. Another way is that a soul which has passed

on, if it had strong ties to some individual, temporarily leaves its new body, and makes contact with them. The soul is the same, from body to body, and it might, in the sleep of its present body, leave it unconsciously, to appear to one who by their own will was trying to draw to them, the soul which had passed on. Babies, whose egos are not fastened so tightly to the body, often leave the body in sleep without consciousness of what they are doing. In fact it is possible for a person who has mastered the fourth dimension to leave the body and find out where a person has reincarnated. After Mr. E's father died, Mr. E. was able to follow him, find out where he had incarnated, and communicate certain things to him which will help him in this new incarnation. We know that those whom we have left are not of the dead at all, but of the living. Jesus said, "For my God is not the God of the dead but of the living." There is no death except in the consciousness of man's mind.

QUESTION: Why are there so many different teachings on reincarnation.  
ANSWER: Many metaphysicians that claim to be high, know so little about reincarnation because they have never passed beyond the borderland of the fourth dimension. They can see back into this material world thinking they are in the fourth dimension. If they were not in the borderland, they could not see into the third dimension. Most people move back and forth through that borderland

and never reach the real fourth dimension. I will tell you that from that borderland into the true fourth dimension, there are twenty-three gates and openings, twenty-three separate and distinct parts of that fourth dimension related very closely to this material world, because it is through the inner spaces that the laws of the Cosmos are directed to the material plane. On the inner, fourth dimensional plane are shown the action and reaction of Cosmic law on the material plane. There it is seen from the point of law, and not from the point of manifestation.

Another reason that we have so many different teachings on reincarnation, is that most minds studying reincarnation can receive only a certain limited number of symbols and impressions. The average mind is limited by its lack of ability to receive with clarity, impressions of things which are not bound by the limitations of the mind. Fourth or fifth dimensional experiences have to be translated into three dimensional pictures. They have not had enough specific training in interpretation of symbols, to understand hyper-dimensional images. What they receive is translated into impressions, according to the aspect of consciousness they have attained. If they had correlated every phase of consciousness, the picture would be complete. It is not the thing which comes, which is erroneous, but man's ability to conceive of it as it really is, that is erroneous. That is the reason some get

a clearer picture than others. It is the same thing that I give in the Sepher Yetzirah, when I speak of the six directions of space and how the mind of man is limited by his concept of them. He cannot conceive of anything that is not up or down, north or south, east or west. Things of other dimensions and planets belong to other directions at right angles to the three dimensional world; therefore man has to pass against the barrier of this three dimensional plane he is dwelling in, until he is able to penetrate that barrier.

Cancer, in certain forms, is caused by the essential oils of grain hearts. They have been able to produce cancerous tissue in mice by an infusion of those oils. One of the few things that medical science knows about cancer is that it only manifests in an area of dead tissue; tissue where cells have become dormant, where there is no life. We know that the reason cells die, is because for some reason or other the vital life force is not reaching that particular group, and the nucleus of the cell is not being renewed sufficiently to keep that part from becoming inanimate. The doctor knows that if he removes a cancer in its early stages, it often does not come back, though sometimes, it does. In each of those cells is a tiny nucleus of spirit. It is constantly being emanated from the body and has to be constantly fed and renewed. The channels that feed the cells are blocked off, a gap appears, and the vital life force of spirit is gradually

radiated. Then there is only one thing that can occur in that area; dead cells, and certain other things manifest there as cancer.

Medical science has examined countless cultures and tissues. They have never been able to find a microbe or germ of cancer. They thought for a time that it was because it was filterable. Now they pass cultures through a porcelain screen and subject it to different dyes and chemicals for some microbes are invisible under a microscope unless they do that. They have not been able to find any germ from cancer. It just comes, usually from dead cell tissue, and usually, unless treated in the early stages, the person passes away. On the other hand we sometimes find cancerous tissue present for twenty years or more without the person being seriously affected. Sometimes they have cancer on various parts of the body, burn them out and find them come out in some other place. They use radium treatment for cancer in some hospitals. The radio-active emanations are supposed to burn out the cancer roots. Sometimes they do and sometimes they don't. Then they say, "Well the cancer must have gotten into the blood stream," and they try to find it in the blood stream, but they cannot do it.

The reason that they cannot find it is that the cause is metaphysical, not physical, and they can never lay their hands upon it by putting it under the

microscope. The cause of all cancer is repressed emotion. Some think it is only the repressed emotion of hate, but any repressed emotion whether it be hate, fear, or love, can cause cancer.

A woman who had for twenty-five years been in love with her sister's husband and constantly brooded on it, had one of the worst cases of cancer I ever encountered. Usually the thing which has caused cancer is the thing which they have buried deepest in their own minds and souls. I spent five weeks trying to find the cause of that woman's cancer. I knew something of her life and had no reason to doubt her statement that she hated no one. Her life proved that she actually did love everyone she came into contact with, but the cancer was in her mind, a thing she was using all her psychic force to repress. I asked her, "Have you been in love with somebody for a long time," and she denied it, but as she did so, little streaks of black shot through her aura. Then I started in on her. She twisted and squirmed but finally she told me. I said, "Go home to your sister and brother-in-law and tell them, and get it out of your system." She said, "Oh, I can't," but she did.

After it got out she had a big laugh, and said she did not love him at all but had been in love with an idea. Then the cancer started shriveling up and disappeared in about four or five weeks. She had cancer in the mind,

which manifested in the body.

That is the way they all start, the person forms a psychic or mental picture. Instead of allowing their force to flow outward, they turn all their creative energy toward the subjective.

I know some people who have had a desire to kill some individual for years. They turn it inward into the subjective, and after awhile something is cut off in the body. For some reason a bruise or injury kills a certain cell area. Ordinarily the body will repair that in time, but they have used so much vital energy in making repairs that when their vital energy goes out it carries an impression; a picture with it of the subjective repression to the injured cells where it forms a cancer. It was created in the subjective and was never intended to manifest as a material thing. Therefore cancer is nothing more than a thought form.

It is always one definite thing, sometimes pushed so far down and held so firmly that they do not know it exists. It is not a flashy, fiery thing. They have built up layer upon layer of objective force and mold it subjectively. That is where psychoanalysis comes in.

When I am working that way I do not at first pin them down to anything. After awhile in casual conversation, I finally get a key. Everything I say, I bring the conversation back to some point



that might lead to the cause. Gradually it pulls a little more out of them. Sometimes, they are consciously holding it in. Frankly it is easier to find it, when they are doing it unconsciously.

A repressed emotion will manifest a tumor. The lady I spoke of who lived in Oregon had a tumor which was caused by repression.

My sister was in a hospital to be operated on for tumor. I sent her a telegram saying, "Get out of the hospital and come down here." She got out of the hospital, came to me, and I found there was a swelling as big as my arm. I said, "What is the idea of having a tumor?" She said, "Well I have had it for nearly a year." I happened to know her case and just what caused it, so I said, "Dove, let's talk this out; you lie down here on the couch." I started to recall the incident that had happened about fourteen months ago. I got her to talk about it, the thing that she had not dared to talk to anybody else about. I relieved her mind and as the swelling went out of her mind, it went out of her body. I will tell you frankly that ninety-five per cent of all cases we have start in the mind. The cause of every one of those symptoms really is in a mental, psychic, or spiritual condition.

When I am eliminating something caused by an overloaded stomach, or breaking of an arm or leg, that is a different thing. I walked across the street one

night. Two men had fallen on the icy street, knocked unconscious. I slipped in the same place, slid in the air, landed on my toes and fingers, and got up and went on. If I had not prepared myself when I slipped, I probably would have busted my head too. Some metaphysical teachers would say that those people had set up causes or it would not have happened.

One time many years ago, I was wrestling and broke my arm, but I never broke my arm again. I learned how to fall. These things I call physical. I do not say they are metaphysical causes. But I consider when I do something like that, that I have broken a physical law. If I go out and have some chili, pork chops, welsh rare-bit, etc., and then my stomach kicks back, am I going to blame some mental or spiritual cause for it? I relate those things to material causes lack of observing material laws.

Different laws function on different planes, and material laws must be observed too. If I tell the man at the drug store that I want a couple of ounces of sulphuric acid and drink it down, I know what reaction sulphuric acid will have on my flesh or any other material; and if I pour it down I have broken a material law. Thus, I do not say that everything is a spiritual, mental, or psychic law.

Take a case of a high blood pressure, for instance. It always comes from

one cause, and one cause alone; that is, too much adrenalin in the blood stream, too great a secretion from the adrenals that lie like little caps just above the kidneys. We know too, that an excessive amount of salt in the diet is very conducive to high blood pressure. Why? Because salt has a tendency to increase adrenalin secretion. For low blood pressure a great deal of salt in the diet is very desirable.

The secretion of adrenalin into the blood stream is controlled by two tiny nerves close to the surface, lying in the small of the back. You can press your fingers there until you find two very sore spots just above the kidneys. Those nerves connect with the adrenal cortex. In magnetic emanation, a magnetic discharge through it, with the ordering or willing of the lowering of that blood pressure, will lower blood pressure if we center that force directly through those two nerve centers.

We have quite a number of doctors in our organization. We have been able to show them some things that they have been able to use in their work. If I were talking to a group of chiropractors and osteopaths, I would show them the Hindoo spinal nerve system of rhythmic nerve pressures, which one can do wonders with, because you use magnetic force at the same time you use pressure. With every outrush of magnetic force, the brain cell sensitizer, odic force, is released.

I have a couple of cases that were mentioned to me; one of them, asthma. Some people do not know that asthma is a form of hay fever. So-called hay fever, asthma and migraine headaches are all caused by the same cause; because the individual is allergic to some plant pollen, food or product. In other words, the breathing in of certain foods acts upon some of the delicate membranes, and causes a kind of infection. In fact, I examined one set of bronchial tubes in a medical laboratory where they were dissecting, and there were actually tiny parasitic growths present that had come from plant pollen. That person had been allergic to one form of plant pollen that actually can grow in organic flesh. We find that asthma itself can be treated in exactly the same way that we treat sinus trouble. Migraine headache is an infection of the large sinus that traverses the center of the head. That is one reason it seems as if the sufferer's head is splitting open. A peculiar thing is that migraine headaches, or asthma, usually comes when either the father or mother of the patient has been afflicted with hay fever. In other words, it alternates from generation to generation.

Now, of course, the main thing that we are interested in, in anything of that sort, is how to eliminate the condition and not be allergic to it. One doctor does it by taking tissue tests and infecting it with certain kinds of pollen. If you have a bad spell, then that particular thing is set aside and

he advises you to eliminate it. Orris root is the base of many face powders and causes a great deal of asthma and hay fever. Some of the best powders are the worst for some people. Most of the fairly good powders contain orris root, and that is one of the main things which people are allergic to. What we call hives is caused by the same thing. All are different symptoms of allergy. The reason for a person being allergic is because there is a deficiency in the parathyroid glands. Sending magnetic force over the particular portion can relieve the inflammation that is there, but to get at the cause, and remove it is another thing. The condition that makes it possible for a person to be allergic, is insufficient functioning of the parathyroid glands. If the parathyroids are all removed, death will result.

The ductless glands are actually the centers through which most of the physical ailments are controlled. Take the thyroid gland; we see many people with enlarged thyroid; about nine women to one man. The reason is that it is usually caused from emotional unbalance. A woman has a stronger emotional nature than a man, and is usually more delicately organized sexually.

In studying the endocrines, we start with the pineal gland and find that the pineal is really divided into three sections. It arises from the roof of the third ventricle of the brain. Its phys-

ical function is unknown. In the lower section of the pineal are a number of tiny grains which are called brain sand. They are composed of various chemical elements and are almost microscopic in size; but when they have dissected a pineal they find the grains are in a rather compact mass.

Another peculiar thing about the pineal, is that ordinarily, though it is considered to atrophy somewhere around the age of twenty-one, yet that is not always so. They have found in the brain of a person sixty years old, a pineal that was perfectly alive and active; and therefore they really do not know what to say about it. They say that under certain conditions it is a gland of internal secretion, but sometimes it is not. The function of the internal secretion of the vibrating, alive pineal gland, they have not as yet been able to discover. Around the base of the pineal is a great deal of fatty tissue, which builds up around the base of it and presses in upon the brain sand. That lower section is where the soul or ego of man connects with the physical body; also the place where the vital life force comes into the body. In a person that is healthy, vital, and alive, there is found an intense vibration present. If the gland becomes more or less atrophied, then the vibrations slow down and the tissue starts pressing closer and closer on the base of the pineal; the brain sand is compressed and the vibration slowed down. Only a small amount of vital life

force trickles in where there should be a full flow of it.

When less and less comes in to be carried to the tissues, then the person starts getting old. If we want to keep plenty of vital life force, we have to increase the vibration so that more vital life force can come in for us to draw upon, to rebuild the weakened tissues of the body.

The pineal gland itself has always been considered by occultists as being the third eye, or the eye of the soul. In certain animals it actually takes the form of an eye. The old stories that we find in Greek Mythology, of men with an eye in the center of the head, is nothing more or less than a story of myth which tells of the existence of the third eye in the head.

It is the thing which is spoken of as the single eye in the Bible, and in the Kabbala, verse 63, Lesser Holy Assembly, "The Head of all Heads, the Head which is not a head, namely, that which is in that Head, neither knows nor is known, because it cannot be comprehended either by Wisdom or Understanding." The reason it cannot be comprehended either by Wisdom or Understanding is because what we call Wisdom and Understanding, are purely manifestations of the finite material mind. It, itself, has neither wisdom nor understanding, but it has an all-embracing comprehension. It gives you the symbolical analogy of the three

heads, the three parts of the pineal gland. The pineal gland in some form or other is found in all vertebrates.

Animals do not have a soul, but it is through their pineal glands that the vital life force flows. In every living body the vital life force is coming in. Plants, rocks, and earth have their manner in which they receive it too, but not in the same manner as the animal does.

The pituitary gland, also known as the pypophysis, is located in the frontal plates of the skull in a hollow of what is called, the sphenoid bone. Its physical functions are the control of the structural growth, and it is responsible for those disorders that we call dwarfism and giantism.

It is one of the most remarkable of all ductless glands, and was considered the seat of the soul by many early metaphysicians. The reason for that was, that it is the point where the consciousness would always center when they drew it into the head. It has two lobes, one anterior, one posterior. One of the most important functions of the pituitary extracts, is its powerful effect in stimulating contraction of muscular tissue. Too much pituitary causes giantism. Too little causes cretinism.

The Mayas sometimes bound their heads so they were square and box-like, or sometimes pointed, and are, therefore, not examples of pituitary deficiency.



The reason some of those tribes bound their heads was because some of the ancient Atlantean tribes and very tall heads and some of the more barbarous races, trying to look like them, bound their heads to assume that form.

QUESTION: Is it a fact that a pin-head is dull in mind? ANSWER: Actually they had just as much intelligence as a smart dog. A born cretin does not have a soul. When you have learned to see the aurette emanations, you find only certain emanations of magnetic force from the cretin, not the basic underlying soul color.

QUESTION: What causes a cretin to be born? ANSWER: Sometimes the parents themselves, who have a child of that sort, have set up a cause because in the past they have broken certain laws physical or otherwise. Sometimes a child like that is born as a lesson to those people. Maybe the understanding of this and the seeking of the cause, will bring them an understanding of life that they would not have acquired otherwise. A child born in that manner is often without a soul and is sometimes the result of a cause set up in the past, by one or both of the parents. Sometimes it is brought to give them a lesson, because it requires infinite patience to take care of such a child and this is the method that is used to force them to exercise that patience.

The pituitary gland consists of two

lobes joined together by a tiny stalk. From the anterior lobe a secretion passes directly into the blood stream. This secretion is called pituitrin. If the secretions of the pituitary are balanced, the skeleton is strong, the nervous system balanced, and the senses alert. It regulates the growth of the body by stimulating the growth of the long bones. An over-activity causes giantism. Medical science knows no way by which abnormal function of the pituitary can be stopped. You can increase height by increasing secretions. You can grow taller at any age. An average person can, over a period of a couple of years, add inches to their height. The pituitary has a close relationship to the thyroid, and treatment of the thyroid should always be accompanied by pituitary treatments. Always work on both glands together because they are so closely connected in functions. If there is a pituitary disfunction or thyroid disfunction, I work upon both. Sometimes even asthma is caused by pituitary trouble, and when such is the case, it is caused by too little secretion on the frontal lobe. Continuous stimulation of the pituitary gland will turn a sluggish adult or child into a more vital, active person. In all cases we do not strive to over-stimulate but to bring a normal functioning.

QUESTION: will the effect of pituitrin taken into the system externally, do much good, or will it wear off in the long run? ANSWER: Many times it is given when there is a lack of secretion, but

at best it is only a temporary measure. It can be given to you for five years, but when you stop taking it the effect soon dies down. That is the reason it is desirable to cause your own glandular functions to become normal.

I had a case in Hollywood, in 1937. One of my students, a man, has a girl about seven years old; a beautiful child who has all the appearances of good mentality, but can hardly talk. She could remember nothing and had no normal reactions whatsoever. I found that her case was one of pituitrin deficiency; that the secretion was far below normal, but the soul was there. It was not a case of a purely animal body. To look at her and hear her talk you would think that she was feeble minded, when actually the ego or soul was very intelligent. I examined her very thoroughly and consented to work with this child. When I started to work with her, I gave her some candy and made friends with her. That gave me the chance to get my hands over her head in the position necessary, without frightening her. Thus she never knew that she was getting a treatment, otherwise she might have had a fear of the unknown. I had her father bring her to me every Saturday afternoon. Soon she was speaking whole sentences and beginning to recognize people. Before we were through with the child she was actually learning to read. The mind was beginning to function. Mr. R., one of my assistants, took up where I left off, when I left California.

Another case, not quite like that: I had a boy brought to me with tuberculosis of the bone. He was crippled and had been in the Children's Hospital in Oklahoma City. They turned him out of the hospital and said there was nothing they could do for him. They had to take him home. Those are the kind of patients I get as a rule, the kind that are sent home to die. His father came to me and asked if I would look at the boy. I said, "Yes." They lived out in the other end of town, and as they were bringing him to my office you could hear him blocks away, screaming with pain. He had two holes drilled in the bones for the pus to drain. I started to work on him. I worked on him three weeks. At the end of the second week the pain stopped, and at the end of the third week the hole in one arm was closed up. Then I had to go to Colorado on some business and one of my assistants took the job. I came back and worked with him another week and turned him over to yet another assistant. We started on him the first of September, and the first of January he started to school and was feeling pretty well. I heard, the last time I was in Oklahoma City, that he is perfectly normal; does not have a thing the matter with him. We killed those germs by magnetic emanations accompanied by the willed thought for the germs to be destroyed. I thought that it would be interesting to show that you can work on children the same as you can on grown people. The child was in too much pain to have any faith or know what the word meant.

I know some doctors that would go any place day or night, whether they knew they were going to get a fee or not, but there are others who are not so humane. I was called one night for an emergency case. The person was in a very bad condition. She needed an operation within the next twelve hours. I had no authority to pass on the case and referred them to the hospital. I asked them if they had a doctor; they did not. I said, "It is best to have a doctor pass on it," so I called up a medical exchange and asked for a doctor. They connected me with one and he said, "My fee is ten dollars." When he rang the bell, I answered the door and said, "Come in doctor." Before he stepped inside the door, he said, "Do you have my fee?" I said, "Yes, doctor," and socked him on the jaw as hard as I could. What he needed was a lesson. The only thing he knew was money or physical force. In an emergency case a person who is a healer, or doctor, cannot stop to question whether they are going to get a fee for it or not. I suppose he had been called out sometimes at night and had not received a fee. He had no business being a doctor; he should have been ousted from the medical profession. I have met other doctors who would walk a mile, or ten, in snow ten feet deep whether they received a fee or not.

Pituitary treatment for painful menstruation is wonderfully effective and is usually given in connection with thyroid treatment.

Sometimes too great a secretion of pituitrin, instead of causing giantism, causes a person to become immensely fat.

The thyroid gland is one of the most important in the endocrine system. It is regarded as one of the chief defenders of the endocrine chain, perhaps because more of its functions are known. The thyroid has many functions to perform in the body, as it largely affects growth, both mental and physical. It controls some of the breaking down of food materials, particularly albumen. The thyroid hormone has a great influence over the resistance to bodily disease.

If all the poison that passed through the liver in twenty-four hours was accumulated and taken into the system, it would kill you in an hour. An illustration of the body's adaptability is shown in a story written by Hawthorne. It tells about a professor in Italy, who had raised his daughter on poison, so that by the time she was grown, even her breath would wither a flower. A person over a period of years could assimilate poison until they became immune to it. Some people have become immune to rattlesnake bite.

I have a most effective method for stopping constipation, that is this exercise: Stand erect, hands on hips, raise the abdomen by muscular effort and then relax; at the same time, pulling to the left and down. Pull to the right side and up, then repeat, using a rotary mo-

tion from left to right.

Skin eruptions and many minor skin diseases, are often caused by the thyroid. Personally, I do not think that a thyroid should ever be removed.

People with thyroid deficiency are born tired. They sleep on the job and are lazy. Thyroid disfunction causes many cases of insanity, because it is closely related to the nervous and sexual system. Most common colds are the result of the lack of thyroxin in the system. That is why the thyroid gland needs a little stimulation to give us more resistance to common colds. A cold is specifically a germ disease, but the germ will not propagate to the point where it manifests as a cold, if there is enough secretion of thyroxin. Actually the germ comes in but the forces which give us resistance, attack it. Everyone of us have the germs of almost every known disease. The germs are there but our system keeps them from propagating. I have examined specimens of blood from normal, healthy human beings, and in one drop of blood I have seen the germs of measles, small pox, and numerous other diseases; and yet those persons themselves never had any of these diseases.

It is not as easy to transmit disease by germ carrying as it once was, but there are some very famous typhoid carriers like the woman known as "typhoid Mary." Invariably at any time she was in a room full of people, those people

would get typhoid, yet she herself felt no ill effects from it, whatsoever. Finally they had to isolate her. As far as the germ carrier theory is concerned, they knew this: That it is not nearly as easy now to contract the disease, and that it usually requires some personal contact such as the sputum, etc., and then when the resistance has been allowed to become low to the disease. However, it can be transferred in many other ways. Now, of course, they have learned how to control those things to a great degree. For instance, I may have people come to me for treatments with a hundred different things the matter with them. I know that I will not get any of those things, yet I take precaution, for the next person I treat, or meet, might be susceptible to it.

The thyroid may be removed without causing death, but unless thyroid extract is given it might cause enlarging and thickening of the hands, and make the person highly nervous. The greatest effect from removal of the thyroid is upon the nervous system, especially in the case of a woman who has been more or less nervous to begin with.

Acidosis is frequently caused by inactivity of the thyroid. We usually find that where there is an acid condition in the stomach that does not answer to treatment, that it is caused by thyroid deficiency.

Epilepsy is often caused by thyroid disorder. It is true that medical science



has learned little in the treatment of Epilepsy. The thyroid is like a blanket across the Adam's apple. It ordinarily consists of two lobes but sometimes there are extensions that run all the way down behind the sternum or breast-bone. When it is that far down, it is almost impossible for the physician to remove it. Sometimes one lobe is entirely missing; but if the one lobe is sufficiently active, it does not seem to make any difference in the body. The thyroid is extremely important in the development of man, from the embryonic state to that of the child, and from the child to man. You can remove a thyroid from a tadpole and it will always remain a tadpole. It will grow and get as big as a frog, but it never sheds its tail like an ordinary tadpole does.

I want to tell you one thing about the tonsils that is different from any other organ. Sometimes they grow back again after being removed. It is the only organ that does this. The reason for this is, that it is so closely related to the invertebrate, especially the fish. The tonsils will replace themselves sometimes, not always, because some people are physically, little further removed in power of mutation from the source of things.

We know that every form of life upon the globe evolved from the original one-celled animalcule, the amoeba. We look at it under a microscope, yet do not see any indication of fish, snake,

bird, horse, or man, and yet one of those single cells has within it the potentiality of being a human, physical form. It is the bud of animal life; it evolves farther and farther. When the human embryo is born it passes through fourteen successive stages. The features of a bird are nothing more or less than the evolution of the scales of the snake or fish. The dog-headed boy and other freaks, are formed because mutation of the embryo has been partly stopped in one of its lower stages. All parts have not evolved as far as the rest of the body, which is formed with the partial characteristics of the lower species. The two things, soul and body, moved along two divergent paths of evolution; the body along one path, and the soul moving along another, until the body became man and they joined. From then on they moved together, soul and man, the animal.

The deficiency in thyroid function, in connection with pituitary deficiency, causes the cretins that I mentioned before. Usually, thyroid deficiency is present at the same time that pituitary deficiency is. In most cases of glandular conditions that come to us, there are from two to three glands that are not functioning properly, because they are really linked in a chain. That is the reason that anatomically speaking, they call them the endocrine chain.

QUESTION: Which are the three glands that cause the most disturbances? ANSWER: I think the pituitary, thyroid, and

adrenals. The activating principle of the thyroid hormone is thyroxin, a crystalline compound. Actually, the active part of the thyroxin is the iodine secretion. It is only the thyroid that secretes thyroxin, and the iodine in the secretion is what helps to make normal bodies, and regulates the nervous condition, etc. Some foods can give us some iodine, but it is hard to find one that contains enough.

QUESTION: Will you talk about epilepsy a little more? ANSWER: Most of you know what it is like. Epileptics are apparently normal one moment, then they will be thrown into convulsions and fall over in a fit with eyes rolled back. You have all seen a cat or dog in a fit. A person with epilepsy is like that. It may start at intervals of months and finally get closer and closer together. I had a case of epilepsy; a boy fifteen years old, rather a sad case because the boy was taken at a stage when he could easily have been cured. His mother brought him to me. He was having a spell about two or three times a week when I started to work on him. I had worked on him for about six weeks and he had not had a spell for about three weeks. His mother came to me and said they were going to the mountains. I told her that she had better not take him to the mountains as it was dangerous. He wasn't cured yet and climbing mountains and being around water would be hazardous. She said, "He will be all right." I said, "Promise me you will not let him get close to water."

The motion of water seems to affect them, and throw them into the epileptic fits. She paid no attention, because a week later a friend called me up and told me the boy had drowned. The real cause of epilepsy is found in the pituitary gland and thyroid. I have healed all of the cases of epilepsy that I have had a chance to work with for six months, and I have found that thyroid and pituitary treatment is the thing to give. I will tell you this: That I always use magnetic treatment on glandular disfunctions. They are very sensitive and easily affected, either by increasing or decreasing the flow of magnetism.

The thymus is a small gland situated behind the sternum or breast-bone. It is the center that so many occultists call the heart center. It dominates the growth in childhood, and usually atrophies at the age of eighteen or twenty. Activity of this gland after this period is very likely to cause lack of mature development. To medical science there has always been an element of mystery as to the functions of the thymus. The chief function of this gland, physically speaking, is the metabolism of mineral salts, especially lime and phosphorus. One of the most important facts in connection with the thymus, is its relation to imbecility in children. We have found that ninety-nine per cent of all children that have been affected with cretinism have had either no thymus, or only a very rudimentary one. We find this condition always in a case where there is a defin-

ite dwarfism accompanying it. It also has some effect upon the reduction of the coagulability of the blood. We always find an undeveloped thymus in cases of hemophilia, a condition where blood will not coagulate. We say that such cases are caused by too much of one of the thymus secretions. We find often that those children who bleed very easily and profusely from the nose are having too much thymus secretion. Usually that is regulated after they become adolescent.

QUESTION: Would that have anything to do with anemia cases? ANSWER: No, that has more to do with the spleen. The thymus has a special relationship to the skeletal structure of the body. It helps to free the lime which is used to build the structure. If there is a lack of secretion in childhood, there is a softening of the bones and mental and physical decay.

The parathyroids are the smallest of all the glands, but by no means the least important. There are four of them. Usually they are imbedded alongside the thyroid gland in a little fold. It is the secretion of these glands which activate the production of substances that removes the toxic poisons which destroy tissue. The parathyroids neutralize those particular poisons. That is one of the reasons that if they are removed, the person is liable to die very quickly. These products have a special affinity for the nervous system. It is known that the parathyroids exert a profound in-

fluence upon the nervous system, and removal of two or three of these almost invariably causes tetanus. They are using parathyroid hormone now as an anti-toxin for tetanus. They have also found that for nervous palsy, parathyroid extract will act almost miraculously. They have used it also in epilepsy, but have not been able to affect a cure by the use of it. There is very little known of the parathyroids, but they are very important. Without them the body becomes filled with poisons, tissues decay rapidly, and most of the violent germs increase with extreme rapidity. We do not have much trouble with the parathyroids.

The pancreas, are not, strictly speaking, an indocrine gland. It furnishes an important digestive ferment, also a substance called insulin for increasing sugar oxidation. The pancreas themselves are divided into several sections; different parts of them secrete different hormones that are used by the body for various purposes. A lack of functioning power in these cells, whether because of actual degeneration in the structures themselves, or decrease in this oxidizing power due to the influence of toxins generated in the intestines and absorbed into the blood stream, is, without doubt, the determining factor in diabetes. We know that when that energy is not extracted there is a greater amount of waste that is going to finally cause poison to generate there.

We were speaking just a moment ago

about anemia. There is a combination of four places that we work for anemia, the pancreas, spleen, liver, and adrenals are all points of treatment. Another disease that we have manifesting quite often is Bright's disease which should be treated by a combination of pancreas, adrenals, and thyroid treatment. When the stomach burns, the pancreas are not functioning properly. The use of milk of magnesia, and bismuth will ease the symptoms but will not reach the cause. By stimulating the pancreas, oxidation is increased and we eliminate the pain. In all cases of stomach ulcers, a strong treatment on the pancreas is advisable. Chronic headaches are often symptoms of lack of secretion of the pancreas, but most of the time chronic headaches are caused by stoppage of the sinus passages.

The spleen is a manufacturer of red blood corpuscles. It manufactures, in the embryonic form, all the red blood corpuscles. Sometimes it carries on in childhood and then stops for a period. In cases of anemia the spleen is supposed to resume its functioning of building red blood corpuscles. Sometimes it does not do it. In transfusion, the splenic treatment should be given so that the body itself can make its own blood. In cases of hemorrhage of the lungs, we have to find where the rupture is allowing the hemorrhage to take place and treat that condition to shut it off. We have to block off the blood vessels and then release them, every once in awhile, for the blood to flow back. In the pro-

cess of digestion the spleen throbs with a beat of its own. The average pulsation of the blood in the brain is about fourteen to a minute. The best of the spleen is considerably faster than that, about half the beat of the heart.

There is a prize fighter who has to box two rounds before a fight, or he will be too slow in getting started. Everybody beat him till his manager found out what was the matter with him. He got a good manager who knew enough about the human body to know what to do.

The spleen is a very peculiar gland and actually is one of the most important of all the glands. Every gland is important for that matter, because with any of them missing the body does not function as it should.

The adrenal glands or suprarenals, as they are sometimes called, are two small bodies placed like little caps on top of the kidneys. There are two of them, sometimes more. One of those glands can be removed and the one left can sometimes function perfectly without any disorder in the body. Sometimes, in that case, auxiliary suprarenal glands will grow to normal size. One of the simplest ways to tell adrenal deficiency is to draw the finger nail along the abdomen and if there is a deficiency, a white line will remain. Ordinarily if you do that the line will turn red, but with deficiency of adrenalin in the blood stream it will leave a white line that



will remain for sometime. One of the specific diseases that is caused by adrenal disfunction, is Addison disease, a condition of the adrenal glands. We find quite a few people in the deep South that are afflicted with Addison's disease. The adrenals are also, psychically speaking, the seat of the emotions. Perhaps, sometimes when you have been startled, or had a momentary fear, or been angry for awhile, you have afterwards had a "gone feeling" in the solar plexus, a tightness and dryness in the throat, and an ache in the small of the back. Why? Because the adrenals have supplied added secretion to the blood, and it takes a little time for it to regain a normal balance. Adrenal treatment is sometimes used in treating cases of asthma because the adrenalin has a direct effect upon the contraction of tissue. The main trouble in asthma is because the tissues expand and swell. We find nearly always in chronic stomach trouble of any kind that there is an improper functioning of the adrenal glands. This also has to do with ulcers and indigestion.

They use adrenalin to stimulate the heart, even in cases when the heart has ceased to beat. You may know, or not, that a fine enough needle can puncture the heart and still not injure it sufficiently to cause death. They use adrenalin injection directly into the heart, to revive a person who has died from drowning, electric shock, and many other things. The shock that it conveys to the nervous system will cause a quick flow

of adrenalin into the blood stream, and after they have injected it they massage the chest, pumping air into the lungs. I have known cases where they have even opened the chest and massaged the heart. From 1/100th to 2/100th of a milligram is injected in solution; but that is a whole lot in proportion to what there actually is in the blood stream. In the use of electric apparatus, they found that gamma rays directed to those adrenal glands give a very marked effect. Lack of secretion of adrenalin into the blood stream, is one of the causes of low blood pressure. An increase of adrenalin into the blood stream may cause high blood pressure. The slowing down of adrenalin secretion in cases of high blood pressure, usually causes rapid results. I took one woman who had not worked for six months, because she had high blood pressure, and sent her back to work in six days.

The liver, another important gland, is one that causes a great deal of trouble if not secreting properly. A torpid liver can cause a condition of the general system that will result in a general toxic condition of the blood and cells, as deadly as any other poisoning. At least one-fourth of the blood in the body passes through the liver, and if the proper secretion is not given into the blood stream, the entire body will be poisoned. Dark spots on the skin are usually a sign of a liver that is not functioning properly. For any improper function of the liver, magnetic treatment

is always used.

The gonads, the testes in the male and the ovaries in the female, are the most important of all the glands of the body. Many cases that seem to have no connection with the sex glands, are fundamentally caused by sexual disorders.

Many of the phobias or fears are directly connected with sex gland disorders. Rubin gives a case of a girl who came to him for treatment. She had a pulse of 160, blood pressure of 85, and almost every phobia that a human could have. She had a fear of high places, a fear of running water, of wind, storm, thunder, lightning, of strangers, of the dark, and fear of something falling on her. She could not cross a street, unless someone held her by the hand. She only weighed one hundred pounds, her hair was lusterless, her complexion like a corpse. After being treated for an ovarian and adrenal condition for a month, she gained eleven pounds, her complexion cleared, her skin became soft, her blood pressure and pulse became normal, and the nightmare of fears was dissipated.

Popularly, the gonads have been looked upon as glands of internal secretion, but the most important internal secretion has been entirely overlooked. No thing more completely changes the entire human organism, than the removal or atrophy of these; the master glands of internal secretion. Such loss seldom causes death, though the one who loses

the gonads almost invariably loses their vivacity and become sluggish and fat. Normal healthy life is almost impossible without the proper functioning of these glands.

The removal of the sexual glands will produce a profound change in the organism, which causes alterations of the entire physical body. The so-called secondary sexual characters may fail to exhibit themselves in the usual manner, and thus occasion the retention of infantile characteristics in place of typical features of adult form and behavior.

Castration after puberty cannot modify profoundly the development of structures like the skeleton, but it may bring about structural and functional changes which can be determined by careful observation.

There is a remarkable cooperating influence between the thyroid and the gonads. When one has thyroid trouble, almost invariably some disorder of the gonads is also present. Menstrual derangement is almost always caused by ovarian and thyroid trouble. Ovarian disfunction, which is the most common glandular deficiency among women, is the basis of more functional disorder than any other five. The sex glands, particularly the ovaries, exert a profound influence upon some function which tends to cause changes in blood pressure. This factor is especially noticeable in women before and during the menopause. When

the ovaries are functioning properly the disposition is usually good. The voice, while not distinctly a sex characteristic, is a very good indication of the sexual virility of the singer. One who has a fine tonal quality is usually found to be very well developed sexually. Stimulation of the gonads has been found to wonderfully improve the voice of singers.

If we could only realize the full importance that sex has in the lives of every normal man and woman, we could more fully realize the importance of the proper functioning of the sex glands. Ninety-five per cent of all marriages culminate in the divorce court because there is abnormal or subnormal functioning of the sex glands of one or both parties. False modesty has kept these facts from being generally known, but every doctor knows it to be so. Proper gland treatment and education in sexual knowledge would obviate a great deal of this trouble.

When the sex glands are not normally developed there is always a repression or complex that expresses itself in one way or another. This causes fears or phobias of one sort or another to influence the thoughts, until the person is so bound that they find it impossible to escape. Many girls go through life suffering untold agonies at their menstrual period because of ovarian and thyroid trouble. I have found in hundreds

of cases that all our sexual disfunctions are about ninety-five per cent mental, and the other five per cent from lack of proper circulation of the blood. In treatment of these ailments, magnetic treatment is always used, in connection with suggestion and mental treatment.

There are many misconceptions about stomach disorders. When they say the stomach has fallen, it is seldom that the stomach itself can drop because it is fastened with so many tissues and ligaments. Sometimes we have what we call a prolapsis, where the transverse colon is pulled down and the secretions clog and prevent proper passage in the colon. It is a very bad thing for the stomach or liver to fall. One lobe or part of the liver can collapse, but the liver is fastened by one of the largest muscles of the entire body. It is impossible for it to break loose without tearing the whole inside out. Sometimes there is a lack of secretion of bile into the intestines, to furnish the material to dispose of the waste. Sometimes we find prolapsis of the colon. The reason that that happens is usually because of improper breathing, allowing of the stomach muscles to sag, and perhaps constipation over a long period of time.

I had a case not a very long time ago, a lady who had a prolapsed transverse colon, was troubled with constipation, and had so much toxic poison in her system that she was bloated a great deal. The first thing to do to relieve

the condition was to raise those organs to the proper position. There should be a light diet, an elimination of most of the acid foods, the use of a lot of fruit juices, and broiled meats only; that is, for a period, till the colon gets back to normal. After it becomes normal they can resume a more varied diet. In treating a specific case of this kind, I have found that I either have to do it with my hands, or make the patient do most of it themselves. I have straightened out such a condition in about six weeks time. In the first place, I give them a little muscular exercise, previously mentioned, for elimination, and for the strengthening of the muscles that control the evacuation processes of the stomach. Enemas, instead of strengthening, remove the normal motion and function of those muscles and weaken them.

I usually do this exercise in: the morning when I first get up, and maybe sometimes late in the evening again. This motion itself will help to pull, and straighten the organs to the proper position. The person who is working on themselves should place their hands to the right side of the liver and pull up. Then after doing this, take a deep breath. When you lift up, that pulls the transverse colon straight. Then the deep breath that you take comes up, stretches and pulls the colon to the position that it should be in. I assist that with magnetic treatment. The gall bladder condition is a secondary symptom from disfunction of the liver, and we find in

that case, that many times, low blood pressure accompanies it; so we work upon the adrenal glands for increased secretion, which helps to eliminate the low blood pressure.

Varicose veins come about from several conditions. Sometimes we find varicose veins in women after childbirth; from poor circulation or congested, broken veins, that stop the flow of blood. In treatment of this condition it is always best to give magnetic treatment on those varicose veins themselves. I have seen cases where there have been open sores running for months and even years.

QUESTION: Is it advisable to cut them out? ANSWER: I do not think so. I tell you frankly, it is only in the utmost emergency that I advise that method.

Tuberculosis, of course, we know is a germ disease. Tuberculosis is usually associated with the lungs, but as a matter of fact it can manifest any place in the body. We have tuberculosis of the lungs, stomach, intestines, and sometimes tuberculosis of the adrenals and sexual organs. It might break out anywhere. In the popular mind it always is associated with the lungs. A person often goes a long way in the development of the disease before they know they have it. The tuberculosis germ develops in the blood stream because of the lack of adrenalin in the blood. In all cases the first treatment to give is an increase of the secretion of adrenalin.



Next is to work upon the pituitary, and the place where it is manifesting locally. I use magnetic treatment in tuberculosis.

QUESTION: How about treating tuberculosis at a distance? ANSWER: These treatments I am giving now are all for working on people first hand, but later in this book I will give you some specific methods for treating at a distance.

The rupture, for instance, is caused by some strain and the ligaments are torn or pulled. The tear comes and does not heal. In all the cases of rupture that I have treated, I have found, that we must require as little physical activity as possible. A tennis player came to me with a rupture, and I started with magnetic treatment and also used a certain form of soul power for the creation, rebuilding, and remolding of the muscles. For physical symptoms, I nearly always use magnetic treatment because I can convey my thought-picture through that force; but I then use spiritual treatment for creating new tissue in broken or diseased cells, or parts of the body. The first treatment is always magnetic.

QUESTION: Is there an exercise that you can do for rupture? ANSWER: I think lying on the back is best for rupture. A person who takes too much exercise in rupture is liable to take the wrong twist and pull it, where it should be left alone. We want them to use as little exercise as they can and especially no

extremely heavy lifting or pulling.

QUESTION: Could tennis playing cause rupture in the first place? ANSWER: Yes, but in this case it did not. Very few people know how to lift a heavy weight. Rupture is torn muscles in a place where it does not heal quickly; it scars over and then it is hard for it to heal. First I work to dissolve the scar tissue which has formed, then use magnetic treatment with the thought and will to dissolve the scar tissue. I always get a perfect mental picture in my mind, will and thought before I send the flow of magnetic current out.

For drawing in magnetic force, or magnetic current, I give a number of exercises which will be found to be effectual. Certain ones, such as expansion and contraction of the solar plexus, always helps to build up our own strength and energy. We know that every one of us is a potential channel for healing and magnetic power, conveying thought, or odic force with it. Odic force is the brain cell sensitizer; tiny particles of it are discharged with every thought that you have. If you will think of a stream of force or energy flowing through your right hand and conveying the magnetic current, you can send along with it the thought of the thing that you wish to accomplish. You can hold your hands five feet from the body and do it. You can hold your hands even ten feet away from the body. When you direct it there, the streams of magnetic force flow out of

the hand, directed by your will into that person's body, carrying the odic force with your perfected thought. The person you are treating hasn't learned to send their thought force to that particular part of the body with the creative thought. You can send the thought of rebuilding and recreating, and at the same time that you do so, you must help to arouse in their mind the same thought. You do not want them to fight you. If they will aid and assist you by willing and thinking the same thing that you are, then you do not have that to battle. There are several little tricks in building up current and sending it out through your body.

A little trick of centering my thought on the right hand is this: I think with all my might on the right arm, I try to feel with all my force the power in the hand and arm and to help center my attention and thought on it, I tense those muscles. You cannot tense the muscles without thinking of the arm and hand. It is merely a mental trick to focus your thought and will in the place that you want to reach. I find that many times the person who is beginning magnetic healing finds it better to allow this vibration to proceed while they are giving the treatment, though it is not necessary. You might be able to do it without that, but some find it aids. As a matter of fact you do not have to use the hand. You can send all the power from your right eye, if you wish to. We have found this: That the use of the

hand, by suspending it over the place that is to be treated, is more effective, because the person feels that more is being done, than if you just look at them. It helps to arouse more receptivity.

People have come to me saying that they were feeling very badly and had been feeling so for several days, and by the time they were ready to go they would be feeling good. Why? They did not know it, but when they told me what was the matter I would convey one of those treatments to them without letting them know what was being done. The right side is the one we send the force from, the left hand is the one we draw from. Sometimes when talking to some person that is in deep trouble you can soothe the emotions and mind, by sending a strong flow of the positive current to them, inhaling through the right nostril at the same time. Be sure you are breathing through the right nostril before you give a treatment. If I am going to give an internal, positive, magnetic bath for the elimination of physical conditions, I always start by breathing for five minutes through the right nostril and then five minutes through the left, then force the breath evenly through both nostrils, then with my eyes closed, I center the consciousness between the eyes, where it automatically centers upon the pituitary gland. Then rapidly, I move my thought, my consciousness, up and down my body about ten times. I call this a magnetic bath, or a bath of consciousness, and

after doing this I center my consciousness between my eyes and then move it to the particular part of my body that I want to focalize on. I try to feel as if, between my eyes, was a whirling dynamo of power, and I cause that to send out a single tiny streamer of force with the thought of what I want to do to the part of the body I want to work on. I picture that part in the condition I want it to be in, the condition that I want manifested there. Then, whether I am sending it to my own body or that of another person, I try to see it as if it were moving very slowly. If I want to increase secretion, I will for it to increase. Then I center as much of my attention upon that particular part of the body as I can, and still try to hold at the same time, the thought of the particular function that I want to arouse just as I want to arouse it. The first thing to do is to get the mental image of the thing you want. How could I will for a thing to be cured, if I did not know how it looked? That is the reason I recommend the study, of at least some of the major functions of the anatomy, for the student of metaphysical healing.

QUESTION: Is it necessary to send the word or just the picture of it?  
ANSWER: We use words of power in another form of healing; not magnetic healing. Magnetic force only conveys reactions, reflections and pictures. Take the case of a prolapsed colon. At the same time I use the physical treatment, I will use a magnetic treatment on my own self.

Then when I send my thought to that place I focus my thought, and with it, my will for healing, that is, my thought for healing, with the normal and perfect picture.

We do not deny that a thing is diseased. To do so would be to deny the truth, and the second part of our work will not do any good. We accept the condition as it is. We see the picture as it is. If we deny any aspect of truth, we cannot expect the truth to work for us. If we take a part of truth, and deny that truth, then how can we expect another part of truth to work for us? We say yes; we do not affirm that which does not exist.

I do not deny the truth that the colon is prolapsed. I accept that condition, but I do not accept the fact that it has to remain there. The only tools that man has, to recognize a thing with, are his power of reason and his senses. If I take a knife and cut the body open, I will find that condition there. We will say that the prolapsus is there, instead of saying that prolapsus is not there. In the mental image, I have first seen it as prolapsus. I gradually take hold with my mental fingers and fix it with my thought, then with all my will, I concentrate on the picture of the condition I wish to manifest.

The thought force flows along the magnetic, nerve current, and closes, or shuts off, just as my brain wills it to.

Maybe that impression is not strong enough the first time, but each time I send it, it gets stronger, until it finally takes hold.

It is owing to the strength of my will, the clearness with which I have changed that condition in my mind that the reaction is so strong that the patient is sick for two or three days, because my force is so much stronger than their picture of sickness. I superimpose the force of positiveness against their force of negativeness, and as a result there is an upheaval. Next time I send an impression, it takes a deeper hold. At the same time that I am doing it, I try to relax their mind to mentally accept the condition that I am imposing there.

QUESTION: How long do you have to hold the picture there? ANSWER: The thing to do is to get it there, but once you get the impression there turn it loose, I leave the impression there. If I have not got my image perfect the first time, I do it again; and when I feel an impact, then I know that it is taking hold, or bouncing back. Sometimes it takes me five minutes to take hold, sometimes it takes ten. I had one person who fought with everything he had in him. He said, "I want to be healed, but I am a tough customer," and that preconceived image was difficult to break down.

QUESTION: When you do not feel the first impression taking hold, then do

you start all over again? ANSWER: Yes..

When I treat a person there is just one person that is going to say what is to be done, and I am that one. When I go into a place to treat anyone I send the extra people out. I usually find a way to get rid of them because if they are in the room fighting you, then you cannot do anything. Each soul is an individual soul and as long as they are not in the room to distract me by making noises at the critical moment, that is sufficient. You can have forty people outside the room not wanting that thing to happen, but that will not bother you because they have no direct power. The average person has nothing but scattered force. A person who has learned to direct that force, can build up an energy that is strong enough to resist an undirected force or thought. Magnetic force is of two kinds, positive and negative, either of which may be sent forth. My right draws in the positive, and my left the negative, so we try to balance its polarity. A thing which is balanced always has more force. This magnetic system is easily brought under control after a little practice.

I wonder if you remember, definitely, the point that I just brought out, that is this: That denial of a thing is proof that you are actually that which you are denying. Always recognize the existence of a thing knowing that the Divine Consciousness working through you, is able to change it into the order that



you wish to manifest.

The thing we are going to work with now is mental diagnosis. Diagnosis is half the battle, in treating anything that comes to you. If a person comes to you with a spiritual ill it does not do much good to give them a physical treatment. What you want to do is use the power, force, and laws of that particular plane that you are dealing with. That is the reason that some metaphysical teachers have wonderful success with some cases and fail with others. The metaphysical teacher tries to gain the same result with one force, working on all the planes, not knowing that he has to use a law of the plane that the disease or sickness is manifesting from, to learn the cause of it.

We don't really need fever machines. Take a piece of army G.I. soap, the size of a walnut, put it under your left arm and clamp it down tight. You can generate 102 to 104 degrees of fever that way. In the army, anybody that is on guard and wants to get a day off can do so by using a piece of G.I. soap in getting a temperature. It is a light brown soap and the only name by which I have heard it called, is G.I. It comes in big bars and there is something in its peculiar chemical compound that causes fever, if it is placed under the arm so that it touches a certain nerve center. It does not hurt at all, and is a purely physical thing.

Metaphysical diagnosis is of the utmost importance to every healer. It is true that we can often tell from physical symptoms just what the condition is, but sometimes we are doubtful of that kind of diagnosis.

Sometimes we find that the individuals themselves are not able to properly tell their symptoms, and some people have symptomitis. I know some people, who every time they read the ads of patent medicines get symptomitis. I know a woman who was strong as a horse; but at the same time always had something wrong with her, and was always taking medicine. She was shocked if anyone drank liquor: so a friend told her about a medicine that would really help her, and gave her a recipe for home brew and told her to drink two bottles a day. She told me that it had helped her a great deal. I knew a Kentucky distiller who had a sister who was very religious, and because he was a distiller, had not spoken to him for twenty years. Then when prohibition came, and closed down the distilleries, she consented to see him and they had a long talk. He asked her how she had been, and she said she had been sick for sixteen years. The only thing that had kept her alive was a patent medicine which she showed him. He said, "I hate to tell you, but that is nothing more or less than my poorest grade of whiskey with a few herbs added; and what you have been, is a rum hound for the last sixteen years." People of this type hear of some new sickness or disease.

begin to think about it, and soon get all the symptoms described. This is really mental sickness; there is nothing wrong with them. Sometimes people in describing symptoms, do not give us a clear picture so we have to depend on something else.

One of the methods of diagnosis I use is through the aura. I usually try every kind of diagnosis. The thing to do is when you look at a person, do not look at them clear-eyed. In other words, let your eyes get out of focus a little, and when you do this correctly, you will start seeing just a little haze come around them. By a little practice you will be able to detect colors coming out of that haze. If the color is coming out in ragged streamers, the nervous system is usually all shot. We find too, that if there is a steady, rhythmic glow pulsing from the aura, there is some improper functioning of the heart or blood; whereas that from disorganized thought is sharp, jagged flashes. When we find a green color coming out in slow pulsations we find that there is some mental condition here, which is the cause of the thing that we are working to reach. Now again if we find that there is an orange tending to yellow, pulsing in that steady rhythm, the cause lies in the psychic plane. When we find that the aura, whatever its color might be, seems to roll up and down the body instead of pouring out; and edges start to curl downward all over the body, we can always diagnose a spiritual cause behind

whatever ailment is manifesting. This is one way that we can tell the particular plane of causation of the illness. A very good method of diagnosis, one that I have found very useful, is the following: Have the patient sit down and take their left hand in your right, and their right hand in your left hand; then through their body send a stream of magnetic current till you can feel the circle is complete, and the magnetism is flowing without stoppage. When you feel that it is completed, close your eyes and then try to draw the consciousness above and between the eyes; and then try to draw it back just a little bit, at the same time willing to receive in your own body the sensation that the other person is feeling. After willing this as strongly as you can, let your mind become as perfectly blank as possible, and in a moment you will find a tingle set up in a certain part of your body, and it will appear in the part of the body, that is ailing in the other person. Thus you get the locality of the part you want to treat. After practice you do not have to touch the person, just quietly relax and gaze into their eyes, with your own body, your own eyes, and your own mind relaxed. As you gaze, have the thought of the current flowing from your right eye to their left, and from your left eye to their right eye. After awhile, you will get the sensation of their illness in your own body. You are not trying to impress any magnetic force on them; what you are trying to do is get in tune with their magnetic flow.

As a matter of fact, the average person who does not control the magnetic force has streamers of it coming out to a distance of ten feet. I usually like to be about ten feet from a person when I use this method. Do not grasp the hand, let it be held loosely, because when you grasp the hand their magnetism will try to repulse you. The one great secret of all success in healing is perfect relaxation of the operator. No person can strain and concentrate.

In diagnosing for mental illness, the diagnosis has to be worked out according to the individual case. To diagnose a mental case it is best to get the person to talk; but do not try to get the person to talk about their problem, the minute they come to you. Talk about something else. Try to find out something they are interested in, if possible. I am not speaking of a person who is mentally unbalanced.

I have a case of a woman who has herself messed up with some elemental entities. They came at first as a good force and brought her things that she liked; but after they had enough hold, they tried to force her into other things. She wrote to me begging for help to get her out of that condition. She said she could not stop it now. It comes the way it wants to come. It got her very much enthused and pushed her in, and now it is in control. This is a case I had to diagnose by mail. I have not seen the woman, do not know what she looks like,

do not know what she got into; but I know there is a principle that those forces follow. First, the gaining of confidence, then the taking hold, and binding the person's will to their will. You know that is one of the great dangers that the occult student faces on the path when without proper guidance. I have a very good idea as to where she met it, and how, but of course, as soon as I heard from her, I immediately sent her something to work with. The healer is going to find many cases like that.

That is not what we would call a physical case, not exactly mental and certainly not spiritual, but psychic. We have to know how to give psychic treatments as well as we have to know how to give material treatments. I cannot go there physically, and I presume she cannot come here, and so I have to diagnose from a very disjointed letter. In the case of a negative force or entity attempting to take hold, the first step is the gaining of confidence; but in the gaining of it they still speak false words, such as telling the person they have gained Cosmic Consciousness. That is a lie, because if a person has gained Cosmic Consciousness, they do not have to ask anyone anything. The force told her that it was a master that had come to her; told her some things that she wanted to know, made her think she was great. As a matter of fact she was ignorant, or she would not have accepted it that way. She had gone into the silence. What most people call the silence,

I think is a very dangerous thing. They make themselves a perfect instrument for anything to work through. Without having knowledge and power to protect themselves, anything can come and grab hold of them, and they are tickled to death.

The only time to go into the silence in giving absent treatment, is with will, strength, and a definite objective in view. Sitting for trance mediumship, which is just another method of going into the silence, is dangerous. They sit there and will for something to take control. Something invariably does if they sit often enough, and long enough. What you want to watch is this: This force came and exalted this woman. In the first place, no master is going to exalt you. Elemental entities know that playing on the pride and ego of the person, is the surest way of gaining control. Some teachers do that. They will pick out some pupil, especially those who have money, and say, "You were a master in the past incarnation." If one has attained that state, they do not lose it, and when they go from life to life, they go with knowledge; not with a loss of what they had. Some people are smart enough to take it in the spirit it is given, but many people fall for it. If one of the real adepts comes to you, he is not going to inflate your ego. This woman was told certain true things. She was also told this was a master coming to her.

If anyone comes to you, they will

not call themselves a master. One thing by which we can know that it was not a master or an adept, was that it called itself a master. By this time it had gained all her confidence, it had gained control, it came in. She had opened the door for it, and then instead of going along the straight line of truth, it said, "Let's go down this way." She fought back and what she sent to me was a cry for help. The only reason that I will help a person like that is when they have not gone into it knowingly. No one can remove the thing which they have chosen; but in a case like this they have not chosen, but have gone into it because of ignorance. If a person goes into these things knowingly, there is a certain connection that they make with the Black Brotherhood, and if they turn, they die. It is really better to let them struggle for awhile in this life. It is better for them to have to suffer, and learn the horror of what they have gone into knowingly, than to release them with death.

The White Lodge takes no account of the moment. It only takes account of the best results to be gained in the future. They are not cruel, and not merciful; but just - with unswerving justice. According to the way you have sowed, so shall ye reap. We are speaking of a case where there has been a conscious turning from the white to the Black and dedication to, and swearing to follow the laws of the negative so you can gain personal power over your fellow man.



I give you certain words of power, KO-RE-GOR and TIA-BEL-AMET. These words are dispellers of illusion and negation. This woman as yet does not know what she is fighting. She merely knows that it is pushing her into channels she does not want to travel. If I gave her that word, TIA-BEL-AMET, it would dispel the illusion, but it would not send it away. In a case of this sort we have two conflicting things, needing two methods. We have to work through spiritual means, and psychic means. These words that I give you are for driving away, and temporary relief. One word will dispel the veil of illusion, the other will drive it away. Now what we have to do is build up a wall of protection around her. That was the reason that the magician, in ceremonial magic, used what they called the dispeller or dismissal.

The woman herself could not use or build up the power of protection. She is 225 miles away. I cannot go to her physically, and her mind is so disjointed that I cannot contact her mentally, I tried that today, and the force is so strong, and her mind so disorganized that I have to use another method. I never saw the woman and do not know what she looks like, but I will know tomorrow. Why? Because tonight my mind, my consciousness, my ego, will contact her. To make the contact we can use the same thing that we call magnetic force. That can be extended in a tiny streamer to flow to her. One of the things that I will use in that case is the actual

leaving of the ego from my body. When you learn to do this, then you will find a lot of things a whole lot easier. I will place her letter across my forehead. When she was writing it, the emanations flowed from her hand and were impressed on that paper and tells me a lot. I place it upon my forehead, part of it will be between the eyes; and I relax my mind and try to draw in all the thoughts; feelings are sensations that are vibrating from the odic force impressions. After I have done this it will give me an attunement with her own particular vibratory rate, and then the instant I remove the letter from my forehead, the picture will be received. If you can get your consciousness in tune with it, then your thought force can connect with a person in any part of the world that they might happen to be in. When I get the feeling or vibration, then I will for myself to be where she is. This is through thought and will alone. I then feel as if my vibration is blended with the vibration that is imbedded in the letter, for distance is only distance, because of the limitations of our three dimensional senses. If we have twenty radios in this room and another five hundred miles from here, and a broadcasting station is broadcasting on a certain wave length, if one is here, or there, exactly the same wavelengths are picked up.

From the radio we can know and understand how vibrations pour through all the world. If you learn how to tune in

on a person's vibratory wave length, you can contact them anywhere. Tonight in this attunement, I merely want to tune in with her. I want to feel with her feelings, to feel her sensations. If I build a wall of force, it will imprison that entity in her mind, and this we wish to avoid. If you think you have driven the devil forth and do not cleanse the house, then it comes back seven times stronger than before. The reason is, you have not gotten rid of it, until you have cleaned the house. Tomorrow night at a certain specific time, she is supposed to do a certain thing. At that time I will make my contact; at that moment I will reach her through that mental attunement. At the moment when I do, I will build up around her a hollow tube, a globe of violet-white light. I will for it to form in her vibration. It will form around her, at the same time it forms in her vibration. The thing cannot come back, and nothing else can come in. I will leave it there until such time as she has gained her proper mental balance. You would be surprised at the number of cases of that kind that are brought to me.

A girl in Texas started fooling with an 'ouija' board. She was trying to communicate with her brother and sister who were dead, and apparently communicated with them; then some other force came, and she became frightened. Now, every night if she is alone for one minute, an overwhelming fear comes over her like a black cloud, and shuts everything off

around her. Everything becomes filled with blackness and the most horrible sights, sounds, and figures become manifest to her. That is a peculiar force or entity that we have to deal with there. She is mixed up with something very negative. One person might not be strong enough to resist it.

How many people have heard about the haunted bridge in Pasadena from which ninety-one people have committed suicide by jumping from one place on it? Why? When the bridge was being built, there was a foreign laborer who had saved about five thousand dollars, and intended going back to the old country after he finished the job. They were pouring the cement, and when daylight came the day foreman started to inspect it, and saw the soles of a pair of shoes sticking up from a pile which had been poured. He cut the soles of the shoes, and flesh was there. A man had been buried in the cement, who had no relatives to miss him, so they just poured the cement over him, and finished the bridge. That man was thrust alive into the cement. When he was struggling to get away, the strong magnetic force carried his odic thought impressions of struggle to escape. It so happened that the concrete happens to be peculiarly sensitive, and if a person on the bridge happens to be in an emotional or nervous condition, and there is no one else close to them, they get the same reactions. Many of those who committed suicide, in fact more than two-thirds, were people who had no cause whatsoever

to commit suicide. For a time, they put a guard on the bridge so that there would always be two people there.

Here we have a peculiar case of psychic disturbance, and no person of nervous nature should ever stand on that spot. If you are ever out there, walk out about twilight some evening and stand on that spot and relax your mind. It is a very peculiar sensation. I went there myself, and spent an hour drawing from the odic impressions, the whole story. The case is quite well known in occult circles. The only reason that I recite this case is that it is very interesting from several points of view. It shows you how odic force can leave impressions that can be felt by any sensitive person. In dealing with these cases, the healer has a lot to contend with, and he has to learn first, that to a great degree his ability to help, requires the necessary diagnosis; whether in the physical, psychic, mental, or spiritual plane. This is a combination of the spiritual and psychic.

We have always found this: That if we desire to definitely know whether there is some negative force being directed against a person, we have to make tests. In nine cases out of ten when they tell you this, the person has so much hate, malice, anger, envy, or fear, in their own nature towards the person they think is sending it, that the reaction sets up a condition of negation in their own mind. There are not very

many people who know how to use negative force. Not one person out of a hundred thousand knows how to direct thoughts or things against anyone. It is true that late at night when most people are asleep your mind becomes clear, but that is because a lot of thought vibrations go out of the air. Occasionally we find that there is a negative force being directed.

You may, or may not know that fire or flame is absolutely antagonistic to any negative force. That is the reason that in all the legends about were-wolves and sorcery, light and fire were used to banish these. These stories are legends that conceal a true understanding of an occult law; that is, that fire or flame repulses negation. In diagnosing that particular thing, we put the person in a sealed room where all windows and doors are closed. We seat the person in a chair; then we take candles, light them, and move them around that person in various places, and finally we will find a place where the candle's flame will point exactly in the direction that the negative force is coming from. The candle flame will first be pointed up, then it will bend over and point as an arrow, pointing directly toward the point from which the force is being exerted. In the case of a person who is suspected of being possessed or obsessed, we surround that person with seven candles. If there is an obsession or possession, the flame of every one of those candles will bend towards the center. It does help us to know whether we have to treat the person

for actual obsession, possession or for imagination, or for mental illness.

Frankly, an actual obsession or a possession, is easier to handle than one where they believe somebody is doing something to them. No one wants to recognize a negative thing in their own nature. It is the hardest job that the metaphysical healer has. They will tell me that this force is directed against them. Then I will have them do something that does not mean a thing, and they call me up and say it is all gone.

If I find that there is a negative force sent against the person, I find the direction from which the negative force is coming and then I go to work at it. I do not desire to injure that person, but there is no law in the world against shielding ourselves against any force that is directed against us. When I find the point, I seat myself directly behind the person. I close my eyes; then I build up in front of that candle flame, not a globe of light or force, but a semi-circular shield; let it come to a point with an opening in it, and I visualize it as turning the force. The force goes right back to the person that sent it. The stronger it is sent, the stronger it returns. They get exactly the same thing they are sending; no more, no less. When they get tired, they stop. They cannot hurt anyone but themselves. Our job is to keep them from hurting somebody else.

We are going to find that ninety per cent of those that come to us, have what we call mental and spiritual ills, so we have to work on them in a little different way. We have them sit down and tell us the whole story; how this person has hated them and what they have done to them. I always ask, "How do you feel towards this person?" They say they do not feel anything, they just want them to stop. Then I ask, "Why does this person dislike you? Why are they sending you this force?" The first thing you know they are going to betray themselves. They show that they themselves are holding the same thing in their mind that they think the person is sending. Then you start calling their attention to the points that they have brought out, to show that they have that negation in their own consciousness. In their own mind. Their consciousness which does not like that condition, knows that they have been told the truth. Finally, if you are patient enough, and work hard enough, you will get them to recognize it. If you want to be a fake, you can tell them to go home and say, "Hokus, pokus, rotten tomatoes." As soon as they had a bad night's sleep or somebody mentioned something to arouse them, that same negative force would start again.

A young man had always wanted to be a doctor like his father, so the old man sent him off to the medical school. He thought he had a lot of knowledge, so the old man took him into partnership. About six months later the son came to



his father with his chest all stuck out, and said, "you know Mrs. -- whom you have been treating for stomach trouble for years, well, I have cured her." The old man said, "Son, don't you know that that old lady's stomach put you through medical school?" Personally, I do not like those things, whether I find them in a doctor, teacher, or otherwise.

Another thing too, those people, when you do not tell them the truth, are going to worry you to death, day and night and you are not going to do them any good. The only thing which will do them any good is to make them recognize the truth; that is a mental complex and their own negation in their own nature. If it is an outside force, then work with those persons and teach them how to build up around themselves a wall of protection, so that they can shut it off. The person who is going to be a healer has to know about all those things, some start out very poorly equipped. I am giving you simple things to be used for the conditions that you will probably meet now.

Now again, getting back to some of our treatment of cases. We, of course, use the magnetic treatment a great deal for physical ailments. We have a lot of cases of spiritual treatment, but not perhaps, as many as we do of other things. I have found cases where, because of certain mental conditions and because they deluded themselves, patients have been lost in a state of what I call

ecstasy. The first thing that a healer and teacher should learn, is that all these so-called states of ecstasy are not good. There is a sense of well being, a sense of freedom that makes you feel that you can walk on the top of mountains. Marijuana, cocaine, and a lot of other drugs will give you the same sensation of ecstasy that some of our metaphysical students get by arousing their emotional nature to a very high pitch, and then centering their consciousness on what they call spiritual things. They get in a very high vibration and seem to live in a world apart. I saw one person who lived in that state of ecstasy for about three years. She felt that she was God in person; but at the end of three years the person who had been taking care of material things evaporated, and she found that the spiritual ecstasy that she was in, was not taking care of her manifestation of the material plane.

I knew another person who was in that state of ecstasy for years, and she was so ignorant that she did not even know what the word 'ego' meant. If she had had Cosmic Consciousness, she would have known everything. Some people think that Cosmic Consciousness is a flood of light and ecstasy, when in reality it is a gaining of knowledge and wisdom; a comprehension of the laws of the Cosmos, before they begin to manifest in the material plane.

You will run into one of those people once in awhile, that is, in that

state. There is not one thing you can do with them except tell them the truth. Give them a good thumping mentally, and call their attention to the fact that the world is going on around them all the time, even though they think that it isn't. They are not really in a spiritual state at all. They have built a little dream world all their own, and it takes some hard knocks to get them out of it.

One woman had been in that state for nine years. She had a son who was very ill. She wanted to see me, and when I met her, she had on a beautiful, white robe and cap, a big cross hung around her neck and looked very holy. She told me that she was in Cosmic Illumination all the twenty-four hours of the day. Then she talked for awhile, about an hour, and then said, "My youngest son is in terribly bad health; can't you do something for him?" I said, "But you are in Cosmic Illumination; why don't you do something for him? Cosmic Illumination gives you the power to draw on all the laws of the Cosmos." She said, "I would have to manifest in the material world and I do not want to do that." I met her son who was a very nice boy. I healed him which made her very happy. Then I called her in and said, "Now listen," and told her what was what, and what was not what. I figured that I would tell her something that was good for her soul. She had been waited on hand and foot like a baby. She did not even speak to her husband because he was on the material plane. I said, "If you feel like that, why don't you float right

on out into the sky?" Yes, we have those cases which we have to handle too. It is rather a thankless task. I could gain many more students by using more diplomacy, but wherever I see a thing is not right, I am going to tell them the truth even if they do not like it. You cannot deny the truth in one part, and expect it to work for you in another part.

We have cases where we have actual spiritual disfunctions, because the consciousness itself does not desire to manifest any longer in the material plane. Such a one was the girl whose consciousness retreated into the subjective mind and lived in a dream world. I did not tell you how I worked with that girl. I know that that girl knew that she was in the subjective mind, which has its center in the middle section of the pineal gland. I knew that I could not reach her by words. I could reach her through the power of vibration, or projection of consciousness; so in that particular case, I actually left my body. I could have done it by just closing my eyes, sending my thought and will out through her, focusing on the second section of her pineal; but I was curious in that case, and actually wanted to see. So I left my body so that consciousness could contact consciousness. I attuned myself to her point of contact. I took hold of her through the power of vibration. When I came out I came out through the top of her head and pulled her with me.

The fixing of her consciousness in the pituitary gland, the seat of the objective mind, was done in this manner: It was driven back toward the pituitary, along the channel which is called the infundibulum; at the point of contact I build up a screen of black light. Her consciousness was repulsed by it, every time it would move against it. If I had formed something of a high vibration, her consciousness would have gone through it. I left it there for six months, then removed it. You will find that the ability to visualize color will be a great aid to you.

Take a colored paper disk and paste it in the middle of a mirror, and on either side place lighted candles. Seat yourself about five feet away in an easy chair, and gaze steadily on the colored disk; then close your eyes and try to hold the thought of it in the mind; then put the candle light behind you. You get so that you can close your eyes without effort and create the thought of yellow, red, green, or any other color. After I work on that for awhile, I put the candle behind me just a little to the left. The mirror enables you to see a depth to the paper disk, because there is an angle of reflection from it that you could not see if you pasted it on a blank surface. Color itself has a relationship to healing. In giving most treatments, I use a blue light.

I found that for all healing vibration, a blue light is most desirable.

When I am performing a healing or giving healing circles, I always have a blue light in the room. You want a good blue light for all around healing. The blue is the best for certain specific cases. In smallpox, red light is most desirable. If a red light is kept burning in the room, there will never be a pit mark left on the face or on the body.

In dealing with any method of treatment, we know that there are apt to be certain after effects. After giving any kind of treatment, I always close my eyes, raise my hands over my head, expand my solar plexus, and will for every negative force to go out of my body. I do this immediately after I am through. We do not want to take on anything that we are treating for, because then we might pass it on to the next person. I have treated as many as forty different things in one day's time. It is necessary to take precautions, otherwise when you give your next treatment, you might pass it on to the person you are treating. Sometimes if I want to generate a great deal of extra force, I will put the thumb of my left hand right over my adrenal glands; though that is more weakening. temporarily it enables me to discharge a stronger force. That perhaps is one of the reasons that the fencers place their left hand behind them. Some of them knew that by pressing there, they could have more energy; that pressure would help to stimulate the adrenal glands. There are a lot of tricks. In reality everything has an occult cause, but that cause has

been forgotten by the people who use it today.

Quite often we have to treat people at a distance. Personally, in giving an absent treatment, I prefer to have a photograph of the person I am treating. If I cannot have one I want their name and birth date, and all the information I can get about them. If I am going to give an absent treatment to a person, I always like to be alone. I seat myself in an easy chair, relax, close my eyes, center my consciousness between my eyes; then into my mind I bring the thought of that person's name, the place they live, their address, town, state, and hold that thought. With this, I can attune myself to their vibration. I held that thought until it becomes firmly fixed, and then, with all my will I send out the thought of healing.

Then I use the thought of first, the condition of the thing I am working with, and then the same condition as being made perfect. That aids in magnetic treatment. But when I get the picture I will with all my strength, with the name and face of that person, or their address, and blend them together. Actually you will write across your mind the name and address, and they stay there. When they join together, your contact is made. I have found many times when I have been giving my treatment, that a person who had never even seen me would see my face flash before them at the time, though I wasn't present in person.

absent treatment



It was merely the mental thought form carried to them. A lot of times, people who think they have seen an Adept, have seen something like that. A projection of thought, a thought form, and a creation made that way is entirely different from mental telepathy.

I know of one case, a woman whose daughter was very seriously sick, about four thousand miles from her. However, at the time this took place they were unable to find the address of the daughter's mother. The mother had received no letter about it, and she had not known of it at all. When she was sleeping, she saw this daughter sick, and in her sleep, she went to the hospital, procured a hot water bottle and put it on her daughter's side. She thought it was a dream.

Next day she wired and found that her daughter was ill; she went to New York and one of the things that they were talking about was, who had placed the hot-water bottle on the girl's side during the night. Nobody could figure where it came from. There was a special nurse present, and she had not seen it and knew nothing about it. That mother's desire to help was so strong that she with her consciousness, materialized her thought form. She was drawn to her child because of the condition, and her desire to help was so intense that her consciousness furnished the power for her. She knew nothing of projection of consciousness, mental telepathy or anything else.

When working from the fourth dimension, you can reach inside and straighten disordered organs. A man, with an injury for many years, was cured by healing, from the fourth dimension. There is a book of fourth dimensional surgery written by a doctor, on how to perform operations by fourth dimensional means. This doctor had x-ray sight, and had perfected fourth dimensional extensions that would pass through the body. As a matter of fact, your body from the fourth dimension is just as open as the space in this room now is.

Dr. M. when out of his body, was passing through a little place in Europe, and saw a boy lying almost at the point of death. For some reason or other, the boy aroused his sympathy, and he decided to stop and help him. To do so he entered into this boy's body and set up a vibration that would destroy the disease that was afflicting the child. He stayed with him for about fifteen or twenty minutes, changed that condition and stepped out. Then the boy sat up in bed and started to sing, and his parents thought he was dying, but he was well. As a matter of fact, it was just somebody passing by who reached in to help.

In helping and working with people, you recognize that a lot of people do not want to be healed. They do, but they still do not. A great many people cling to their afflictions, because by doing so they can work on the will of others. I have known people who have had heart

attacks, and when they came on, all those around them would rush to them. They have never grown up. They never lose the thing that some children have. They find that if they jump up and down and yell, they get what they want. Some people it seems, never do outgrow that.

I was called in on one case like that myself, not so long ago. I said, "What is it you want?" She said, "I am dying." I said, "You have fooled all these people all this time, but you can't fool me." As a matter of fact, her husband had been wanting to go on a fishing trip, and she did not want him to go. I said, "Do you know what I am going to do with you?" The next time I am called here, I am going to fill the bath-tub full of cold water and ice, and prescribe for you to be dropped in there for thirty minutes." She said, "You mean that, do you? I will tell them not to call you?" I said, "If you are going to play that way, I will tell them what you are doing."

A healer or doctor, certainly runs into some curious cases, don't think they do not. Some cases you have to get rough with; some cases you have to be gentle with. I have found that the instant that they think they have put anything over on you, you have no power to reach them.

We find occasionally where there will be a case of absolute obsession by some fear, like the case of this girl I mentioned in Texas.

No real metaphysical teacher considers that working for spiritual treatment consists of sitting down and calling on the Great Spiritual Light and Power of the Cosmos, to come down and heal for them. Do you not realize that every law that works through man is a manifestation of the Spiritual Power of God? That if we try to bring in the Intangible Essence of God, we would destroy the material world. The first thing that we have to let a person know, is that all power comes from God.

Magnetism is one way in which God manifests his healing power in the material world. If you use the power of vibration, that is another law, that God has given to use. Again we find cases and places where all those laws seem not to work. Then and then only, do we try to draw in a Greater Power. The power of God was made to be used, not abused, and any careless use of the Greater Power reacts upon the person who is trying to manifest that power. The thing is, that it is to be called on only when all the powers which man has been given to heal with, have failed. In my life, I have found only three cases where I have had to call on the Intangible Power of God to aid me. I use the power of God, but it is a power which comes through me, a law which has been set aside for that purpose. I only call on the Greater Power of God when there has to be a great and wonderful manifestation of Power. How many times do you think Jesus called upon the Great Power? Once, when He

~~3 times  
a day~~

last resort

3 times

a day

10-13-1891

raised Lazarus from the dead; once when He healed the widow's daughter. When I do this, here is what I do; but do not do it unless everything else has failed, and you know within your own self that it is the right thing to do. Only do it when there is a great purpose to be fulfilled. First, the person who is going to be a channel, or call into being that power within themselves, must make themselves ready. Their purpose and desire, and will for action and manifestation, must be pure. It is best that there should be no food eaten for some time before. If that is not possible, then we have a physical effect that we have to take afterwards, ourselves. The consciousness is centered on the second section of the pineal gland. Will for it to vibrate with a sky-blue light. Then in your mind must come the thought of the four-lettered word, the YOD-HE-VAU-HE; the one that is used by the Masons.

As we increase that vibration we think of that word in its distinct symbols; the power of the vibration of the pineal supplying the missing vowels. What we are building is a framework that will hold that power when it flows through. If we did not do this and called it into being, it would be too bad; so we form and frame it, causing the intense vibration of the blue light. Then there will come a point when the whole inside of your head has ceased to exist, and you are only consciousness, and you can see there, as well as here. Then the contact has been established,

and we stretch forth our hand over the person whom we are trying to raise, and the force and power pours out, and that person is revitalized; recreated, as it were, and even if the soul has left the body, it is called back if it has not been gone too long. This is the true reading of the Book of Thoth. This word has concealed within it all the power of the Book of Thoth, if you use it properly.

Suggestion is used nearly always in mental cases. In treating mental cases that come to us, we first have to arouse in that person, a condition of hope. We do this by the suggestion of a gradual improvement in them. I never tell a person when I am treating them, that they will be healed in five minutes, five days, or five weeks. I only say that I can heal.

We know, of course, what hypnosis is. It is nothing more or less than two minds working towards the same end; one subjective, one objective. In other words, one makes himself receptive, the other sends out his mental force, using words of suggestion such as, "You are getting sleepy." I never use hypnosis, but I know how to hypnotize. Hypnosis, as hypnosis, is not necessary except where it takes the place of anesthesia. In major operations in Moscow, they are using hypnosis as an anesthetic only. Frankly, if it was done, it would ease all the pains of childbirth.



People are being educated till they understand that it is not the fearsome thing that it used to be considered. People under hypnosis, do not do anything that they would not do in a normal state.

They carried out experiments in hypnosis among a group I was with, at one time. They put a man in a deep state of hypnosis, and gave him a rubber dagger telling him to use it on a man. He took it and stabbed the man in the back with it. Then they gave him another dagger, a steel dagger, and told him to stab the man, but he threw it down.

We use suggestion all the way through in hypnosis. For instance, I suggest to a person that a certain thing is going to be eliminated. Why? Because I want their mind to build up the same mental picture that my mind has. If I do not do that, then there are two opposing forces. When I say suggestion, I do not mean in the hypnotic sense. Their mind takes it up and helps to react on it. If a person comes to us with a mental ill, we never would tell a person that they were insane or going crazy. Every insane person thinks that everybody else is insane but himself.

Always in working or drawing any force to anybody else, we have to make them, through suggestion, work in accord and harmony with us. The same thing holds true in treatment of ourselves. If we want to treat ourselves, we can never bring about any positive reaction in the

body while holding a destructive thought. We have to accept the condition as it is, and then build up the changed condition.

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### MAGNETIC EXERCISES

Let us now 'examine' some methods for intensifying the magnetic current in the body.

1. Stand erect; place the finger tips of both hands in the solar plexus; take a deep breath while rising to the tips of your toes as you inhale; hold your breath for an instant, then exhale. Repeat two or three times.
2. Lie flat on your back and concentrate the thought on the feet; then slowly sweep the thought up the body until your consciousness rests between the eyes; repeat three times. Now rise to your feet and repeat while standing erect.
3. Stand in front of a mirror and gaze steadily at the reflection of yourself; try to make the gaze of the right eye stronger without allowing the left eye to droop. Try to feel as though force were flowing from your right eye.
4. Take some bright object, such as a crystal, diamond, clear glass of water, or other similar object, and

place it in front of you on a table. Seat yourself, and relaxing all of your muscles, gaze steadily at the bright object. Gradually draw your consciousness into your head and center it between the eyes. Then center it in the right eye for one minute.

5. Seat yourself in an easy chair, relax all of your muscles and start drawing the consciousness into the head, where you are to center it between the eyes. Close the eyes half way, center the consciousness in the right eye and then open the eye wide.
6. Hold the right hand straight out in front of your body and make the muscles of the arm tense. Try to feel a current of force flowing down your right arm into your hand. Continue this for thirty seconds.
7. Hold the hand out as in the last exercise, but do not make the muscles tense; try to feel the magnetic current flowing down your arm into your hand.
8. Hold both hands over the head, closing the right hand and leaving the fingers of the left hand extended. Close the eyes, stand on tip toe, and draw a deep breath. Concentrate on the left hand to try to feel the magnetic current being drawn into the finger tips and down the arm into the body.

9. Center the consciousness between the eyes and hold it there while you take a deep breath; then concentrate the thought on the root of the tongue while taking another deep breath; hold the thought on the tongue until you have slowly exhaled.

10. Curl the tongue upward and back until the tip touches the roof of the mouth. Concentrate the thought on the base of the tongue. Take three deep breaths, inhaling and exhaling slowly.

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