

SPIRITUAL AND MENTAL HEALING

By
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PREFACE

These Lectures were taken down verbatim as given by Dr. MacDonald-Bayne to his students in the Auditorium, Escom House, Johannesburg, South Africa during 1945.

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LECTURE 1

THIS Course of Healing we will divide into three parts:
Spiritual, Mental and Physical;

Spiritual Laws,
Mental Laws and
Natural Laws.

There is much to understand and learn in the art of healing, but when you acquire the knowledge which gives you the foundation and confidence required in healing, you will soon be able to help yourself and others. With this knowledge there is no reason why you should not be able to heal and, often, instantaneously. The main thing in healing is to know the Truth. The Divine Spirit in man is inexhaustible and infallible, and is perfect. It is expressing itself continuously; it does not have to be urged. We have only to believe in it and it comes forth of its own accord.

The majority of people malpractice themselves and others; what I mean by malpracticing is that when they see any person suffering from any particular disease, they think or say, "How terrible! You must be suffering so badly," and they see the trouble as incurable, often condemning the sufferer to death by thinking that person is going to die. It is these thoughts and sayings I call malpracticing. Whenever you see the Truth, the Reality in the individual, you bring the Spiritual Power into operation, knowing the fact that all are Divine in nature. You must realise and recognise the great Cosmic Power, and with the awareness of being one with the Cosmic Power you will then see no flaw in its creation. Its creation is perfect; flaws are brought about by the ignorance of the mortal or personal mind which has nothing to do with the creation of the body. When you recognise this Truth you will not malpractice on yourself or others. To see the Divine Principle in action is to a great extent the fundamental principle underlying all healing, no matter what method is used.

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We are one with the Divine and the instruments of its Divine Nature, and we must be able to express this Divine Power sufficiently well to create harmony and eliminate pain in ourselves and others. The Adepts have an advanced knowledge of this subject and I am going to deal with it from their understanding and practice, so that you also will be able to acquire some efficiency in the power of healing. It requires a good deal of practice and concentration, and it is necessary that you do the exercises I have detailed for you. They are not difficult, yet you will find they are very effective in developing the healing power.

I have been through all the worth-while healing schools in the world; I have also lived with the Masters in Tibet, and in this Course I will give you some of their secrets combined with my own experience in healing throughout the world. While studying this Course I want you to open yourself to the healing forces. This is of great importance as it aids your development.

The greatest service that can be given to humanity is to cure the afflictions of mind and body. Afflictions are brought about by man himself and not by God. It has been proved over and over again that diseases which have resisted all artificial means, and this includes medical treatment, respond instantly to the power of the Life Energy which permeates the whole Universe. The Life Energy in itself is the power which enables everything to live. It builds the cells into organs and organs into bodies. It is the Intelligence within every living thing and is everywhere, and there is nowhere where it is not.

It is this Universal Life that permeates every living soul and enables all to be healed, that is to regain their natural state. No matter what the trouble is, Life can heal it, provided we co-operate. By applying scientifically this great Universal Healing Power most afflictions, including the so-called incurable and chronic diseases, can be effectively and permanently cured. Imagine the agony which strikes into the hearts of those poor suffering souls when sentenced for the remainder of their lives by these words, "We can do nothing more for you," uttered by those who know little

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or nothing of this Mighty Healing Power. Hundreds of these people have come to me in despair, but they have not gone away in despair, and I look to you to help in this work also.

We are all born of the Spirit. It is the individualisation of the Infinite Spirit in man that makes all things possible. You are not a bit of spirit or a spark; you are actually the creation of the Divine Life, in which the Divine Life lives, “and this is the Temple of the Living God.” So apply this to yourselves. There is still hope for these poor souls if they would but realise that the Divine in themselves can make conscious union with the great Divine Living Power of the Universe, and that by the scientific application of the natural law, a transformation will take place. Some will say, “Lo, a miracle has been performed!” There is no miracle. There is just the result of the scientific application of the great Universal Laws. No miracle was ever performed. When the Master performed his so-called miracles, they were to Him the natural outcome of the Divine Law upon which He operated. All depends on the Spiritual Law, and it is the Spiritual Law which is the foundation of all healings which take place. And it is this Law that I want you to understand fully.

I shall deal with the Mind, and we shall see how the mind works. Then we shall understand the cause behind most of our troubles, and how our minds can be used to eliminate these troubles. We shall identify the body also as the instrument created by this mighty power which some call God; we shall see this instrument as it really is, and we shall observe its various functions and how they act together to create harmony in the whole organism. We shall also acquire a knowledge of the natural laws and learn how to apply them to keep the body running perfectly.

During the last thirty years I have studied, investigated and used all the different healing methods. I have found that the most successful method is to combine all the essentials at one and the same time. I will place before you in simple language this scientific and successful system. My experience in different parts of the world in curing people of disease both mentally

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and physically, and in guiding them to success and happiness through the application of Spiritual and natural laws, has been considerable, and I can lay claim to more than average success. The substance of these lessons is the result of my experience coupled with the teachings received from the Masters in Tibet, where I was shown the inner secrets of this healing work.

Those who wish to master the healing work should make a close study of the Masters' Course, viz., *The Higher Power You Can Use* and also *I Am the Life*, as there is a mass of information here on the Spiritual Laws which are so necessary and of such great importance, and which when used properly assure successful results. It is the knowing and the understanding of how to apply this knowledge in everyday life that makes it practical.

Sitting and listening to me, or reading this Course is all very well, but it is putting into operation the knowledge that I give you that is of more importance; by doing so you will get the results you are looking for. No one who has applied these principles and laws seriously and with conviction, and with faith in the law of Life has found that it has ever failed.

THE GIFT OF HEALING IS REALLY A SPIRITUAL ENDOWMENT

The Power is dormant in every human being and has only to be awakened and developed. It is the greatest of all gifts, because by its use great service can be given to suffering humanity. Many persons have this gift developed to a minor degree, but only a few have it developed to a high degree and they are specially endowed with great healing powers. I am not going to say that you will all acquire the tremendous healing power of an Adept, a Master, or a prophet all at once, but if you acquire the laws and the principles, and apply the healing power according to your own faith and development, results are assured.

THIS POWER ALWAYS EXISTED

From the earliest time in history the Power to heal has manifested. The same Power exists today as existed through the ages. You can acquire this Power by training and development whereby you will be able to cure disease in yourself and others. The gifts of the Creator are not announced with the blare of trumpets. The great forces of Nature are silent forces, and those who wish to embrace this Power as a means of doing good will find it ever ready to spring into life.

IN THE MIND OF THE CREATOR

Each individual can be looked upon as a cell in the Mind of the Creator, similar to a cell in the body. When we think of and visualise this great Universal Divine Mind which is one, whole and complete, and with which we are one, we realise that in that Mind we are individualised, imbued with the Consciousness of that Divine Mind itself, each individual manifesting the Divine Intelligence—under *direct* direction—of the Divine Consciousness which makes us individuals. Similarly each cell in the body is an organisation of its own, having consciousness and intelligence. It has the Intelligence to absorb sufficient food and also to eliminate the waste matter. There are masses of these tiny cells in your body having consciousness and intelligence all acting on their own because they also are individual, but they are all subservient to you. The life in you is the life individualised in the cell, because the body is the temple of the Living God; consciousness is acting in an unconscious way, responsive to your awareness of it. It is the external expression of that one consciousness.

The Intelligence that is acting through all the planets is the same Intelligence manifesting through the cells of your body. Do you not see then that this is the Temple of the Living God! Do you not see clearly and distinctly that *you* yourself, *your own consciousness*, is but the Consciousness of the Infinite

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Individualised! Each and everyone of us has the consciousness of God within us, and the Intelligence responds according to our awareness of our unity with God. It was this mighty and wonderful Truth that the Master knew and demonstrated. He never malpracticed anyone. He said: "Stretch forth thy hand." "Thy sins are forgiven thee, take up thy bed and walk." He never malpracticed, saying, "Poor fellow, I am sorry for you." He saw the Infinite Principle expressing itself as it is now and always will be. It was mortal ignorance he dissolved away by his awareness of the Truth.

Cells can be energised sufficiently to take in more life, more substance and more intelligence, and can then express themselves by affecting the cells surrounding them by energising and stimulating them. In the same way you can be an energised cell in the Mind of the Creator and absorb the intelligence which incorporates the Healing Power. By keeping yourself in tune with this mighty intelligence, you place yourself in a receiving condition and open yourself to the automatic flow of the Divine Power.

INVOKING THE INTELLIGENCE OF THE SUPREME BEING

When we invoke the high Spiritual Forces we invoke the Intelligence of the Supreme Being, where the will and energy manifesting this great Intelligent Healing Power are incorporated, and this Power is abundantly absorbed when you fulfil certain conditions. When you attain a certain degree of proficiency and development, the Power will vibrate through you instantaneously and automatically.

We see here before us a globe (electric) carrying 250 volts of electricity. If you put 5,000 volts through it, the globe would smash to pieces. The same thing would happen to you. If you have never inquired into the laws of life, or put into operation these laws, you would not be able to carry the load of universal energy which is necessary to heal either mentally or physically. You are not yet developed sufficiently to carry the load that is

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so essential to heal. It is essential to build up both the mental and physical bodies so that the tremendous load which is necessary to heal can be expressed through you. Through me now is flowing the Universal Energy. (Dr. MacDonald-Bayne demonstrated to the class—all felt the power like a charge of electricity.) What you feel is Universal Energy passing through the mind and body directed by the Consciousness. The healing force is transformed from the Universal Energy by the Soul and goes forth as vital energy suitable to your physical organism. *After demonstration, students with pains found that these had disappeared.*

The Universal Healing Force is everywhere. As we transform the basic principle of energy to electricity so that we can have light and power, so the soul transforms exactly the same principle into healing power. The soul of man is the receiver of this Mighty Power. Life is of the Spirit and not of matter. Matter has no life of its own and never had. The body of itself has no consciousness. Your consciousness is in spirit and animates the soul and the body. Just as a generator transforms the Universal Principle of Energy to electricity which manifests in the form of light and power so is Life Energy in us transformed into vital force to stimulate and perform the proper functioning of our physical organism, and as wireless waves are projected so can we project this Power into others, that they may be healed. Because we absorb waves of Life Energy while thinking of others and not of ourselves, we ourselves are healed automatically.

When a child is born it throws up its arms, then it breathes the life flow into the body and it lives in this physical world, and when you stop breathing the soul leaves the body and breathes in an interior world. From the very moment that you breathe in this world you become a mortal being, living on this earth, and there is the continuation of breaths, whether you are asleep or awake, until you pass out of the body. Life is absorbed into the body by breath, therefore breath is Life. God breathed into man the breath of Life and he became a living soul. The great secret of the Adept is the knowledge of the Science of Breath. It was known to the Ancients; the prophets knew it.

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John the Baptist, Elijah, the Master and all the Prophets, understood this science, and I am going to tell you about it in this lesson.

If you look up the Old Testament you will find that God breathed into man the breath of Life and he became a living soul. The Universal magnetic flow is truly the Life of the Creator and by it we live. It is the Life by which your Spiritual and Mental faculties manifest as well as your physical body. It is the Eternal Life and gives you the Key to the Life after "apparent death" (when you leave the physical body). Allow this Truth to unfold in your mind and you will get a clearer view of your eternal existence. Eternal Life is from Eternity to Eternity. There was no beginning and, therefore, there can be no end. Consciousness is in life and does not belong to matter or to your body; Consciousness belongs to Life. It is Life alone that has Consciousness, and this Consciousness is co-partner with the Intelligence which we see working through every living thing.

The fact that you have only to eat your food is proof that there is an Intelligence that takes care of its digestion and absorption into the body. When you were born you suckled your mother's breast, but since you grew up you have violated every natural law. Some of you do not chew sufficiently. The natural law is not fulfilled by the majority of people, they take one or two chews and then swallow. Half the usual amount of food is necessary when it is chewed sufficiently and, besides, waste is not created in the body. You cannot violate the natural law without suffering some reaction.

The life which you breathe in is that great magnetic life which flows through the whole Universe and is the power within the atom itself, the greatest potential energy concentrated at "point." When breaking up the atom, billions of units of energy are released. The electrons which revolve round the nucleus fly off to make other combinations. The energy in the atom is released, and is directed into another source of energy, so there is no loss of energy. The source of the energy in the atom is in the proton, its nucleus. After the atom has been broken up, trillions

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and trillions of units of energy are again released through the nucleus which then forms into another atom yet smaller. This is repeated until such time as “point” is reached, showing that there is no energy external to “point” greater than that behind “point.”

It is this energy that is behind all creation which you are going to absorb into your system through breathing. It is the Eternal Life in and upon which everything lives. Allow this Truth to unfold in your mind and you will get a clearer view of your Eternal Life. With the Supreme Consciousness of the “I” within, you can now realise that you are conscious in the life always, whether it be in the Spiritual, Mental, Astral or Physical planes.

It is largely through the atmosphere that this great Magnetic Substance is derived, which Substance the healer draws into himself by Science of Breath and Awareness. Breathing alone can do a great deal, but to become aware of what you are doing makes all the difference between success and failure. So I have built up a series of exercises to develop the awareness and charge the soul and body with this great Healing Power. By coupling these together at one and the same time the development of the Healing Power with awareness is accomplished.

After this Mighty Power has been, transformed in the system, it is given forth again in the form of Vital Energy or Healing Power. It is this Vital Energy that revitalises the body. It is an energy of a particular kind, of a particular rate of vibration. If Divine Life in its mighty power as expressed through a mighty Spiritual Being were to touch you, your body would fly apart as if touched by lightning. Radium is a source of energy that physical matter cannot endure for long. When it comes into contact with the body it raises the vibration of the tissue structure and if allowed to continue, the tissue may never regain its natural mortal state, because the tissue structure is raised in vibration beyond its natural state. X-Ray does the same thing; an X-Ray burn is the most difficult thing to heal, because the tissue structure has been destroyed by being raised beyond its natural state. Some of the physical atoms have been dissolved.

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There are energies in the Universe that the physical organism cannot endure, so these energies are transformed through densities of ether to reduce their vibration. These different spheres of ether are the transformers of the Great Spiritual Power which is slowed down until such time as it can be used in the physical bodies.

Some think that the sun is a ball of fire, but we know it is not so; it is the Life Intelligence in a form of energy expressing itself through Beings in the sun. The Life Energy is transformed within the sun and expressed outwardly through different planes of manifestation all invisible to us except the physical. (See the Masters' Course: *The Higher Power You Can Use*.) We have within us the very essence of the transforming substances of the etheric world, and have the transformers within us. Spirit is indestructible and inexhaustible. It affects all things yet it itself is not affected. It is perfect in itself, and tends to bring all things back to its own perfection.

There is another method where the Power is poured into the healer by the Higher Intelligences of the invisible Spiritual World; the healer becomes a medium through which the Power flows. Whenever people realise this Truth they attract spiritual beings towards them according to their development. Spiritual Beings are always helping those who are attuned to Spiritual Realms, those Higher Beings operate as soon as the healer or teacher raises his or her vibration to attract them. These Spiritual Forces are focused upon the healer and he becomes the instrument through which the Spiritual Power is expressed in the physical plane. He becomes the medium for the great Spiritual Intelligences while living upon the earth plane. By study, meditation and development one becomes a purer and better vessel, and eventually becomes conscious of this mighty, invisible Power of God. The more spiritually aware the healer becomes the more aware he is of this Spiritual source. The greater the awareness of the Truth of your own being, the greater is your own power and when in co-operation with the Spiritual realms this power becomes even greater.

In the atmosphere there is existent a more subtle power than oxygen, hydrogen and nitrogen; this Power is the Energy

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which enables the atom to exist, which enables everything to grow. This we may also call the Will of God in action. We may also call it the Life Energy; the Easterns call it Prana.¹ We have already been told that the atom is really an eddy or whirlpool in some unknown substance and in the centre of the atom is the proton. This proton gives off parts of itself and these parts are called electrons which revolve round the proton at a terrific speed, similar and in perfect proportion to the Planets revolving round the Sun. Lord Kelvin,² one of our greatest physicists, gave illustrations to show that the atom was in exact proportion to the Universe in which we live, the sun and the planets revolving round the sun.

The same law exists in the atom as exists in our Universe. How mighty is this Truth! Try to grasp its significance! The mighty atom-the mighty Universe! Can you stop the flow of the planets round the sun? Can you stop the flow of the earth in its orbit round the sun? Of course you cannot! The sun is the central point round which these planets are revolving and the Intelligence is acting through them all. There is the propelling and the attraction, the centrifugal and centripetal force, so in the atom there is the same action. According to size the atom is identical with the Universe; the same force in the atom is in the Universe, the greater and the smaller.

So we see there is one Divine Law in action and this is the secret of the Power within ourselves. We do not have to worry too much about our conflicts and complexes; they only muddle us. Apply the Divine Law of Action by the awareness of the Truth. It is the one Law that you *must* understand, because it belongs to our Divine expression. The very power that is directed by the Infinite which controls all planets and atoms, the very mode of action that sets in motion the Universe and the atom, that same power and mode of action you use with your finite consciousness. This is the Consciousness of God that is individualised in you and by that same Creative Power you think: "As a man thinketh in his heart, so is he."

1 & 2 See page 22.

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This proton then becomes the sun, or Vital Principle of the atom, the Mental Principle in action directing the electrons, the vibrations, action or speed of the atoms, the infinitely great and the infinitely small. This action or energy is expressed in the electrons revolving round the proton which the proton has thrown off from itself, and, holding them in its orbit (just as the sun holds the planets in its orbit), creates an eddy or whirlpool in the unknown substance. This is this Life Energy which you take into yourself through your meditation and breathing exercises. This Life Energy is intelligent and inexhaustible. It is in the food we eat, in the water we drink, in the air we breathe. By breathing we absorb more than by any other means.

The true healer is a person who is always conscious of the invisible spirit about him, strengthening him, and by deep inspiration he draws into himself this mighty Spiritual Power. He does this consciously, feeling the grandeur of being in harmony with this Spirit of Power. In everything he does he recognises that a Divine Energy is working through him, inspiring him in his great work of service. **His real self being Spirit, he understands, thereby absorbing the forces of Nature.**

Now we come to the method of acquiring the Healing Power. It is necessary to strengthen the organism so that we can transform the load of Universal Life Energy to be sufficiently powerful to heal. The following exercises in breathing will develop this Power within you:—

Lie on a couch or bed in a comfortable position stretched out on your back, relax yourself completely, giving yourself up to meditation with the Mighty Power of the Universe, for about five or ten minutes. When you get yourself in tune with this Power commence taking long deep sweeping breaths, complete rhythmic breathing from the abdomen, sweeping upwards into the intercostal and clavicular areas, holding the idea that you are absorbing the Power as you breathe. Gradually increase the length or duration of the breath. Everyone's heart beats at a different rate and this is the true time for each individual. Do not strain yourself in breathing. Your breath must come easily and in rhythm

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because the whole Universe is in rhythm. There are different rhythms in breathing, and the healing breath rhythm is 8-4-8-4.

Using this 8-4-8-4 rhythm, you inhale a breath taking 8 heart beats, hold 4 heart beats, exhale 8 heart beats, suspend 4 heart beats, and so on. You can time the heart beats by putting your finger on the pulse till you can automatically judge the time, your mind concentrated on absorbing the Power. If unable to do the 8-4-8-4 start with 4-2-4-2 and increase to 6-3-6-3, till you have acquired the 8-4-8-4.

You should practise about ten minutes, twice daily. Keep your mouth closed and breathe through your nose. Do not strain yourself in doing this; you can increase the duration by easy stages. Do not worry should you be unable to accomplish the longer breath; there must be no strain whatsoever, because you weaken yourself by straining. The main thing to establish is rhythmic breathing. You then become in tune with the rhythm of the Universe, thereby you are powerfully vitalised by the Divine Force.

When you establish this automatically, you will feel the pulse of the Universe within you—you are in tune with the Power and you become a medium through which the Power will flow. **Assert your “I” Consciousness in the Divine Spirit and the forces of Nature will respond to your call.**

When using the 8-4-8-4 rhythm say, at the same time, “Divine Life fills me.” Feel that you are breathing through every portion of your body to begin with; this brings the whole body in tune with the Universal Healing Power.

Example:

| | | | | | | | | | |
|---------|-----|----------------------|---|----------------------|---|----------------------|---|---|---|
| | | Divine Life fills me | | Divine Life fills me | | | | | |
| Inhale | ... | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | | Divine Life fills me | | | | | | | |
| Hold | ... | 1 | 2 | 3 | 4 | | | | |
| | | Divine Life fills me | | | | Divine life fills me | | | |
| Exhale | ... | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | | Divine Life fills me | | | | | | | |
| Suspend | ... | 1 | 2 | 3 | 4 | | | | |

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An excellent method is to imagine that the soul (not the body) is breathing in spiritual life as you inhale, and when you exhale imagine this Power being diffused throughout the whole being.

There are also certain centres which can be developed by concentrating as if you were breathing through each Centre, as follow:—

- 1 The whole being—*at the same time saying* — “Divine Life fills me.”
- 2 The base of the spine (anus-genital organs) sweeping the Power up and down the spine — “Divine Vitality fills me.”
- 3 The small of the back (opposite navel) — “Divine Strength fills me.”
- 4 The middle of the back (opposite solar plexus) — “Divine Power fills me.”
- 5 Between the shoulders (heart) 1st Dorsal — “Divine Love fills me.”
- 6 Back of head (base of skull) — “Divine Life fills me.”
- 7 Top of head (dome) — “Divine Inspiration fills me.”
- 8 The Forehead (above and between the eyes) — “Divine Light fills me.”
- 9 The heart — “Divine Truth fills me.”
- 10 The whole being again — “Divine Healing fills me.”

Now meditate on your oneness with God for 30 minutes, opening yourself to the inflow of the Mother Principle, the Divine Life Intelligence. Your whole being will be charged with Divine Life. You also become consciously aware of this fact. Breath is the Life in the Body and conscious awareness of it makes it a real Active Principle.

These secrets were conscientiously guarded by the Adepts, for they have a mighty developing power and should be regarded with reverence. Practise conscientiously night and morning.

LECTURE 1

These centres, mentioned above, link in with the different etheric layers in and through the body in which the spirit is incarnated. I told you that each density of ether is a transformer. The spirit also builds a body out of these ethers, and the spirit can exist and manifest in them, and just as you are existing now in the physical plane and reacting to the conditions of the physical plane, so can you exist and react to the conditions in the finer etheric layers which represent the ethereal and spiritual worlds.

To meditate means that you become consciously aware of your union with the Divine Spirit. You become aware of your real self—"I Am the Life," "When you have seen me you have seen the Father." "*I AM THE LIFE.*" You therefore gradually open yourself to the inflow of the Divine Principle which automatically flows through you. You build yourself up to such an extent that the organism is able to carry the load (the Power to heal). A powerful healer projects the Power through his mind into the mind of the patient, as well as directing it through his healing hands. "And He laid His hands upon them and they were healed." There is more in this than is usually recognised.

Practise conscientiously night and morning. The rules should be observed and applied with faith and perseverance. I want you to realise the importance of what I am teaching you, for it is the secret behind all successful healing, behind the mental as well as the physical or natural. Progress slowly but efficiently. By this method of healing the body is not strained or weakened as it generally is with the untutored healer.

Perfect posture must be attained by putting the hands above the head, thumbs together, stretch up, look up, then forward. The palms of the hands must be kept forward. Bring the hands down till the little fingers touch the thighs. You do not drop the muscles of your shoulders but turn your hands easily palms backwards. You can now sit down and your spine will be straight and every muscle will be in place. This is the perfect posture and it gives you rest as well as relaxation.

Now stand up, put your hands above your head, hands straight up and thumbs touching, stretch as far as you can, arms

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down, with the palms forward, little fingers touching the side, do not drop your shoulders but turn your hands easily palms backward. Now you will feel that easy posture. You can stand like that all night without being tired. Now raise your arms in front of you and upward, palms forward. Keep this posture till you feel the Life Energy rushing through you. The Power will come from above and sweep through you. This is known as the “all-hail”-ing posture. It also gives you dignity and confidence. There is also a mighty occult truth hidden here, but we cannot deal with that in this Course.

1 ‘Breath of Life’.

2 William Thomson Kelvin, 1st Baron (1824-1907), Irish-born British mathematician & physicist. Professor of Natural Philosophy at Glasgow, who advanced the science of thermo-dynamics and electricity, improved the system of electrical units, and invented several scientific instruments.

LECTURE 2

WE now begin to realise that in the Universe and around us there are tremendous forces. We also realise that this Intelligent Life Energy is everywhere. You do not see all the manifestations of Life that are in existence, because many of these manifestations are invisible. There is Life in the invisible state much more powerful than in the visible. We have bodies, transforming bodies in varying densities of ether, that transform the higher vibrations of Life Energy to the lower vibration of Life Energy in the physical body, known as Vital Energy. If the higher form of Life Energy touched your body without being transformed, the physical atoms would fly apart and your physical body would disappear as water disappears into vapour, for the simple reason that it could not withstand the higher vibration.

When you apply energy to matter it changes until such time as it reaches its essence, which is Energy itself, for matter separate from energy does not exist. There is an invisible world about us with the same Life Energy also in form. As Life has form in the physical so has Life form in the invisible state, and that Life has consciousness and direction, knowing and understanding, just the same as we have here. In fact, the understanding becomes greater and greater as the consciousness recedes into these higher states of Life from which it originated. So you see it is essential for your physical body and your mental body to carry the necessary load to heal, because sick people are devoid of Vital Energy. The ability to carry a tremendous load of Life Energy, to enable another to be vitalised, must be developed by the healer through concentration and breathing, thus enabling the Vital Energy to be controlled and directed.

This Universal Life Force is everywhere and interpenetrates not only our own physical bodies, but all bodies visible and invisible. When you leave your physical body you will still be conscious; in fact you will be able to think just as you are thinking now, except that your reactions will be of a greater and higher rate of vibration, because you will be reacting to a

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substance that has a higher rate of vibration. You will not be reacting to a physical world as we know now, but you will be reacting to a world of substance that is just as much matter as the physical substance which makes up our world here, the only difference being in the degree of substance.

Etheric substance modified becomes physical matter. By reacting to the higher vibration, your reactions become greater and faster, and you move in a world less gross than the physical, but of greater density and greater power, and with greater speed—the speed of light.

Your physical body is the instrument in the physical plane, yet interpenetrating your physical body are the other densities of ether which make up the different planes of manifestation in which you will eventually live, and in which there is life living and acting, aware, as you are aware, but having a greater knowledge of the Universe and, therefore, greater awareness. There is more in heaven and earth than man has ever dreamt of. Without this knowledge, your understanding of the healing work would be limited. It is necessary for you to have this knowledge as a foundation upon which you can build true healing power. It is by our understanding that we are able to absorb the Life Energy and it is also by understanding that we can heal.

Besides taking in the oxygen, hydrogen and nitrogen through the breath, you take in a life force which flows through your invisible, or ethereal and magnetic bodies which interpenetrate the physical, and by chemicalisation this Force supplies the ganglion mass of nerve tissues throughout the body as well as the solar plexus with energy. Down both sides of the spine and in various other parts of the body there is this ganglion mass of nerve tissue; as you breathe rhythmically, you supply this ganglion mass with vital energy through the chemicalisation of the Life Energy. Without breathing you cannot live in the physical plane. You leave this world immediately you cease to breathe. You must remember that it is by the breath that you absorb this tremendous force, this vital energy which supplies you with the healing power.

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This great magnetic substance which the healer draws into himself by the science of breath and awareness is mostly in the atmosphere. By the breath and the awareness of our Divine origin we can become Adepts. True awareness means that you become aware of your true Spiritual state, aware of your own being. Let me draw your attention to it.

The Creator that created the Universe is the only power there is. The Creator that created the Universe lives in His Creation and you are His means of expression on this earth. There is no space where there is not life: Life and substance are everywhere. There is nowhere where there is not Life and substance, and there is no substance where there is not Life. Life and Consciousness are one and fill the whole Universe and are the only Power there is, and you are the Individualisation of this one Life.

St. Paul says. "We live and move and have our being in Him." And it is this awareness you must feel, for the only consciousness that can exist at all is the consciousness of the Creative Power existing in its own creation. By that Creative Power you think and act, because there is no other source from which you could think and act. This great Creative Power is individualised in you. Remember that you are not separate from it, neither are you separate from me or from each other. There is no separation. Separation is but an illusion that exists in your mortal mind.

If you could see Reality you would see that there is no separation in Reality, that there is no division in Reality, and Reality is one whole, individualising itself in the many, and it is of this Reality that we must become aware. This Reality gives us power to think and act as well as awareness, and this is the awareness of the Adepts. Jesus knew absolutely that He and the Father were one. We must recognise this also and become aware as He was aware. When we know that by absorbing this tremendous Life Energy of the Universe we have the power to direct it by our own awareness, and by being aware of its existence we absorb more of it, then we are able to carry the necessary load to heal.

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Round us are the higher Intelligences in which the same Creative Consciousness exists, as exists in us, with this one difference, that the degree of awareness is greater because of the expansion of the consciousness in the higher realms. I know some of you have not quite grasped the secret of this “awareness.” Are you aware of the fact that you are living? That you are alive? Are you aware of the fact that you are conscious? Then be aware of the consciousness of which you *are!* Those who have taken the Masters’ Course (*The Higher Power You Can Use*) and the Advanced Masters’ Course (*I am the Life*) have the advantage over others taking this Course, but you will gradually acquire this knowledge as you go along. Nevertheless, it would be a great advantage to obtain these two books and study them with this Course.

RULES THE HEALER SHOULD OBSERVE AND APPLY

THE CHANNELS OF PROJECTION. There are four avenues through which the Power can pass from the healer to the patient.

1. *The Hands.* This is known as the laying on of hands, and has been known since time immemorial. The hands being the extremities, the Vital Energy flows out through them; you can see this Vital Energy leaving the hands if you look carefully. The Vital Energy stimulates the nerve centres in the body and they in their turn set in motion the organs of the body. Your organs are stimulated by the vitalised ganglion mass of nerves situated throughout the body, and are controlled by motor and sensory nerves linking the cerebro-spinal and sympathetic nervous systems.

Your whole organism becomes active through stimulation of the life processes, the waste matter being eliminated and the metabolic processes increased. Also the magnetic body which enables the mental body to communicate with the physical is magnetised and cleared. It is through the magnetic body that your

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thoughts are conveyed into action upon the physical organism. This magnetic body is also the carrier of Vital Energy to the physical body, because it interpenetrates the physical through chemicalisation.

May I remind you again that everything is electrical! Matter separated from energy does not exist; even physical science has proved this. Everything is electrical, including the cells of your body. The cells of your body are both positive and negative; sometimes they are positive and at other times they are negative. It is the Life Energy acting through them that makes them positive and negative alternatively.

There are two major elements in all cell life which interact with one another; these are calcium and potassium. When the cell is positive calcium is in the inside and potassium is on the outside, and when the cell is negative potassium is in the inside and calcium on the outside; there is a continuous change going on throughout the whole life of the body. The cell changes continuously because the Life Energy is Intelligence in action, doing this according to the Divine plan in nature, and it is this interchange that keeps the body active and balanced. So we see that everything is electrical and that matter separate from energy does not exist.

You will now begin to see the reason why the hands are one of the main channels whereby energy is transferred or directed to the patient. "And He laid His hands upon them and they were healed." This should be clear to you now and not merely a platitude.

2. *The Eyes.* "He took pity upon them." The healing look. "The Power was in His eyes," and he who understands the power of the eyes rules the mind. There is the inner eye which is situated in the centre of the forehead where a tremendous power is focused. "Let your eye be single."

Of your physical eyes, one eye is positive and the other is negative. We are all positive and negative. The right side is the positive and the left negative. The right-hand organs are positive, but the left-hand organs are negative.

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The eyes can be used in directing the Power. I may close my physical eyes yet I see with the inner eye. To use the Power of the inner eye, you do not have to close your eyes. You do not look with your physical eye, you look with the spiritual eye and this we shall learn as the Healing Course progresses. The eye is the means whereby the Healing Power is directed to others. This Power was known by the Ancients, and there are Adepts living today who understand this mighty Power, too. "By looking at the diseased part it became whole," because the Life Energy or Vital Energy which controls the cell structure is brought into activity.

3. *The Mind.* The mind can heal all over. The mind becomes aware of the fact that it is cosmic; it becomes aware that the cosmic energy, life, permeates the whole being. To understand that the Cosmic has no flaw is a form of spiritual healing of the highest nature. Mortal flesh has no power, neither has mortal mind that remains with it. The Cosmic is perfect in itself, always has been and always will be. In this state of Cosmic being you can feel the Power passing through you, harmonising both mind and body.

The Advanced Healer has this awareness while using other methods of healing. The mind can be aware of its Cosmic state while you are placing your hands upon the individual. The subjective mind of the patient accepts the Truth; the unspoken word is telepathically communicated to the latent mental strata. There is an automatic flow of Life Energy which passes through the healer and is conveyed from the tips of your fingers to the individual. The touch sets up a reaction in the nervous system, and in the mind, brain and body, and there is an instantaneous effect. This is accomplished effectively when one is able to carry the load as well. That is why it is so essential to have the basic knowledge about healing so as to make your healing successful.

Practise directing the Power through all the channels. Practise it in your own home; feel the Power flowing out through the hands, through the inner eye; feel it in your breath

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and become aware of it in your mind. When projecting the Power through these channels, always remember that the Power is directed by the Consciousness through its instrument, the mind, becoming aware of your oneness with Life. It may take some time before you produce results like a Master or an Adept in healing. But if you know the fundamentals you will make your healing more effective. There is healing power in each and everyone of us; it only requires to be developed.

Before beginning treatment always wash the hands thoroughly, dry them carefully and rub the palms briskly together until heat is generated. Raise your hands above your head in a loose fashion, then allow them to hang down by your side loosely, willing that the Power should pass through the tips of your fingers. You will probably feel a tingling sensation. Then rub your hands together. If your hands become moist during this exercise so much the better, for the power passes from the hands more easily when they are slightly damp. In fact, you will very often find that when you place your hands upon a patient, they become quite damp after a little while. This is a good sign because it shows that Vital Energy is flowing.

It is also essential that a healer should drink plenty of water or fruit juices, because water, as well as being a conductor of energy, keeps you fit. While the Life Energy is flowing through your body it eats up fluid as it passes through you. Water is a conductor and the body must be replenished by cleansing liquids such as water or fruit juices. Tea and coffee will not do; they are not cleansing because they are loaded with matter which the body must get rid of.

If the fluid that you take into your system is filled with coffee, tea, sugar, etc., it cannot carry away all the impurities which the healer very often transmutes. A transmutation takes place in the healer when he is healing, and that transmutation must be aided and not hindered. It passes out through the magnetic body into the atmosphere. From one hand to the other flows the Vital Energy, and it flows through the patient's body, when you place your right hand on the solar plexus and the left hand on

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the area where the trouble is. Life Energy flows through the solar plexus, the sympathetic system is stimulated, the involuntary processes are set in motion, the blood vessels are dilated in the affected area and the healing action takes place. The magnetic body transforms and increases the lowered magnetic vibration of the patient. You become the transmutor and transformer; you transmute the lowered vibrations and throw them off naturally. They are transmitted back into the essence of substance and purified.

The Universal Life Energy is the purifying source; it is the purifying source of all things. Go into the forest amongst the trees and breathe out the impurities; the trees will absorb the carbon and release the oxygen. Around and in among the trees there is plenty of oxygen and purified air. Do plenty of deep-breathing there. It is always good to get among the trees where you will be able to replenish yourself with oxygen and energy. Jesus and his disciples went away to rest a while and to be replenished.

INSTILLING CONFIDENCE INTO THE PATIENT

You must have perfect confidence in yourself, at the same time instilling this confidence into the patient, assuring him that you are going to eliminate his pain and trouble. Assume that calm assurance of Power. Do not allow the slightest doubt to interfere with you and your patient. You must act in a positive manner. The more positive you are the more power you will generate. These fundamental principles in the art of healing are essential to your success, because they give you that awareness, that confidence in the power to heal.

If you can create a sensation or vibration in your patient, he will have more faith; it is up to you to create this vibration. Never argue with your patient. Maintain that strong confident assurance of Power. Every touch is registered in the brain and has its reaction. You get what you want when you know how to apply the technique of healing. Reflex action is obtained through a

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thorough understanding of the nervous system, the brain and mental reactions. This knowledge will be given further on in the Course, in the lessons dealing with “Applying the Technique.”

Never argue with your patient. Maintain that strong confident assurance of Power. If they ask you what the procedure is, say in answer to such questions: “I have no time to explain now, but if you wish I can give you instruction.” Do not try to mumble a little explanation, because it is virtually useless. It takes too long and it is too important a subject to start telling a patient the why and wherefore of the healing process. Refer them, if you like, to the teachings of Christ and to the miracles that have happened, not only in the past ages, but in the present day.

Be careful not to put yourself on a par with Christ. This will do you more harm than good, but you can say you are a disciple, that will ease the way and open the mind of the individual to receive. It is necessary to have an open mind, because it is the co-operation between the healer and the patient that gets results. Never forget that the healing power is in the patient and let him or her understand that “thy faith hath made thee whole.”

THE THOUGHT-TRANSMITTING GAZE AND HOW TO USE IT

It is very necessary that you should cultivate the healing gaze, and when you are in conversation with your patient you should make use of the healing gaze. By doing so, you create within the mind of the patient a feeling that you have a Mighty Power behind you, and indeed you have.

Fasten your right eye on the pupil of the patient’s left eye. Do not permit your gaze to wander, not even for an instant, not even to the other eye. The force you have within you is more easily transmitted through the left eye of the patient than through the other avenue. By this focusing of your Power to one spot, it is concentrated, and with your powerful determination to heal, you overcome the resistance which is sometimes shown by some patients who are slightly doubtful of your ability to help them.

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Never mind how your patient's gaze might wander; do not allow YOUR gaze to wander for a moment, but in front of your mind the idea that you are boring through into his mind, a consciousness of Power. This is done by the "single eye," where the Father-Son and the Holy Ghost meet. The Father is the centre at the top of the head; the Son is the centre in the forehead, where the Father, the one Great Life Principle, is individualised in you.

When you practise with the Healing Power you will feel this centre in the forehead become very active, then you can project Power through that centre. You can also project power through your whole body when you become a transformer of the Life Energy. Wherever you go people will receive healing, wherever you look a blessing will be given

When I came back from Tibet, after being with the Masters for several months doing a long period of meditation and breathing exercises, I had built up a tremendous Energy within myself. I was walking with a friend, explaining projection of thought. About a quarter of a mile away a man was walking towards us. I said, "Do you see that man four hundred yards ahead? I shall make him stop." My friend said this was impossible. I said in a commanding undertone, "Stop now at once," and the man stopped dead and looked around to see what was happening. It was the same Power you felt in the class when I demonstrated to you; you felt the Power although you did not see what I was doing. It is just as easy to project power five thousand miles away as it is two or three hundred yards away. Thought travels through the ether at 186,000* miles per second, or from one end of the earth to the other in one-sixteenth of a second.

By conscious direction you can affect the subjective mind of the individual. Sometimes in the subjective mind there is a great deal of resistance, because of the many conflicting ideas and doubts that the individual may have. In fact you can sit opposite a person and convince him without saying a single word, by concentrating on the subjective mind, rebuking it for accepting mortal error, and for rejecting the Divine Truth. By

* Speed of Light.

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telling the subjective mind the Truth, it responds wonderfully; I have found this very helpful in curing a difficult case.

The subjective mind may argue with you and you may feel the argument against you, but keep on until such time as you have won your point and then you will be sure of your healing. You will not have to say a single word because it is all done in the subjective plane where the subjective mind operates. Get the Truth firmly established in your own mind and you will equally establish it in the patient's mind.

CULTIVATION OF A SWEET BREATH

Remember that no healer can be successful unless the breath is sweet and clean. I have known people who have attempted to heal with a breath the flavour of a fowl-house and who expected success with a breath a mixture of beer, tobacco and onions.

I remember a person in Australia who said he was a healer. He wanted to know the reason why his healing was spasmodic. I said to him, "You must smoke a great deal." "Yes," he said. I said, "You also drink." "Yes," he said. I said, "You eat garlic, too, I notice. Another thing your teeth are as black as coal and your breath smells like a fowl-house." He came back to see me a month later and told me how very annoyed and upset he was at what I had said to him, but now he was glad because it had made him realise how important it was to create harmony between himself and his patients. Some people will not think until they are shocked into thinking.

It is necessary to have a sweet breath. The very moment you convey to your patient the slightest sensation of a bad breath, the patient absorbs the idea that you, yourself, are not in a fit state to treat anyone. Therefore I advise you to avoid all stimulants and strong smelling foods like garlic, etc., because the slightest whiff of a disagreeable breath will prevent the patient from passing into the condition of nervous harmony which you endeavour to establish.

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There is a nervous harmony you must establish with your patient. If you do not establish this nervous harmony you will not get the best results. The secret of getting this nervous harmony with your patient is in listening to what he has to say and in letting him tell you the whole story; do not interrupt.

It is most essential that you get the confidence of your patient, and to feel you are in harmony with him, that your mind and his mind are in tune. In this way there is something deeper than the ordinary physical contact; With this mental union there is an interchange of energy which passes through you and begins to penetrate the patient. There is also the belief in the Life Energy, a change of attitude, and a stimulation of the ganglion mass of nerve tissue by the increased vital force released from within the patient which in turn makes the organs work. If you are in contact with the Universal Forces, the flow of Life Energy is also automatically absorbed and transferred to the other individual who immediately feels the benefit.

Round and about us is a sea of Universal Life Energy in which we live and which is being transformed into Vital Energy. This Universal Energy is transformed into Vital Energy, so that the Vital organs of the body can perform their natural functions for which they were primarily made. By absorbing more of this Life Energy, we overcome the temporary resistance and results are obtained almost at once.

YOUR MANNERS. You should always greet your patient with a cheerful smile and a kind word. Your speech should be the spirit of hope, your touch magic, to dispel suffering, and your bearing should be dignified and confident.

Your speech should be clear, positive, “charming,” and your smile should be pleasant. It is the voice with a smile that counts. Your speech should be the spirit of hope. Probably the patient has already been told that nothing can be done for him and this has taken root in his mind. Hundreds of people have come to me with that story, but they are now perfectly well.

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Thousands more are in this hopeless state, because they have not learned of this miraculous Healing Power. It is a fact that millions have no understanding of the underlying principles of this tremendous force waiting to be tapped, and millions will die in their ignorance. Therefore your speech should be the spirit of hope and your touch magic. Yes, magic! To dispel suffering!—And your bearing should be dignified and confident.

Avoid bombastic attitudes, for it is not *you* who is doing the work; it is the Life Force that is expressing itself. Immediately you limit yourself to your own petty personality, you can do little. But if you recognise your oneness with the Cosmic and allow the Cosmic to perform its own function, then you will get results. The more humble you become, the more the Intelligence will assist you. The individual who has an inflated idea of his other mortal self will be a failure. The fact that they are bombastic is proof of their ignorance.

When you have established harmony with your patient and there is a feeling of union, then do the preliminary investigations. Endeavour to get at the root of the trouble, see which way the mind of the patient is moving, and what his thoughts and emotions are. Is there any antagonism, any jealousy or envy? are there hatreds or negative emotions? How many operations has he had and is he proud of them? The healing begins when you get down to the root of the trouble. You must eliminate from the mind fears and doubts, for unless you get a mental clearing first, you will not get very far.

Immediately you get this clearing of the mind there will be a mutual feeling of confidence, a feeling that you have reached the core of the patient's trouble. It may be a mental trouble, a repression, a conflict in the mind, or it may be that the soul of the individual is out of step with the Infinite, or it may be a physical condition caused by the violation of Nature's law. Therefore you should understand how to apply the necessary technique, but this requires some practice.

If you have the knack, you will soon be able to determine whether it is a mental trouble alone, and whether it is a repression or a conflict, for you will gather information as you go along. If

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there is a sense of separateness, the individual is out of step with the Infinite. It may be that he belongs to a religion based on fear and is held in bondage, and this fear very often becomes a basic fear for all other fears. This fear may have existed since early life, the individual having been told by ignorant fanatics that he will be burnt in hell or something worse, should he happen to fall out with this monstrous God of theirs. They attribute qualities to God that we would not associate with the most backward savage.

This basic fear is generally the basis of all other fears, for when one fear is conquered another rises in its place and then another and another, and this is because the basic fear has not yet been removed.

This basic fear is the cause of a great many troubles today. I have found after thirty years of experience in healing all over the world that the Truth of the Intelligent, Loving God that knows no evil and sees no evil is a wonderful tonic to suffering humanity. I have cured thousands of so-called incurable cases, yet I feel there is so much more to understand. In some of the worst cases I have found the best method is to eliminate the basic fear and to tell the Truth about Life, but it may take some time before the re-arrangement of the subjective mind accepts the Truth, because it battles with that which it has accepted in the past.

Patients are afraid to drop their ideas of religions, creeds and superstitions, taught by the unenlightened. Yet before true healing comes, fear must be rooted out by the Truth of being. It is eliminated by an understanding of the Truth, and that Truth is to know that God and you are one. Then of whom are you afraid? Fear is the product of the imagination, of mortal mind. When the Truth is completely established in the mind of the individual, there is a basis for healing.

But many are afraid to come to you for healing, because of the fact that they think that by doing so they are committing a mortal sin. What a terrible state to be in! What a terrible mental state! To think that the world today is in worse chaos than ever before and our so-called religion has existed for thousands of years.

Christianity has existed for two thousand years and we are worse off today than we were two thousand years ago when

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the Pearl of Christianity was born, but since then it has been submerged in a sea of sanctimonious formalities and rote, and man has become an automaton repeating the rote, and dies in his sins, his ignorance. He kills his brother in his ignorance of the Truth of the one Life. **But I tell you Christianity as it is today must die before the teachings of Christ can live.**

So you see how it is. The soul of the individual is out of step with the Infinite through wrong teachings, through selfishness and through ignorance, through paganism and religious superstition, through hates, jealousies and antagonisms. As long as man is bound by ignorance to believe in such rot, he must suffer. But when it is understood that you yourself and God cannot be any other but one, because there is but one and He alone lives, then you are free.

I live because He lives, and you live because He lives in you. We and the Father are One. When you hear my voice you hear the voice of the Father, for the Father does His work through me, for "He forever remaineth in me." This is the Truth, the great Truth of the Living God.

Then try to get the individual, the soul of the individual, into step with the Divine. Show him definitely that it is God alone who lives, and the Life of God exists in himself and is the kernel and the key to his own betterment, the key to his living, the key to his own reconstruction, the building of a healthy mind and body, and the key to reconstruction of the whole world, living as one family, free from all fear and want. Clear these monsters away and soon all will be well.

If it is purely a physical condition it will be easier to remove, because there are natural laws to apply. These natural laws are the basis of your well-being and if they are violated you suffer. The law is not affected; the law does not care whether you are violating it or not, but you feel the result because you violated the law. The law is the LAW. It does not change to suit you or me or anybody else, and it is necessary that it be so. Would you like to be able to change the law? Think and you will agree definitely that you would not like to change the Divine Law,

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for if this were possible you could never have harmony. This Law is harmony and is the basis of everything that is living harmoniously in all planes, including the physical.

Many people eat far too much, drink far too much and smoke far too much. They break the Law continuously and they expect to be well. They run to the doctor for a dose of medicine. As if a dose of medicine could eliminate the violation of the Law! Here the stupid mortal mind is at work. The Law is for our benefit; as long as we act with the Law we live in harmony, in fact we become the Law.

The next step is *RELAXATION*. Before the healing process takes place it is necessary that all tension must be released. I taught this form of relaxation twenty-five years ago. I called it neuro-induction, because it induces the nerves to become harmonious, inducing the nervous system to relax.

If your nervous system is taxed by tension, continuously tensed, you will find that all your organs are similarly affected. Immediately the nervous system becomes taxed, it reduces the activity of the vital organs of the body and when these organs are impaired, your health is impaired. Relaxation is one of the first essentials in healing, and when you are healing others remember you are healing yourselves as well.

I have found the best method is to place the patient upon the couch and relax him thoroughly. You palpate the legs, arms and the body until all become relaxed. A reflex action takes place immediately you touch the body in a certain way. You convey to the brain the message that you want conveyed and the reaction you wish to get upon the body. You get what you want by my method of scientific and therapeutic relaxation. A general therapeutic action is set into operation.

To get proper relaxation the sensation must be conveyed to the brain and back again to the body. There is a see-saw motion established, backwards and forwards between the brain and the body, relaxation then becomes deeper and deeper, the synaptic process of the brain slows down, the old reflexes that held you taut begin to disappear and a flow of energy begins to charge

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the whole nervous system, harmonising all the nerve centres. Negative currents over the neurons of the brain cease, and perfect reflexes are set in motion, until such time as the whole nervous system is relaxed, and then the brain itself becomes relaxed and relieved, and in that state you can talk to your patient.

there is a complete opening up of the mind which accepts your spoken word. The mind is receptive and the body is relaxed. The Life Force begins to flow and the Divine plan begins to operate again. The Life Energy enters through the magnetic body and then flows through the nervous system, charging the whole body with Vital Energy. There is a pleasurable sensation of rest and peace obtained by giving yourself up to the Universal Intelligence; call it scientific and therapeutic relaxation if you like. And as you progress you will find that by experience you get strength and confidence.

When you tell the patient to close his eyes and you explain that just as a wireless set has to be tuned into the right wavelength before you can hear the music, likewise he has to tune in to the Universal Intelligence, he recognises that is a truth and his mind responds. He knows that music is in the ether and if he tunes in his radio he hears the music, so he must also tune in to the Healing Power which is always in operation, and immediately he opens himself to it, it flows through him.

Tuning in to receive the Power in a similar way to the radio, enables the patient's mind to grasp the situation. His mind and body respond and complete relaxation takes place. There must be a letting go, and it is this "let-go" sensation that is desired.

Lie in the arms of the Infinite as a baby lies in the arms of its mother, looking into her face with perfect serenity. Let us believe in the same way, let us lie in the bosom of the Infinite looking into the face of the Divine, knowing that what we ask we shall receive.

It helps greatly to palpate the arms and limbs and tell the patient relaxation is taking place, for the patient accepts the idea and feels the sensation of relaxation taking place; this increases until the eyes remain closed. When full reflexes have been

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established in this type of relaxation, it is difficult for the patient to open his eyes and he must be told not to try and open them, but to remain relaxed till the treatment is over. In this state the mind is receptive and only positive ideas or suggestions should be given; never talk negatively about his condition, but give him the faith and confidence in the Power to heal that is within himself.

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THE following instructions should be adhered to as closely as possible. Place the patient in a relaxed condition, and if you are the patient yourself, you must place yourself in the relaxed condition, on a couch or chair, preferably lying down. The patient is told to close his eyes; this is necessary because any light or vision of any kind distracts from the inner realm. If the eyes are open, looking all over the place, the tendency is for the brain to take in what it sees. Eyes closed are turned inwards and naturally the patient gets the feeling that he is looking within himself and that is exactly what is required in relaxation.

Relaxation is not so easy at first, but when it is practised for some time it becomes easy and simple. Begin by relaxing the limbs first, for when they are relaxed the rest of the body follows suit. In relaxing the limbs it is necessary to palpate the legs and arms lightly and gently. In this way you get a reflex action from the limbs to the brain. What you want you get, as long as you know what you want, so you palpate the arms and limbs in such a way as to get this reflex action, which is the secret of good relaxation.

When the patient is thoroughly relaxed the synaptic process of the brain slows down. The reason is that you take all the tension from the body and nerves, and at the same time all the old impulses flowing over the nervous system are checked. It is necessary to check these nervous impulses which cause tension, because a habit has been established between the brain and the body, sustaining the tension.

By palpating the arms and limbs, there is a see-saw movement between the brain and the body which tends to reduce the tension and natural relaxation sets in. By touching a patient's arm in a certain way (demonstrated), I know what I want and get it (arm relaxes completely). What happens is that a message is carried to the brain and back to the body; that is a reflex action. If I want to relax an arm, a leg, a head, I would know what I want and how to get it, so I follow the definite natural law of

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“reflexing” by sending a message to the brain and back again to the body.

When I get the patient sufficiently relaxed by first relaxing the superficial muscles, I then get the deeper muscles relaxed by a deep, firm yet gentle touch that gets a deep reflex to the brain. The brain and nervous system brings about relaxation according to the ability of both the operator and the patient to co-operate with nature in natural reflexing. When a particular area of the brain is affected the corresponding area in the body is affected. One must learn to know the areas of the brain corresponding with that of the body.

When you know where the area is that is affected you can touch that particular area in the skull, and by light tapping, there is a flow of the vital current and you get a reflex action by the co-operation of the mind (Doctor demonstrates on patient’s loose-hanging arm, lifts the arm, it falls down again, because there is a perfect relaxation in operation. Demonstration of total relaxation is given, showing whole body in complete relaxation.)

When you are a highly proficient operator you have only to look at the patient like this. (Doctor looks at the patient, makes a few passes and the patient is wholly relaxed and passes into a deep healing sleep.) Now you see the whole body entirely relaxed. The patient is in a perfect state of relaxation. When you lift the arm it drops, just as if he were dead. This is a perfect state of relaxation, because the synaptic process of the brain is completely slowed down and there are no impulses in action.

To bring this about, I use a form of concentration which controls the instinctive or vital mechanism of the patient, slowing down the synaptic process. This can only be done by developing a one-pointed concentration. The brain absolutely relaxes and he feels sleep overtaking him. The patient passes into this perfect state of relaxation because the synaptic process is slowed down. Relaxation still goes on and a strong therapeutic action is set in motion by my conscious direction.

The brain is the instrument of the mind and whenever you start a thought into operation about a particular area of the body,

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the Power flows through the cerebro-spinal nervous system, linking up with the sympathetic nervous system and you have immediate action there. Throughout your body there are ganglion masses of nerve tissue where the energy is stored. This energy is replenished from the food you eat, the water you drink and the air you breathe. Immediately you concentrate upon a certain area, the mind sets up an agitation in the brain cells and impulses are set up; these impulses connect with the nervous system through the sensory nerves, passing through the spine and the sympathetic nervous system which work harmoniously in this type of healing.

This healing is very scientific and effective; it is the method used by the Adepts and Masters. It is done with one-pointed concentration and awareness, mentally controlling the reflexes and generating Power in the body so that the mechanism of the body is restored to perfect health.

We see, therefore, that it is necessary to have perfect relaxation for the synaptic process of the brain to be slowed down and the old impulses eliminated; then the natural Divine impulses are expressed; the mortal gives way for the Divine action.

Now this patient (pointing to the patient on the couch) is in a state of relaxation which enables healing to take place and healing is taking place through the whole system. Learn this type of complete relaxation; you can practise on yourself by yourself. Complete surrender to the Spirit must be accomplished, so that you can heal yourselves as well as others. I will show you again this complete, perfect relaxation, *demonstrates how whole body is completely relaxed.*

Dr. MacDonald-Bayne now speaks to the patient: “Everything which I say to you will tend to out-picture. Divine Life is organising your body tissue; this Life is expressing itself through your body; every cell regains its natural state of harmony. Remember that your consciousness is in Life and is the controlling factor in your life, and whatever you think, so it is unto you. Believe now that your whole being is being filled with Divine Life, that every portion of your body is filled with this Life.”

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Students are now directed to watch his breathing (complete breath in operation).

The patient is breathing Life into the whole mechanism as he did when he was born, showing the Divine Power in operation. The patient's conscious and subconscious mechanisms are united. This is the all powerful method the Adept gains after years of practice and perseverance so as to control the subconscious operations—this condition is brought about by the spiritual understanding. When you develop the spiritual eye, immediately you look at a person, the Healing Power is directed to him no matter how far away he may be. This patient will be healed of his trouble now. Wherever you look, there the Power is, because it comes from within. You recognise that you are the instrument of the Cosmic Intelligence. I am the Consciousness of Life itself. *Dr. MacDonald-Bayne is looking at the patient with the thought of deep breathing in his mind.*

Now a powerful form of breathing takes place in the patient. This is telepathically communicated to the subconscious mind. More often than not people do not breathe naturally. Breathing is a natural thing. This is proof positive that he is now receiving a tremendous amount of Life Energy into his own body, and as he recognises the Truth subjectively, it sets in motion the nerve centres in the brain, having a definite effect on every portion of the body. These nerve centres may be reached also from the back of the neck, through the seven cervical segments. All the cranial nerves are in this area. When these nerves are reflexed the whole organism is stimulated. To manipulate the back of the neck would give a feeling in the stomach. *Doctor touches one of the students with his fingers on the back of the neck, the student feels a pleasant sensation in the stomach at once. Doctor explains that this is due to the pneumogastric and the phrenic nerves being situated in this area and they directly affect the stomach.*

Referring to the patient in deep relaxation—I want to show that this patient knows everything that is taking place; in fact he knows more about it than you do, because he has the experience of being in both the conscious and subconscious

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state. He is aware of the subjective activity that is taking place as well as of what is taking place in the consciousness realm.

A tremendous benefit is derived from this form of relaxation. I will now show you how the Power flows through the patient. *Demonstrates power flowing.* Both sympathetic nerves and motor nerves act, and muscular movement is seen wherever the Power is directed, which proves that the mind of the patient and the operator are co-ordinated. Even the stomach muscles act, showing a stimulation of the peristaltic action—to cure constipation.

Now you will watch carefully and see what is going from my hands into his body. Do you see the streams of light going into his body? *All students see the flow from the Doctor's hands to the patient.* I move my hands over his body, always moving downward. Now the patient is receiving the Healing Power. The Power flows through the magnetic body which absorbs the Life Energy and transfers it to the physical through chemicalisation. Doctor MacDonald-Bayne addresses the patient: “When I count three you will come out of this condition, happy, cheerful and joyful. A feeling of well-being will remain with you always. One . . . Two . . . Three . . .”

The patient awakens now and feels filled with a Power he has not been aware of before; it is the Healing Force flowing through the body *the patient is completely healed of his trouble, no trace of it is left.*

By this method people are healed, sometimes from chronic conditions that have resisted all other types of healing. With this Universal Healing method there is often instantaneous healing as you have just witnessed, because the Life Energy is the healing power; the mind is healed and the body is healed with it. The body has no power of its own; it is the Life Energy in the body that has the Power. The brain is the instrument of the mind. When relaxation takes place, the synaptic process of the brain is slowed down and all negative impulses are removed. There are millions and millions of cells in your brain and through these cells brain impulses are set in motion. Energy can be directed to a particular area of the body by the direction of the mind.

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If I want to lift my arm, I have the idea in my mind; the idea is transferred into action through the brain cells and certain cells in the brain, controlling the muscles of my arm, are set in motion. The mechanism does the work and the arm rises because I want it to rise. The arm is raised because the mechanism is used by the Intelligence which is directing it. If I wanted to lift your arm, I know what I want, and I get a reflex action to and from the brain and the mechanism is set in motion to accomplish what is desired.

When you understand the brain action you can stimulate the cells, not only by manipulation, but by suggestion. By suggesting the idea into operation, the idea that the arm is rising causes these cells to become active. By manipulating through the spine, you get a reaction to and from the brain to that particular area. Reflexing by this method you get activity in the organ directly associated with the area in the spine and the brain. This new science is still little known in the medical world, but as results pile up more and more, it will come into general practice.

Suppose you had a blow on the head, or that you had cerebral haemorrhage, blood floods into the cells, clogging them. In those parts of the body, corresponding to that area of the brain, you would have paralysis. No matter how you try to move the parts affected you cannot move them, for the simple reason that the controlling mechanism is out of action. But nature has a way of eliminating the blood and replenishing the cells, putting them back into action again so that the corresponding parts of the body can move again.

The person who believes that his arm or leg will not move again creates a mental barrier, but if one believes it can be done, it will stimulate the area of the brain affected and tend to bring back into operation the brain cells.

Reflexing the arm or limb helps to react upon the cells in the brain. The mechanism is controlled by the entity inhabiting the body and sets the Intelligence into action. This Intelligence is intelligent because it knows what to do and how to do it. You do not tell your stomach what it has to do, it just digests the food you give it; the Intelligence directs its function.

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Although the movements controlled by the affected area have ceased, the sympathetic nervous system is still functioning. The cell life still carries on, but if the area is not used it tends to atrophy. I know of many cases of infantile paralysis, where the limbs have been reflexed with strong mental reaction, movement has returned quite quickly.

When the Intelligence is directed to become active, energy flows through the motor nerves and movement comes automatically. When a person's arm or limb is paralysed and Healing Power is put through the limb, automatic subconscious movement is encouraged. No effort is made to move the limb consciously, but the muscles begin to move automatically. The limb begins to move because the Intelligence tends to bring back normal functioning; then the motor nerves and the sympathetic nervous systems work together and with the nerve circuit restored the limb is restored. The nerves controlling the muscles are excited and they begin to move. Life Energy enters the area and naturally in time, with proper treatment, the limb is restored.

Movement under water also is excellent, because the weight of the limb is taken up by the water and in this way there is not so much effort required. When movement becomes easy it has an effect upon the mind as well as aiding proper reflexes, but when movement is difficult a negative state is created.

When movement takes place there is a reflex action between the brain and the limb. No matter how weak the reflex action may be at first, it is strengthened by repetition. When energy begins to flow over the neurons of the brain, it is like a spark between two points. As it spaces the gap you have the linking up of the cell structure in the brain.

By the co-operation of the patient and by understanding the laws of Divine Action, new and constructive impulses are created. When negative ideas are in operation you must reduce the synaptic process of the brain through relaxation, so that the old impulses cease and the old habits are eliminated and good and regular ones take their place.

Breathing is entirely different when one is in a state of relaxation; the patient is forced to breathe deeply and easily,

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because he lets go and the Universal Intelligence takes a hand. When you are in a state of relaxation you breathe slowly and deeply from the diaphragm. Nature takes control and the diaphragm comes into action; the abdomen protrudes slightly at first and the chest rises afterwards. The heart is expanded naturally and blood is pumped into the whole body with great vigour; the heart is also benefited.

Many heart troubles are removed by proper breathing. Stimulation of certain vertebrae segments of the spine and proper breathing exercises from the diaphragm will relieve many heart troubles. Nature has her own way of doing things and shows us what we should do to assist her. Therefore patients must always be relaxed before they can be treated successfully.

THE POWER IN ACTION

A feeling of warmth may be felt by the patient, or he may feel the vibrations in any part of his body, especially at the seat of the trouble. The circulation of the blood will be increased; his mind and body will be in harmony. Assure him that the effects you are producing upon him are the beneficent action of the Healing Power. The warmth that is felt through the system is the natural reaction to the Life Energy pouring through the body; the nervous system responds to the surge of this energy passing through to the extremities, the message is reflected back to the brain and the mind becomes aware of it. This action and reaction gives the individual the faith, so that the personal consciousness of the individual will align itself with the Divine Consciousness within, uniting the perfect Divine Life in the mortal life.

Contact the Will and the Mind of the Creator by raising the vibration of your own mind; your spiritual mind and will will then make contact with the Mind and Will of the Creator. There is within you a spiritual centre which comes into operation immediately you become aware of it. Immediately you become

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aware of the fact that your will and the Will of God are united in His Service, a union takes place between yourself and your Creator naturally. All things are then possible, because your mind and will and the Mind and Will of the Creator are one in reality.

We should know and understand that the Life Energy is always eager and anxious to express itself in perfection. If you unite with the Life Energy, you become one with it and it will obey you. It requires of course co-operation and that co-operation is between yourself, the patient, and God. The patient must be shown how to tune in to the Life Energy so that he can become aware of the Mighty Healing Power which is waiting to serve us at all times.

You must use constructive thought power. It is not the slightest good if at one moment you assume the positive attitude and the next moment doubt your possibilities. You must never under any circumstances become depressed, or in fact think that you cannot help in some way. You must remember that it is the Life Energy that is doing the work and not you. All you have to do is to fulfil the laws, the natural laws, the laws of mind and the spiritual laws, then the Life Energy does the work. Therefore it is essential to hold a positive attitude throughout.

Sometimes the patient gets better and sometimes worse; this is the law of fluctuation that belongs to the patient and not to the Life Energy at all. The patient does this unconsciously because sometimes he becomes anxious and fearful. The more anxious he becomes the more intense is the fluctuation. The idea is to "Rest in the Lord." "Be not anxious" but wait patiently; Life itself is the organiser of all tissue structure. It knows what to do and how to do it. You must fulfil the Law by believing in the perfect Law of Life. A sense of anxiousness is a sense of doubt.

If you have a negative attitude and you doubt yourself when healing, you close yourself to the Power and it becomes intermittent, and you are not doing your best, but when you get an understanding of the Principles underlying this great work you will have that faith which will keep you on the constructive side all the time.

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Tell the patient the truth that mortal flesh has no power and his condition has no power of its own, except the power he gives it. Mortal mind is but your reaction to these mortal conditions which exist only in this world of illusion. There is no Reality in them. When the patient begins to recognise these truths there is an awareness of Divinity which brings peace and he realises that his condition has no power, but that it is he who is giving it power by bestowing his attention upon it. The less one thinks of his trouble the quicker it will disappear. Be one-pointed in regard to life and hold fast to it, and a change will soon take place for the better.

There are various methods of applying the Healing Power, but there is one which has been known and practised for thousands of years and that is laying on of hands. “And He laid His hands upon them and they were healed.” “Take up thy bed and walk.” If you have not got the strength or the conviction that your patient will be healed when you say to him, “Take up your bed and walk,” it is advisable not to say it, because it may create a doubt in his mind that afterwards may be difficult to remove if no healing is effected.

The application of the Power through the hands is a method through which the Vital Energy is transferred from the healer to the patient, and there are specific rules which should be applied. The solar plexus is the seat of this sympathetic nervous system. Any energy which is passed through the solar plexus energises the entire involuntary processes; it is the centre that particularly affects the cell life of the body. By placing your hand on this centre, Life Energy pours through the whole system and the Intelligence is set into action. When you put your right hand on the solar plexus and your left hand at the seat of the trouble, the force then passes through the sympathetic nervous system to the area affected. The blood vessels dilate at the area of the trouble and an intelligent healing action takes place.

Doctor demonstrates by putting his right hand on the solar plexus of the patient and the other hand on the shoulder—and

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the patient feels a strong current to the shoulder. Blood and energy flow to the area where the left hand is and a warm electrical feeling is experienced. The blood vessels dilate, blood flows to the area and flushes the area with blood. Vital Energy also passes through the whole area, and immediate reaction is obtained; all pain has disappeared and the trouble is eliminated. *Doctor now explains that this is no miracle but the action of a definite law in healing.*

We will now engage in specific treatment by passing the force through the affected area, placing the right hand over the solar plexus and the left hand over the affected part. Now imagine the Power flowing through your right hand, through the solar plexus and making contact with the left hand. Breathe easily and deeply. You will join forces with the will of the patient and direct the patient's mind to the healing operation, by explaining that the blood is rushing to the affected part, that the arteries and veins are dilated, and the blood, combined with the Healing Power, will eliminate the troubled condition.

Tissue material that has been destroyed can be restored to perfect health again. The blood tends to force its way into that tissue and the cells become energised, and naturally a healing takes place. But do not forget that you must unite yourself with the Life Power and this is best done by an understanding of the Truth.

I told you before about breathing, and I will revive your memory. Breath is life and by breathing rhythmically you build up in your body a reserve of Life Energy which enables you to carry the load necessary to heal. If you have a lamp that can only take 250 volts and you put 5,000 volts through it, it would be smashed. It is the same with you. When you develop yourselves along the lines explained, you will be able to absorb energy through your system amounting to millions of units of Life Energy, so that you can use it not only in your hands, but through your mind also.

Therefore practise breathing 8-4-8-4. Inhale, 8 hold 4, exhale 8, suspend 4. At the same time you will notice that all

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the “mantrims” have four words, namely “Divine Life fills me.” By repeating them as directed, you set the rhythm which is essential to build up a tremendous amount of Vital Energy in your system, thus more Universal Life Energy can be absorbed and transformed into Vital Energy, like a generator transforming basic Energy into electricity. Light is electricity or energy transformed into light. We likewise transform Life Energy into Vital Energy. The more Energy you can absorb the more powerful you become.

If you are treating properly you will be making contact with the conscious and subconscious mind at one and the same time. This is most important, because by this means you can eliminate instantaneously the mental and emotional conditions attached to the trouble.

Disease has three aspects, mental, emotional and physical, and you will notice that it has no spiritual aspect, because **disease does not belong to the spiritual**. If you could live in the true spiritual state your troubles would disappear. Very few can do this because we are living in a mortal world, and this is a world of illusion; a world of the senses, for the senses react to conditions that are not True and you accept the error, and because you accept, so it is unto you as you think it is.

The best means of getting rid of the illusion is by the means I am endeavouring to show you. There are laws in operation in all planes, mental, emotional and natural, and when we know them and abide by them, we eliminate the negative conditions and retain the perfect which is the foundation of your being.

Now, disease has three aspects: mental, emotional and physical and sometimes the trouble is more mental and emotional than physical. Very often we come across a trouble 90 percent mental and emotional and only 10 percent physical. The physical effect is only too real to the patient, yet it is only 10 percent of his trouble. When you remove the mental and emotional condition the physical part disappears instantaneously, because you eliminate the cause and by this means you may have instantaneous cures.

There are times when the cell life of the body reproduces the mental picture. We out-picture the mental picture of the

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condition we hold in our mind. It is necessary then to re-adjust the whole life and it is by using all the essentials at one and the same time, the spiritual, mental and natural laws, that the condition can be eliminated permanently.

As I have already said, I have had thirty years' experience in healing all over the world and I know of no one who has had so vast an experience; I have been in every country in the world and have seen many terrible cases, all so-called incurable, yet 80 per cent of these people are cured. Many of my patients here amongst you, as you know, have been told that they were incurable, yet they have been cured of their troubles. I am speaking now from experience, the greatest teacher in the world. Unless we look for new methods and avenues of healing, we shall still stick in the rut where medical science is now.

There are Miss C.'s case, Miss V.'s case, Sister E.'s case. These are only one or two of many hundreds. It is proof of the fact that it can be done. I am very proud of a little girl (M.D.), a patient of mine. That little girl had infantile paralysis. She was saved from being like so many others who are now cripples. I treated her also through astral projection every night, and she saw me on nearly every occasion, when I was treating her with other spiritual healers who assisted me.

These are just a few of many cases which reveal this Mighty Healing Power. It is from these experiences that I know of the Truth of the Living God within each and everyone of us. All over the world it has been the same.

Man has three bodies, mental, emotional and physical. These three interpenetrate and affect each other, and when disease is of long standing the tissue structure may be affected. Then it takes longer to effect a cure. When you reach his subconscious mind you reach his emotional and mental activities getting down to the very root of the trouble, changing the negative condition into a positive one, and the Healing Power is set in action. Our own negative thoughts and images prevent the Mighty Power from flowing; these we must substitute for thoughts of Life and Healing.

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Doctor demonstrates the Power flowing—everyone in the hall feels it. He now goes on to explain:

This energy which you feel is Universal Energy transformed into Vital Energy. It is absorbed and transformed by my awareness of it. If you deny its existence as far as you are concerned then that is your misfortune. But immediately this negative attitude is eliminated, the barrier is eliminated and the Universal Energy flows through you. Negative thoughts are destructive to your life's existence in your mental, emotional and physical planes.

Now grasp this Truth: you have three bodies—mental, emotional and physical—through which the Spiritual Power flows. Your mental body is just as much a body as your physical body because it interpenetrates and supports the physical.

It is necessary to get down into the subjective mind; if you cannot reach it in one treatment then you must persevere by knowing the Truth and explaining the Truth. Tell the patient the Truth of his own being, that he is really Spiritual in Reality. The very essence of our being is Spiritual and the foundation of our life is Spiritual. We misuse our mental faculties by creating negative thoughts which out-picture in our mental and physical bodies.

There are laws belonging to the mental, emotional and physical planes that must be observed. We do not break the Law; the Law breaks us when we violate the Law. When we come to the mental part of this Course we will see the mind and all its phases explained in simple language, so that you can understand our mental processes. We will also see our own faults and then we can remedy them.

Complicated sayings and complicated sentences do not give you the Truth. If you know the Truth it is easy to put it into simple language. To simplify the complicated is the art of genius. To complicate the simple truth is the practice of knaves and fools.

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SPECIFIC TREATMENT TO AFFECTED AREA

IT is essential that you learn this effective method so I will go over some of the ground already covered. Place the right hand on the solar plexus and the left hand on the area affected. By doing so, Vital Energy passes through the right hand to the solar plexus; this stimulates the sympathetic nervous system, and the ganglion mass of nerves becomes charged with Vital Energy. Also the Vital Energy passes through to the left hand, and wherever the left hand is, there is action. Because a charge of Life Energy is going from the right hand to the left, the Intelligence is set in motion causing the blood vessels to dilate and the blood is carried to the area which is affected. It washes the cells and carries the waste matter away; nerve energy also flows through the nerves through the small dendrons so that each particular cell is filled with Vital Energy.

Every cell is an individual cell and has Consciousness and Intelligence. It is a unit by itself; it acts independently and continues to act independently, yet is controlled through the Intelligence operating throughout the whole body. It has been proved that these cells can live indefinitely, if they get the minimum amount of food and the maximum amount of cleansing. The waste matter must be washed away and the minimum amount of food must be supplied. This shows that it is waste matter that causes a great deal of our troubles.

Waste matter in the system is the cause of many peculiar diseases. But waste matter can also be caused through negative emotions, fear, and anxieties; these negative emotions clog the magnetic body and affect the physical body. Encumbrances or waste matter in the physical body, through wrong feeding, can also affect the magnetic body. You must remember when you are applying the Vital Energy, that you are stimulating and raising the vibration of the atomic structure, because all is electrical, even the body. "Matter separate from energy does not exist."

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Interpenetrating the physical cells are other cells called vital cells, belonging to the ethereal body; these ethereal cells cannot be destroyed like the physical cells. When the Law of Creation is understood we will see that the physical cells are but the outer manifestation of these vital cells. The physical cells die and are eliminated by the natural process of elimination, but the ethereal cells are more permanent; the ethereal body of cells supports the physical body. Your outward manifestation is the result of the inner activity, whether it be positive or negative. We alone are responsible.

With the hand placed on the solar plexus, imagine the Power flowing through your right hand, through the solar plexus and making contact with the left hand. Breathe easily and deeply. You will join forces with the will of the patient and direct the patient's mind to the healing operation by explaining that the blood is rushing to the affected part, that the arteries and veins are dilated, and the blood, combined with the Healing Power will eliminate the troubled condition.

If you are treating properly you will be making contact with the patient's conscious and subconscious mind at one and the same time. This is most important, because by this means you can eliminate instantaneously the mental and emotional conditions attached to the trouble. Nearly every trouble has a mental and emotional aspect.

Some people are more emotional about their conditions than others. Some are more intensely aware of the troubles than others. The mental aspect of a disease in one is often greater than the mental aspect in another. It is very necessary to eliminate the emotional and the mental state; without this you will not get the results you are looking for. So we must remember that no matter what trouble an individual has, the mental side of it may be so large that it overshadows the whole life, yet the physical condition may be a very minor ailment. The trouble may be say 70 percent mental and 20 percent emotional and 10 percent physical.

The mental is often the largest, and this you must deal with first, then the emotional side will quickly disappear; then the

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physical can be dealt with. The patient reacts to the physical. If there is pain or discomfort these reactions become mental, increased by the stress of the emotion according to the intensity with which they regard their trouble. You must see that in every patient the mental anxiety is removed.

Some people can go through life with a trouble and never even bother about it, while another person, having the same trouble, worries from morn till night. The trouble is a burden to one person but not to the other. A troubled mind intensifies the troubled physical condition enormously.

So we see it is essential to remember that there is a mental side and an emotional side to every trouble. Sometimes the removing of the mental and emotional side removes it entirely.

You were told that disease had three aspects: Mental, Emotional and Physical, and sometimes the trouble is more mental and emotional than physical. Very often we come across a trouble 90 percent mental and emotional and only 10 percent physical. The physical effect is only too real to the patient, yet it is only 10 percent of his trouble. When you remove the mental and emotional condition the physical part disappears instantaneously. This is sometimes the cause of immediate cures.

We know that man has three bodies, mental, emotional and physical. These three interpenetrate and affect each other, and when disease is of long standing the tissue structure may be affected. Then it takes longer to effect a cure. When you reach his subconscious mind you reach his emotional and mental activities, getting down to the very root of the trouble, eliminating the negative condition by transcending it, then the Healing Power is set in action.

Now you noticed, when I relaxed our friend the other night, that by talking to him in that state I reached the subconscious or subterranean channels of his mind. By this method I removed the strain and stress from the subconscious. The subconscious then takes on the belief that he is going to be healed, and when the subconscious takes on that belief it becomes a fact.

You see, when we understand this subjective part of our mind, we liken it to a film. What we see, hear and feel on the

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surface is registered in the subjective and is then reflected back again to the surface. By the senses we see, hear and feel. These senses are liars most of the time, because we do not see things as they really are. We react through our senses to a world of illusions, and our thoughts, actions and reactions are absorbed by the subjective and reflected back again to the physical consciousness, and we feel what we see, hear and fear.

Our troubles really begin through our lack of understanding, through our ignorance. The sooner we begin to realise that there is a perfect foundation upon which to build, the sooner we get well. If we do not recognise the fact that our mind is a reflector of what we see, hear and feel through our senses, and that this reflector absorbs and intensifies our condition, then through our fear we create the vicious circle. It is necessary to become aware when healing that there is a Divine Principle always in operation. Inharmony, which is created by ourselves, will disappear; and harmony, which is the foundation of our being, takes its place, when we begin to know the Truth.

Immediately we must reach the subjective mind and tell it the truth—that there is only one living Being in existence and that is God. God alone lives and the fact that we live is proof that God is living in and through us. We must show our subjective mind that the perfect Life built the body for its own self-expression, for the body does not exist by itself.

Life is the perfect expression and when we understand that, we tend to out-picture the Divine design that is always within us; then the subjective mind begins to absorb the Truth. The subjective mind is the part of our mentality that absorbs the images we create and becomes the mirror of our thoughts.

When we come to deal with Mind Principle as a whole, we will see more than only the small, darkly-lit part used by the weak imbecile method of analysis which often does more harm than good. We will see the whole clearly, and then we will be better able to understand the part to which we assign the cause of most of our troubles.

When we transcend the negative condition of our personal trouble by understanding the Truth, the Healing Power is set in

LECTURE 4

action, and this in turn automatically creates deep rhythmic breathing. When we breathe deeply, Life pours into the body and stimulates every cell and organ. Always advise a patient that by so doing he will make greater contact with the Power, and that he will probably feel Life flowing through him. By this method you connect the Mind Principle of the patient with the Life Principle of the Universe, and Intelligent Healing action takes place.

The Life Principle in the Universe is that Life upon which everything lives, including man. It is Universal in nature and by deep rhythmic breathing we absorb more of it. Its importance is not comprehended fully; that is why I am stressing the importance of these exercises. When you realise the importance of rhythmic breathing you will never let a day go by without at least doing some rhythmic breathing.

By making passes over the body about three inches away, a flow of Energy passes through the magnetic body and helps to cleanse and magnetise it. This also helps the vital organs of the body to become active and throw off waste matter. After proper treating for only a few minutes sometimes, the patient will perspire profusely; this is the glandular system of excretion throwing off waste matter. When this happens you will know that the healing process is in motion.

The Spirit is positive to the Mind, and the Mind is positive to Energy and Energy is positive to Matter. Spirit and Mind are positive to, and direct both Energy and Matter. Therefore by using the Mind Principle, you bring into play Vital Energy as well as directing the patient's mind to the Healing Power in operation.

We know which is the greatest: Spirit, Soul or Body. These three are one. Spirit creates the Soul and through the Soul the body is created. The Soul cannot exist unless Spirit exists and the body cannot exist unless the Spirit and Soul exist. Take Spirit away and you have nothing. You can take the body away but you still have the Soul and the Spirit. Take the Soul away and you still have the Spirit, but take the Spirit away and you have nothing. Spirit then is the Creator of all things and creates the Soul and body for its own self-expression. Spirit is Life; God is "Spirit," "Life."

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It is most essential that the patient's mind should be directed to the Healing Power in action. This directs his mind in a positive direction, and away from his trouble. Medical science has not been a success in eliminating most troubles, for the simple reason that it does not direct the patient's mind to the positive action of the Healing Power in operation, but directs the mind more towards the disease, thereby increasing it.

I am sure that medical science would progress a hundred times faster if it would admit the fact that it is the Healing Power alone that heals, and the doctor is just the means to an end in bringing the patient into touch with the Divine Law of Healing; the mind of the patient should always be directed towards it.

ALWAYS SPEAK CONFIDENTLY—BE POSITIVE

Be confident all the time. If you are in a negative state yourself, you can do little. It is better to sit and meditate for a time to regain your positive attitude, if you are affected by what you see. If you enter a sickroom in a negative state you cannot help a patient very much. There is a telepathic communication between one mind and another, especially those who are sick; their minds are open for any grain of hope or the opposite. The look on your face is conveyed to the mind of the patient. He is looking for help; give it to him.

He has perhaps been condemned to die and is looking for a ray of hope. Many a one has regained health and strength through the positive action of the physician. Do not go into the room with a sad face. One can think positively even under the greatest stress and strain by lifting the mind high enough into the realm of Spirit and recognising its tremendous Power.

A woman came to me the other day and said that her child was dying. The woman was in a dreadful state of mind, thinking only of her child dying in hospital. She was weeping bitterly. I said to her, "Your child is not dying. Your child is well. Go to the hospital at once." And when she went to the hospital that child was well. That happened here in Johannesburg.

LECTURE 4

There is a tremendous Power in the Spirit and if you recognise that your consciousness is one with the Divine Consciousness, and that what you decree in the realm of Spirit is fulfilled in the physical, it must be fulfilled, but how often are you in that state of awareness? The fact is that you have to practise and practise, and gain experience so that your consciousness rises to that state where you feel yourself at one with the Infinite Consciousness, and then you can say I AM THE LIFE.

Jesus in His work was so confident, so aware of His state of Consciousness, that immediately He decreed, that decree was fulfilled. His will and the Father's being one, the decree must be fulfilled, for nothing can withstand the Will of the Father.

So always speak confidently. You could say something like this: "This is a condition; it is a mortal condition; flesh has no power of its own." This mortal condition, this negative condition, has only the power you give it; this trouble has been caused by a destructive condition in living, a destructive thought or action, by not understanding the laws of life, but we are going to change this destructive condition to a constructive one, so that, even if not immediately, in time this condition is going to disappear. It is important that you make the provision that, if not at once, it will in time disappear.

If the patient still had his trouble after you told him it was gone, a doubt would be created, unless he thoroughly understood the Law of Spirit, for the mind is fickle. Every disease is curable but not every patient. It is the patient you have to deal with, and there are many of them in different stages of development.

It is very easy to heal those who know the Truth, but those with no knowledge of the Truth, totally materialistic, gluttonous in their habits, with much over-weight, knowing nothing of mind or spirit, they are the more difficult to deal with. When you tell them that they must go on a diet of only fruit and milk, they get a shock. If they obey you they will be cured, but if they do not it is difficult to heal them. Many people live on chunks of pork and beef, long cigars and pots of beer.

Do not be afraid to tell them what to do. I am never afraid to tell them, because I know they are wasting my time if they

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do not do what I tell them. You cannot say to this type: "Your trouble will disappear immediately," but "It is going to disappear if you obey me." Your experience will tell you which troubles you can eliminate at once and those which will take longer.

Many cases are caused by congestion of the spine; lumbago and sciatica are conditions of the spine brought about by congestion. I can positively say that in one or two treatments these conditions will completely disappear. I have known many who have had such a condition for twenty years, yet with proper treatment the trouble has disappeared, after all other efforts to cure have failed. You yourselves know of those here whom, after they had suffered for years, I have cured in one treatment only.

There are certain troubles that can be cured instantaneously, but it is only by experience that you can reach perfection in healing. Some have made up their minds that they cannot be cured, because they have tried everything in the orthodox methods without avail, and now think their condition has become permanent; You must disabuse them of that idea by using all the essentials at one and the same time, and relief will surely come.

The fact that the patient absorbs what you say, will give him faith in himself and in you. You will, if necessary, tell him that he has been eating the wrong food and that he has been breaking the Laws of Nature, and that it does not matter whether he breaks the Laws consciously or unconsciously he suffers just the same. Then you will manipulate with your right hand over his different organs and stimulate them into activity, so that they will work in unison with one another.

In a lesson to follow you will learn where the vital organs of the body are situated and the nerves leading into them; you will learn how to reflex and stimulate those nerves. By this means the organs are also stimulated into action.

It is sufficient to say to you just now that it is necessary to stimulate the different organs into action, especially the digestive organs. Many people could cure their stomach troubles if they would but masticate their food so well that there is nothing left in the mouth to swallow; the food just simply dissolves away.

LECTURE 4

I have done this with many incurable digestive troubles and it has acted marvellously. Masticate the food until it melts away and disappears, even if it takes half an hour or more to have a meal.

People with troubled digestion should not take more than one course. Some people will start with *hors-d'oeuvres*, follow with soup, then fish, meat, vegetables and sweets, then cheese and biscuits, coffee and liqueurs. A person with a weak digestion cannot digest more than one course at one meal. If you like soup make attractive vegetable, potpourri soup with a little barley and make it healthy and strong, not just water, and you will get more out of a good healthy potpourri than all the muck that most people put into their stomach.

My daily diet consists of: in the morning first thing a large glass of orange juice; later I have a glass of milk and some fruit. My lunch is fruit salad and cream. In the evening I have a one-course meal. I do not have anything after that except when I go out. That is my daily diet, fish one evening, chops another evening, or vegetables or whatever the case may be. If you are taking chops take fruit with them, such as pears or pineapples. We will deal with these diets, herbs and cleansing foods later on.

When treating a patient you should advise him to masticate his food properly before swallowing it; tell him, when in a relaxed state, his food will be absorbed into his body to make strong, healthy tissue and blood. You will also tell him that his bowels will operate every day; you will manipulate over the abdomen and follow the colon up the right side, across the diaphragm and down the left side, with your fingers in a sort of rotating manner.

This, coupled with the direct thought, will set in motion the peristaltic action of the bowel. Some think that a great pressure on the bowel is essential to make a bowel move, but we know in homeopathic remedies it is the minimum dose that counts. Some call it the magic of the minimum dose which has the effect of exciting nature to act.

Drugs given in large quantities hinder the progress of healing and the body has to get rid of the drug before it can regain its

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natural state. With reflexing, you get a better reflex with a light movement, than you would from a clumsy, heavy one.

A reflex means you get a reaction to the brain and back to the area being reflexed; you know what you want and you get it. I want the peristaltic action of the bowel; the peristaltic action of the bowel is brought about with a simple rhythmic rotating movement, from right to left moving up, then following the colon across and down the left side.

Here there are two muscular strata's surrounding the colon shaped like a diamond, one horizontal and the other perpendicular. One moves in one direction and the other moves in another, thereby creating peristaltic action. Immediately you touch a certain area knowing what you want, you get a reflex to the brain and back to the area; you get what you want. Often a touch is enough to set in motion the peristaltic action of the bowel.

It is the same with the vagus nerve. If I press my fingers on this nerve at the neck and touch the reflex area controlling the gall-bladder, I get a reflex action that will make the gall-bladder function. I have saved many a patient the painful and unnecessary experience of an operation by this method.

Reflexing is obtained through the efferent and afferent nervous system. A message is carried to the brain and from the brain back to the area reflexed. You also communicate with the mind of the patient through suggestion, urging the organs to regain their natural state. In one treatment some regain their natural movements.

Healing is a scientific art and there is much more than is seen on the surface. It takes a lifetime to understand everything about it. I am sorry to say that the medical profession knows very little about the healing art. It is not the doctors' fault, but the system under which they work. They work entirely with the physical body, yet the most important thing—the Vital Energy—is not recognised. The most successful healers in the world today are those with this knowledge and experience, and it is only experience and knowledge that enable one to reach Adeptship in healing.

LECTURE 4

REMEMBER that Healing alone is not sufficient. You must advise the patient what to do and how to keep well, because all the curing in the world will not prevent the patient suffering, if he is continually breaking the laws. Jesus said, “Go and sin no more,” meaning do not break the laws of nature.

Our western world through ignorance makes much of the moral side of our nature, which to a great extent is exaggerated and illusionary. But the Adepts recognise sin as a violation of the natural mental and Divine Law. There are natural laws, mental laws and Divine laws necessary for our well-being which are never touched upon by those who dwell so ignorantly upon the moral side of the nature; thus they are blind to the Divine Law of our Being.

We must become aware of the fact that in reality we are Cosmic and not physical. Our real nature is Spiritual and not material, and our physical nature is controlled by natural law. The evolutionary process of nature is a condition in which the spirit of man has been incarnated. Although this process has taken millions and millions of years to perfect, yet Spirit is free, birthless and deathless, limitless, timeless and spaceless.

The substance in which the Spirit is incarnated has passed through millions of years of evolutionary process. These conditions had a beginning, and will have an ending, but the Spirit that is incarnated in the conditioned substance never had a beginning and therefore it will never have an ending. Jesus said, “Unless he is born from above,” in effect, unless you recognise that you are Spirit, you will never enter the Kingdom of Heaven. Neither will anybody ever understand the real Truth until such time as they understand that they are born of the Spirit.

Some repeat a lot of platitudes that they do not understand, and others repeat the rote and confuse themselves. For instance, a person will say, “Money is the root of all evil.” In fact, money is not the root of all evil; money is an inanimate thing, and cannot harm you. It is what you do with it and how you crave for it, or crave for the things it will give you that harms. When you lose yourself in the desire for money you lose your true Spiritual nature, and that is the root of all evil.

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It is not the money that is the root of all evil, but it is the ignorant individual not understanding the Truth who makes money his god. Therefore, the statement should be “*Ignorance* is the root of all evil.” Inanimate things take their legitimate place in the lives of those who understand the Truth.

This earth came into being according to the Divine Plan. The Universal Substance out of which everything is created had to have certain conditions imposed upon it. These apparently opposing conditions are good and not evil, but because we are ignorant of the whole, we do not understand the part. We fail to recognise the law of transition; we see things in their transitory stages, and because we do not understand the Law, we say such and such is evil, whereas it is the natural outcome of the Law. There is no evil but man makes it so. Man made evil, not the Creator. Mortal mind creates its own world of illusion.

There is but one mind with many phases of action. In the mineral world, there is chemical action. It is this active chemical principle in the mineral world that brought into being the various minerals. But these minerals could not be brought into operation unless they were exactly understood by the Mind that created them, and they must exist in the Mind and not out of it.

The next is the vegetable, and some say that the mineral became vegetable. Mineral never became vegetable at all; the vegetable took from the mineral what is required for its own expression. All different vegetables have different qualities and quantities of minerals in them, which makes them different from one another, but the vegetable could not come forth unless it was originally designed by the Mind that brought it forth. It did not come forth of its own will; nothing comes forth except by the intelligent Life inherent in it.

Then the animal life came and took unto itself the vegetable and mineral, and lived upon it. This is also a complete phase of action limited in its nature, just as the mineral and vegetable are limited in their nature. The animal life is instinctive in nature, controlled, not controlling, that is why Jesus said, in effect, flesh has no say in the matter.

LECTURE 4

Now, where is this animal nature in you? Your body is animal tissue. It is identical in nature with that of all animal tissue. It has all the instincts in it, the instinctive principle that enables it to live by circulation of the blood, the absorption of food, digestion and elimination and reproduction of its species. Every animal has the same principle underlying it. It eats, absorbs, digests and eliminates and reproduces its kind, and we do the same. It is the flesh that has passed through this long process of evolution and is raised in nature by our thoughts and emotions.

At one time our emotions and mental activity were slow; now they are quickened by the spirit and so is the flesh. Man becomes his own evolutionary process when he becomes aware of his true nature.

At the same time we are passing through a period of heightened evolutionary process, speeded up by the Divine Plan, and man must co-operate with God in this great Universal Plan. Man retards his progress by negative reactions. Our very thoughts affect our bodies and we must learn how to think properly. Man requires a certain amount of leisure and security so that worry and fear are eliminated, but the system which we have created is opposing man's growth.

People in our world worry more about food, clothes and things far beyond the necessities of life. The world belongs to God and God lives in every individual, and the world belongs to the whole and not to a few. When we understand the laws properly we will live a spiritual life rather than an earthly life; by this we will change towards others.

We can only regain our Spiritual inheritance and happiness by Spiritual Understanding and then we will find that we had missed the real work of our earthly lives. We rise above the conditions imposed by the nature and the flesh and reach the glory of our true nature. We will be happier when we are helping others Spiritually, mentally and physically to overcome their mortal weakness, and at the same time we will be helping ourselves.

The physical body which we inhabit at the present time contains all the attributes of the animal nature, the pig, the tiger,

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the cat and all the rest put together. Physical man is a mass of all these particular forms in one, and they rise to the surface sometimes you say they are evil, but they are not evil. These influences enable you to Become, and by overcoming you Become. We react to them, and by experience we learn that the instinctive nature of animal life since antiquity (including all the processes of evolution) is in every human body; in fact we have all the experience of this animal nature registered in the principle underlying the body.

We know an animal can be trained by habit, an animal will act through habit and the oftener it repeats the habit the more often it wants to do it. That is how you train your dog to behave. The nature that you want you establish by repeated habit. Our bodies take on the habits we establish. For instance, if you do not sleep for a few nights you have created a habit of sleeplessness, and only when you learn relaxation, consciously or unconsciously, will you pass off to sleep, and then the habit of sleeplessness is broken. If you become very tired you may break the habit of sleeplessness. We have good and bad habits.

We have also our intellectual nature. What we think affects us more than we realise; in fact what we think affects our whole environment.

In the evolutionary process of our mental activities we have within us the experiences of the primitive man of the stone age. This has been improved upon through the ages, but man reverts to his primitive ways unless he gazes upon his true Spiritual nature. Man gains his intellectual knowledge through his senses, and because of the senses' unreliability, man creates complexes, conflicts and fears, but this belongs to man's intellectual nature and not to his Spiritual nature.

Through our senses we see, feel and hear, and we create images in our minds through our reactions, and these reactions are to a great extent erroneous, because we have not developed our spiritual nature.

We are not yet out of the wood; we are living in this stratum of mental stupidity gained through the senses. The primitive

LECTURE 4

man knows only what he sees, feels and hears in this world; he knows no more, and must remain primitive until such time as he knows the truth of his own being. A great many men and women are beasts instead of humans, because they exist only on the plane of the senses and so the instinctive animal nature takes control. But Spiritual man realises and recognises his true God-nature, and transcends the flesh and the senses.

Above our senses there is a mental stratum which does not belong to this earth plane at all, but to the higher Realm. Jesus always spoke of this Realm. The physical has come up through the evolutionary process which took millions of years to come to what it is today, but the Realm above is above the evolutionary process. It is through this Realm that the knowledge of our Spiritual state is revealed to us. This higher knowledge comes to us when we look beyond our senses. It comes down into our senses and we begin to recognise that there is a higher Truth than the senses can give us, and a glimmer of this higher knowledge and understanding lifts us into this higher Realm of which Jesus spoke.

When I say that God built the body for his own self-expression, it is a Truth. The higher stratum of spiritual understanding does not belong to our physical state, but belongs to our higher Spiritual state which we will know better when we leave the physical body, when we leave the tenement of flesh which at the moment seems all there is to most people—hence their ignorance.

Our physical emotions and reactions do not exist in our Spiritual state. Our higher Spiritual state is the true mental state where we begin to understand what is taking place in the Cosmos.

The star essence out of which the planets are made is also a mental phase that belongs to that particular activity in which the atoms in that particular star essence mould and form, according to the image created in the Divine Mind. It is a phase of activity through which the Divine Mind acts. Divine Consciousness directs this action in the higher realms as well as in the lower realms. Spiritual man and animal nature are phases of action in the one

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Mind. It is the same Mind in action in the star essence substance which goes to build up planets and stars of which there are countless millions, as is in the mineral, vegetable, animal and human.

The great and mighty Truth is revealed to those who aspire to the Truth. "I AM THE LIFE." My consciousness is one with the Supreme Consciousness that is behind all activity in the Universe. I am incarnated in these conditions and these conditions enable me to grow. These conditions are not evil but good. They enable me to understand the process of existence and the process of life. We know all subjectively but we do not know it all here. To know these things consciously is our growth in Spiritual development. "All exists in all" because of the fact that God IS everywhere.

We will actually become aware of all as we grow, then we will see that there is no evil in the world except that we think it evil, not knowing the law of transition; and as we do not understand the whole we condemn the part. How could there be any evil in God's creation? Everything is according to plan and according to plan it must be. As we were, in the beginning, perfect, so are we now, and so we shall be forever. From the perfect we have come and to the perfect we shall return; our Spiritual state cannot be otherwise; if we could but realise this fully, our life on this earth would be very different.

I want you to know these things so that you can get a glimpse of the whole. Do not limit yourselves to the physical, otherwise you will not make the progress necessary for perfect healing.

To deal with healing in the advanced method we must understand the Truth that when we become aware of our true state we shall know that we are one with all things. We are held in that Mind that has in itself all the knowledge of all creation, all the stars and planets, and all archangels and artificers in the highest planes of the Universe. Still there is something that is beyond all, and that is our awareness, our awareness of our Divinity, our awareness of the Divine Consciousness that existed

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before all creation; that is the Consciousness that is incarnated in this conditioned world and that Consciousness is your consciousness.

While we live in a world of illusion we are misunderstood because we do not understand ourselves. But when all is understood then there is a cleansing of the mind and the Truth is made known. We are made in the image and likeness of God, having dominion over all things. Man's spirit that always was, came into the world that was made ready for him. This is the great Secret. It is this understanding that makes you a true Healer, a prophet, a saviour.

LECTURE 5

DIRECTING THE POWER WITHIN THE PATIENT

Advise the patient that within him is the Power to cure. This is the great secret in curing disease. What a tremendous truth when understood! The Healing Power requires to be awakened within the individual and immediately the individual realises that within himself is the Power to heal, Spiritual Energy is released from within, then follows a feeling of relief.

Most people are always depending upon someone outside themselves. The healer must know this deep truth so as to enable the patient to recognise it. Awaken the spirit within the patient: immediately the patient becomes aware of the true source of healing, his mind is turned towards it and away from his trouble. Fifty per cent or perhaps more of the cure lies in the individual's receiving this mental relief through understanding.

To give the patient this knowing within himself, your instructions should be—"You will, during the day, go into solitude; you will relax the whole of your body and your mind for a few minutes, and when you have properly relaxed you will tune in; you will join your will with the Will of the Creator, and the Power will flow through you. You will imagine yourself becoming a strong and healthy person. You will breathe easily and deeply. As you are breathing in you will be absorbing this Power, and as you are exhaling you will feel the stimulating effect."

When we recognise that the Will of the Creator is in that great Life Energy that pours forth from the fountain itself, and this Life Energy carries with it the Creative Power and Intelligence to operate within the body and to out-picture that Divine Design which is always within, then we see this most extraordinary and wonderful thing, that the Will of God is always within us, and this Will will operate, provided we co-operate with it.

We will see shortly what is meant by the mental aspect of a disease. We will see why it is that some get worse when they

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try to heal themselves without this knowledge, and their condition may exist for some time until they come in contact with someone who knows the Law; immediately we understand the Law we begin to act with the Law. So we will join our will with the Will of the Creator and the Power will flow through us, because our will and the Will of the Creator is one.

I find in my work that immediately I get the co-operation of the patient, having that faith within himself, knowing that the Divine Will of God is always active in him, he recovers. But there are some people who are so materially-minded, they cannot understand the Truth. They know little else but the material world in which they live, and it is difficult to heal this type of person. In fact, I have found a number of this type round the world and my method is to jolt them out of their materialistic ideas.

The only way you can lift them out of their stupidity is to jolt them out of it. Immediately you will tell them that it is their own fault they are ill, and it will be their own fault if they do not get well: "I can do nothing for you until such time as you begin to obey the Law and do as I say, and if you do not, there is no use your coming here." That is the way I deal with this materialistic type of person and I assure you it works every time. Take a "don't care" attitude towards them, for you will find plenty of them around. They have been to all the doctors and specialists and come to the healer last, and the healer is their last and only hope.

You will show the patients how necessary it is to relax; show them how to relax every day and tune into the great Life Energy. Tell them: "You will imagine yourself becoming a strong and healthy person. You will breathe deeply and easily. You will understand that breath is Life; without breathing properly you cannot expect to become well. And as you are breathing you will absorb this great Healing Power." The patient will feel the inrush of this Healing Force.

When you direct the patient properly you bring his will in operation with the Will of the Creator, and without effort, for it must be done smoothly and easily, and experience is the only

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thing that can give you the successful technique. By this method the mind is brought into action unconsciously without effort, and this point is very important. Immediately an effort is made while the trouble is dominating the mind, there is a negative reaction. It is the smoothness of the healing that counts, it is taking the patient along the road to health smoothly; this is the secret of successful healing.

You must learn that easy, smooth method, so that there is no negative reaction or any effort on the part of the patient. Immediately the effort is made you find the reverse effort set up. This brings, of course, the will of the patient in opposition to his imagination, his imagination still being concentrated on his trouble. There is a release from the trouble when the imagination is directed away from it, and the imagination and the will become one, concentrated on the Healing Power. That is an astonishing statement, but when understood it has a great significance in healing.

Coué,* one of the great men of our age in mental therapeutic healing, used the method of suggestion. He said: "If the will and the imagination are contrary to one another the imagination will always win." Now we will see what this means.

The imagination is the subjective will, and is brought into operation through the idea that dominates the mind. It is the deepest idea that counts. Whenever you are sick or anything is wrong with you, there is an idea of it in your mind; it becomes a dominant idea and becomes subjective. Immediately you become anxious about your trouble or make an effort to get well, not knowing the Law, you intensify the idea of your trouble, you stimulate it into action and it shows itself by its manifestation.

So instead of getting the elimination of your trouble, it increases. Why? For the simple reason that the idea that is dominant in the mind has not been eliminated or changed in any way by your effort, but has been increased because you have increased the intensity of the idea by bestowing attention upon it. It is a most disturbing fact, but it is true, and I am sure many of you have experienced it. I want you to see this Law

* Émile Coué (1857-1926), French psychotherapist, originator of 'auto-suggestion.'

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clearly—it is the deepest thought that affects you; as a man “thinketh in his heart, so is he.”

It is not what you want that you get but what you think deeply. This then is the imagination and immediately your will comes into operation in opposition to it, the energy generated by the will is transferred to the imagination and stimulates it, and intensifies the trouble. Coué calls this the reversed effort.

He said you must relax yourself completely into a state bordering on sleep, then form in your mind the word-picture: “Day by day in every way I am getting better and better.” This must be said in a dreamy fashion, thinking of nothing else. Relax yourself and remove the tension from your mind. Then concentrate on this word-picture: “Day by day in every way I am getting better and better.” And the individual soon finds there is something in it; you imagine yourself getting better and better, the old idea of your trouble fades away and the new idea takes its place, and this is what you want, the will and the imagination working together.

The new picture is built up and becomes the seat of the imagination, because your imagination is caught up by the idea—“Day by day in every way I am getting better and better.” The new idea overwhelms the old one and the imagination comes into harmony with the will, both going in the same direction. It is letting go that counts; let go of your troubles. The Truth enables you to understand the true meaning of this, and I will show you the Truth.

When you know, actually know, that every image and every thought you create is created by the Divine Principle within yourself, it must be so. You cannot create an image unless YOU *create* it and you are YOU: and as you foster images they will grow, just as you tend a flower. You do realise, don't you, that the Divine is perfect and is expressing Itself through you?

There cannot be any flaw or defect in the Divine. This Law is above all other laws. It transcends the law of the mind. Therefore you let go and accept the Truth, and by accepting the Truth

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the whole mind is flooded with it, because it is the foundation of your being and is the actual Reality, so it comes into operation of Its own free will. The other is not real, it is created by yourselves in your own imagination. It is one image superimposed upon another. It is mental, the deepest thought of your creative imagination manifesting. But it may be false because you reacted to the illusions of the mortal sense. Reality, however, is not an idea, it actually exists, it is Real; it remains always.

When you see this and understand the process of the mind, you will be able to overcome many of your own difficulties as well as those of other people's. So the reverse effort is nothing more than an intensification of the idea of the trouble by trying too hard to get rid of it, not knowing the truth about it.

What is in your imagination is created by yourself and what is created by you must be so, because of the Law of your being. But immediately you know the Truth, that there can be no flaw, no defect in the Divine Being, you accept the Truth and you let go of your troubles, then your imagination is flooded by the Divine Principle itself. When this happens your mind is like a searchlight with the Power behind it; there are no dark places with negative thoughts to blot out the beam of light.

It flows out into the outer manifestation, the body of sensation or the body of manifestation, because what is in your mind tends to out-picture itself upon the screen of life; your mind and body are that screen. These are actual Truths, and when we begin to know them and understand them, they are simple and easy to apply.

When an idea in the mind becomes dominant, it is a vortex of force, and when you try to eradicate this vortex of force, you only add more energy to it, consequently the dominant idea is stimulated into action, and instead of getting a curative action you get the reverse. This is the reverse effort; you get the stimulation of the trouble instead of the elimination of it. You must grasp this thoroughly and understand it.

You must understand that no effort whatever must be made by the patient to cure his trouble. All the patient has to do

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is to absorb the Healing Power and follow the laws of nature; the Subconscious or Universal Mind in the patient will do the rest. When you let go and believe with strong faith and follow the laws of nature, then it is impossible for you not to get well. “Thy sins be forgiven thee””Arise, take up thy bed, and go unto thine house.”

So we see the most extraordinary and wonderful Truth is this:—All the patient has to do is to absorb the Healing Power and follow the Laws of Nature, and the subconscious or Universal Mind in the patient will do the rest. It understands what is required, and, without trouble and without any effort whatsoever, the blood will flow into the affected part; dilation of the arteries and vessels will take place, and the phagocytes and leucocytes will be rushed to the particular area, and the elimination of the disease from the body will commence.

Immediately you have an active idea in the mind, it is transferred to the brain and the nervous system. In fact, your brain is a mass of nerve tissue, being the root of the nerve trunk and branches which permeate the whole of the body; the nervous system is but the elongation of the brain. The brain is connected up with different parts of the body. The lower brain, the cerebellum, deals with the glandular secretions, the beat of the heart and the involuntary processes. The cerebrum, the higher brain, deals with your thinking operations. All voluntary movement is performed by it, yet every operation that takes place in the cerebrum must pass through the cerebellum before it reaches the body.

Certain areas of the brain deal with a particular part of your body, so if we intensify our thinking we create impulses in certain brain cells, which stimulate the corresponding area in the body, in a negative or positive way according to our thinking. We all know perfectly well that we can stop the blood flowing to any part of the body by suggestion. Suggest to a person that the blood has ceased to flow and it will stop, providing you reach the subjective mechanism.

The organism is controlled by the subjective mind, and will obey the suggestion given. When suggestions reach the

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subjective mind they produce the phenomenon suggested. You produce phenomenon negatively, because of fear. “For the thing which I greatly feared is come upon me.”

The same Law works both ways. Fear and faith are just the negative and positive actions of our thoughts in the subjective mind. Immediately we become aware of these things and understand the laws in operation, we are free.

We are those who are going to help others, who are going to teach others, so as to help the world, so we must have a knowledge of these things, a simple and clear understanding, not a complex understanding that is impossible to comprehend. Even those who write and talk about these complexities are fogged, because they lack the knowledge of the Truth. It is proof that they do not understand the Truth, by what they write and say. As long as we do not understand the fundamental principles of the Truth we can never teach these. We have got to know these so well that we can actually convey the meaning by mental telepathy, the understanding being so thorough that words are unnecessary. Please think deeply upon this till you can actually grasp its full meaning.

Waste matter must first be eliminated from the body; then the red corpuscles will carry fresh material and build up strong healthy tissue, and by breathing deeply, oxygen and energy will be absorbed into the blood at the same time; therefore, deep breathing during the process of eliminating is very important.

In self-healing it is better to think of the end desired, allowing the Subconscious Mind to fill in the details. When we say: “I am well, I am healthy,” then there is something that rises up and denies it, and says you are not well. It is an absolute fact that immediately you say you are well and you know you are not well, there is a conflict and a contradiction, but if you know the Truth that the Divine Principle has never been ill and does not require to be cured at all, then there is freedom, because the Divine does not require to be cured because it never was ill.

Illness never existed in the Divine Principle at any time. When you know this Truth you do not have to say, “I am well;

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I am better,” “I am this and I am that”; it is mortal mind that is the liar. It says “You know perfectly well you are not well”; only in mortal thought is there conflict. It is mortal imagination that is wrong.

There is this conflict in mortal mind because it is dealing with illusion. But immediately you get into the understanding of the Truth, you have only to think of health and strength and life, and *it IS*. Therefore you must understand the Law.

You have within you the attributes of the Divine Principle. I AM is the name of God and if you say “I am well” knowing the Law, you affirm the Truth, “God is well.” God has never been sick. Immediately that is understood, this subjective mind takes on a different phase of action altogether; it reflects the Truth, and it refuses to reflect mortal illusions.

When we come to the mental part of the Course we will see what conflicts and complexes are, what fear is, how it comes into operation and what it does to us. It is necessary that we know the mind and how it works, otherwise we will not be able to understand ourselves or others; we will not be aware of the Truth of the Law of Action and Re-action unless we understand our mental activity.

In self-healing we must know the Truth that “I” and “me” are different. I AM is God; “me” is the individual lost in the world of illusion. We cannot help it because we are reacting to our mortal senses every day and it remains with us, until we get to know the Truth and then it does not affect us very much; eventually it will not affect us at all.

When I was in the Himalayas and lived there many months at a time, I had no knowledge of anything except the perfect Creation, the perfect action. It was so astounding I did not know I had a body at all, and I could perform the feats of the Masters, and I was amazed at the simplicity of it, because there was no opposition through my mortal senses, there was no illusion, but a sense of Reality.

This material world is a world of illusion. Not until such time as we see that it has no power over us, can we be freed from

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it. Immediately we begin to see it is but a world of illusion, it loses its power. Immediately we begin to react to it, then it does affect us because of our belief in it.

So in self-healing, begin with saying Coué's maxim, put in a different way: "Day by day in every way God is making me better and better." Note the very "is making" me better. God was never ill, God is all Power there is, so I AM comes down to me and expresses itself through me, therefore day by day in every way God is making me better and better. This is the Truth: "Every day in every way God is making me better and better." God was never sick, God is that great Power living in and through me. And if God is all there is and is perfect, where is there room for any imperfection except in our imagination! It strikes hard, does it not? But this knowledge is going to do a lot of good.

So we see we need the word *IS*, "is making me better now," not "shall" or "will." A deep psychological fact is here. It should be said when the patient is in a deep state of relaxation, and should the patient fall asleep then, the effect would be greater—the Soul opens the flood gates and the Life Energy flows in. (Or you may say "DAY BY DAY IN EVERY WAY *GOD IS MAKING ME BETTER AND BETTER.*" It has the same meaning, but some find it easier; you can use the one that suits you best.) Every day in every way God is making me better and better and one day it will become a Reality, for God and you are One; there is no division. There may be division in the mortal sense when there is a negative condition in the outward self, but this is an illusion because it can disappear.

Christ expressed the perfectness of the Divine Principle; the Divine Law was real to Him; His knowledge and understanding of His oneness with Life were so great that there was no room for illusion or negative reaction. But with most of us there always is this reaction to a world of illusion, that is why I say that, individually and collectively, we require to uplift ourselves—individually and collectively.

I believe that one day the masses of people will recognise the Truth and if 51 percent of the people in the world would

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recognise the Truth, overnight it will be done for the whole world. It only requires the 51 percent, but at the present time there is only a handful who understand the Divine Truth; even those who we think should know the Truth are devoid of it.

HEALING BY THE ADVANCED METHOD

Healing can also be performed by an out-pouring of the Power by conscious projection of the Power into the patient.

With the patient seated before you, stand a little way from him (say about two feet), advise the patient to relax, close his eyes, etc., and then join your will to the Will of the Creator and project the Power through the patient by your consciousness. Your arms should be stretched out, the tips of your fingers almost touching his shoulders.

In a previous lesson I explained to you that we are all one, we are not separate, and that our ethereal bodies merge into the great ethereal matter of the Universe. Really, our bodies extend everywhere and our minds are an extension of the Mind Principle; therefore your ethereal body and the ethereal body of the patient are mingled together, and also your minds are in tune with the Universal Mind, and by directing the Power, you energise his ethereal body and his mental body correspondingly, according to your own Power and development.

In a previous lesson I gave you the secret of the different strata of the mind and how the human mind is linked up with the Universal Mind. There is only one Mind in operation but different phases of action are in that one Mind. Consciousness is the directing power in mind; it is this knowledge that makes my method in healing at a distance, "absent healing," so effective.

I receive almost daily, from all over the world, cables for help and healing, and you know among yourselves in this city how many cases have been healed by my absent treatment alone, and in every case, if not a complete cure, there is great alleviation of the trouble. And it is by the understanding that

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there is no separation that you bring into operation a Divine Power, which is directed by your consciousness, because your consciousness sets in operation the subjective activity of the mind of the patient which links up with the Divine Mind.

In a state of relaxation, then, there is a flux, brought about by the out-pouring of the Divine Energy, which eliminates the condition. No negative condition exists in the spiritual body; it exists only in the physical, mental and emotional bodies of the mortal self. Your mental body is saturated with your imagination; your emotional body is where you have your emotional reactions. These bodies interpenetrate one another and whatever is in your mind tends to out-picture on the mental, emotional and physical bodies because they interpenetrate each other, so we see that even in the mortal sense there is no separation either. Our thoughts and emotions tend to out-picture in the physical.

One Mind, one Universal Substance: there is but one Body and one Mind. This is what Paul understood by the Body of Christ. Really, our bodies extend everywhere and our minds are an extension of the Mind Principle, therefore your ethereal body and the ethereal body of the patient are mingled together; also, your minds are in tune with the Universal Mind, and by directing the Power you energise his ethereal body and his mental body correspondingly, according to your own Power and development, according to your own belief, according to your understanding.

There is a tremendous lot in healing; but it is not the vague idea of healing that most people have in their minds. Healing is the most wonderful science in the world. No other science has done so much for suffering humanity.

SUPERCONSCIOUS CONCENTRATION

REMEMBER that you will not be able to do this for some time. It requires a good deal of development before you are able to perform it with any degree of success. It is not done by hard conscious concentration; it is performed by expectant

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faithful concentration, a positive feeling within yourself that the Power is entering into the patient.

There are two kinds of concentration. There is conscious concentration and superconscious concentration. The latter is a concentration performed by the Spiritual Mind Consciousness and is the method used in this type of healing. When you practise it sufficiently you will get the feeling that you are really using another instrument apart from your mortal consciousness. Your ordinary daily personal consciousness sinks into oblivion and a sort of Cosmic state comes upon you. It is the feeling "I merge into the Cosmic, and in this state I can express great healing power." It makes no difference how far you are away, you feel it just the same. *Doctor then demonstrates this Cosmic state and everyone feels the healing power.*

We are now dealing with the great White Light which some know as the Cosmic light. The White Light is the Christ Light. "I am the Light of the World." When in this Cosmic state the Divine White Light pours through you and enters the patient, tending to unite the patient with the Cosmic and conditions disappear. If the patient can retain this state his healing is permanent.

When I say to you that this is all very simple you are amazed. But I tell you it is simple; it is difficult for you because you do not comprehend it completely. Immediately you comprehend this tremendous Truth, that it is a natural law, then there is no difficulty, for it comes forth of its own free will.

What you have to do is to build up your magnetic body through breathing exercises, so that you can carry the load through into the physical state, and then the tremendous power of the Spirit will be released through your mind and body from within. If pure Spirit Power touched your physical flesh it would fly apart. Pure Spirit Power is millions of times more powerful than electricity generated from the most powerful generating station in the world. Just think what 50 or 60 million volts would do to your body, when 250 volts will electrocute you, and then think what pure Spirit would do to the physical body if it touched it.

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But the extraordinary thing is that this Spirit is within you, though it does not touch the physical until it is transformed through the inner bodies. The transformers are the ethereal bodies which interpenetrate your physical body. Your real Spiritual self is above your head. Then comes the Spiritual body that surrounds the spiritual self. Then comes the thousand-petalled lotus, the centre at the dome of the head, which links it with the higher ethereal body which is the first transformer. The next transformer is the body which is connected with the centre in your forehead, the next with the back of your head, etc., right to the bottom of the spine which connects with the physical; and you notice that these centres vibrate to the colours of the spectrum, from white and purple down to red. The pure White Light does not touch your body at all. It breaks up into different colours and passes through the various centres, as stated in our first lesson.

The emotional body is attached to the heart centre, between the shoulders; the magnetic body carries the load, and its centre is situated in the solar plexus and has a direct contact through the motor and sensory nerves to the cerebellum and higher tissues. The mental body is situated in the forehead and interpenetrates the emotional and the physical bodies. The Spiritual body, which is always perfect in itself and never is ill, is above the head. It is the mortal mind and body that is ill, not the spiritual body.

The Spirit itself, wherein is the Divine Consciousness, never touches the body, and it is like a ray coming into the body, interpenetrating the various densities of the ether, all interpenetrating each other; these are your transformers. To develop the Healing Power you have to build up the magnetic body so as to carry the load that is necessary, and this is done through breathing exercises. Now you see why you must practise the rhythmic breath, 8-4-8-4.

You will also use your will to direct extra Power through your hands, and this Power passes from the tips of your fingers into the patient.

Here is another mighty secret. You know by now that matter is force, it is not solid but in constant motion, vibrating at a certain

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speed. Now, when a person is sick, his mind and body are vibrating at a low vibration; when you raise the vibration you eliminate disease. When ice is turned into steam you only raise the vibration of the substance, when you turn this vapour again to ice you lower the vibration. Should there be any impurities in the ice in the first place, they would be entirely eliminated.

This is the method Christ used in healing the sick. Christ *fully realised* that all is in the Mind of God, and His Intelligence is in, and through, all things. In reality all is Mind, God's Consciousness or Will being the animating Power. Christ recognised His oneness in Consciousness with the Father of all. His desire then became the Will of God. Immediately you understand that your desire is the Will of God, then you know that the expression of your desire becomes the Will of God. How extraordinary is this Truth: that your desire to express the Truth becomes the Will of God; your desire to raise the vibration of the other individual's consciousness into the glory of that which IS, is the Divine Plan, yet it must be comprehended before it is active in you. "His desire then became the Law of God."

Faith is necessary to the Healer and the sick, Faith being the acceptance of God's great gift to receive the Divine Life that is always there. This is also the key to materialisation and dematerialisation, but we have not the space in this course to go into this profound subject, little known to our Western civilisation.

The process of the atoms is thoroughly understood by the Masters; not only do they see the physical substance as we know it, but also by an elevated power of penetration, they are able to see the atom in operation and thus pick out the vital atom, reduce it in vibration, or raise it in vibration, all the other atoms following suit. As matter is Mind in action, the Master understands the action and controls it by a Spiritual awareness. We can never acquire this knowledge till we are advanced enough to renounce the physical world and seek the Higher Truth, unhampered by our mortal reactions.

DIRECTING THE FORCE THROUGH THE SYMPATHETIC NERVOUS SYSTEM

When making contact with the hands on the patient to establish the healing circuit, the right hand is usually placed on the solar plexus and the left hand on the seat of the trouble. You thereby stimulate the Sympathetic Nervous System and the force passes from your right hand to the seat of the trouble.

I told you before that the blood vessels are dilated and the cell structure becomes more active. The Intelligence works towards a complete elimination of the condition, by the establishment of the natural state which is health and harmony.

Nature is kind and she gives more freely to those who give. You will find that the more patients you treat the more Power you will receive. People have often remarked, "You must feel tired after treating So many patients," but the fact is this, Nature will always give you more in return for what you give. You will always receive a little more than you have already given, consequently you will build up a powerful reserve within yourself

No selfish person can be successful with Healing, because the generous impulse to set in motion the full power which fills the nerve currents will be lacking. Another thing no person can be a success unless he minds his own business, therefore, if you have that negative trait of selfishness in your character I advise you to cut it out immediately because otherwise you can never have a powerful magnetic personality and you will be disliked by others too. An undesirable trait in anyone's character is that of meddling with another's business, *and one of the basic laws of the Universe is, that unless you learn to mind your own business, you can never advance in Universal Science.*

LINKING UP THE FORCES

You should always place yourself in tune with the Universal Power before you commence healing, otherwise your efforts will not bring the desired success. The patient must so be guided so that he automatically helps himself.

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A person who says, "I am a great healer," is no healer at all. The personal self must get out of the way, otherwise the Divine cannot express itself. One thing we have to learn is to be humble. To be humble yet positive is the first thing to learn in healing; get that personal self out of the way then you can be one with the Divine.

Cultivate the simple life, be peaceful and happy and contented, with a feeling of love pouring through you; this is the *only* way that one *can* be really happy. We cannot be happy if we are full of conflicts, desires and fears. We must become simple and easy to approach, filled with the feeling of oneness with the simple life of Christ.

Jesus is our example. Think of Him in His lowliness and humbleness, born in a stable yet a King, everywhere expressing the Truth, taking no heed of what people said, healing the sick and preaching the gospel of Love. He had no other ideals or desires. He did not want to be king on earth. You will remember that He said: "And why call ye Me, Lord, Lord, and do not the things which I say?" He was the greatest of all Kings, the King of Kings.

We must feel our oneness with the tremendous Power of the Christ, our oneness with the Father, oneness with this Universal Life that lives in everything, even in its lowest creation. The worms that crawl and the angels of God are created by the same Life. This same Divine Life is in the Artificers of the Universe who mould the planets and stars in God's vast, limitless Universe; this same Life that existed in the beginning is the only Life there is, "I am one with that Life."

You must have deep sympathy for your patient, not to sympathise with him in his trouble, thereby giving it power, but because you see him suffering because of the misunderstanding of the Divine Laws. Generally our sympathy is a negative attitude towards the patient or the condition he has got, and we begin to malpractice him. You must see at once that that condition has no power at all. If you give it power healing is going to be much more difficult.

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Immediately you see that that condition is not a condition of the Spirit, but a condition of the mortal state which has no power of its own, then it is easier for you to eliminate the condition. Immediately you see a condition as a permanency, this is registered in your own mind, thus creating a barrier against the Healing Power. Your attitude towards the patient and towards his trouble is more than 50 percent of the cure. So invoke the power of the Master to aid you in dispersing the disease which has no power of its own, and reveal the true nature of things to the patient.

Obedience is one of the things you must demand of the patient. You know the Law and you must make the patient obedient. Remember that the harmonious conditions of the nerve currents of the body are absolutely necessary to get response, and these are controlled and directed by the will. When the Healing Power of the Spirit is received by the nervous system it is distributed to the blood and tissues.

Each nerve is composed of a bundle of nerve fibres or tubes, and each of the nerve trunks has numerous bundles of nerve fibres, each bundle having its sheath, enabling it to conduct independently of the other. The nerves conduct and convey information. They are intelligent, therefore they are the home and seat of the Intelligence. The nerves receive and require nourishment from the blood, they receive and require nerve energy, they convey sensation and feeling, and they also convey the nourishment of the Spirit through the Mind.

The nervous system is perhaps the most important physical organism to recognise in healing. It is most important because it is through the nervous system that you get your reactions. By dealing through the nervous system you deal actually with the Intelligence. Both nervous systems, the sympathetic and cerebro-spinal, work in unison.

By my method both nervous systems, the cerebro-spinal and sympathetic, are combined in the treatment. The cerebro-spinal system deals with the voluntary processes and the sympathetic nervous system deals with the involuntary process of the body.

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The solar plexus is the abdominal brain of the sympathetic nervous system. The motor nerves act upon the muscles and any stimulus to the motor nerves produces physical action. In the case of paralysis you will find the muscles will begin to act, provided that you get co-operation between yourself and the patient, but if the patient does not co-operate with you nothing will happen; the patient must learn to co-operate.

You must be hard and fast regarding these rules, otherwise you are wasting your time. If you do not get co-operation with the patient then there is no movement. Some of you have seen it in patients that come to me; there is actual movement of the muscles; besides that, the sympathetic nervous system acts upon the cell life, circulation of the blood, and functional organism.

The sympathetic nervous system possesses two ganglionic chains running parallel to the whole vertebral column. These nerves have within themselves intelligence, the aid of understanding. As a matter of fact the brain is no longer the sole interpreter of the organs. A message is first understood and sensed by the nerve centre associated with that organ. The brain is informed of the matter and aids the sensation by bestowing attention upon it. When there is a pain in evidence, this pain will disappear as soon as the nerve currents have been established. The harmonious action of the force aids in stilling pain and creates an electrical current of nerve energy, re-establishing the interrupted circuit, then the brain influences the nerves controlling the blood, causing a therapeutic action to take place. Here, then, is a wonderful mechanism working towards the elimination of the trouble and bringing about the healthy state, which is the natural state.

When we come to the physical aspect we learn of the nerves leading into the vital parts of the body. We will see how the reflex points affect a particular organ and how that organ can be stimulated into action by manipulation and reflexing of the reflex point. That comes in the physical part of the Course, when we will deal also with diet, exercises, deportment and the laws of the structural organism. Abnormal pressures on nerve

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terminals are often the cause of many troubles, and these have to be removed.

Very often, in my healing work, a patient has a spinal condition that returns after I have put it right. For example, a patient came back saying, "I still have the pain." I said, "What do you do?" He said he carried milk cans. I asked: "You carry the milk can in your right hand all the time." He replied, "Yes." I told him to carry it in his left hand also. The next time he came back his pain was all gone.

You see, it is necessary to know what to do. If you sit over a typewriter all day long and then go home and sit over a book all night, you are bound to develop trouble in the 4th, 5th or 6th dorsal, which in turn affects the organs associated with the nerves in that area. You must learn the law of compensation. One must be able to guide the functions of the body into healthy channels. It is preventing the patient from violating the laws that makes the cure permanent.

OVERCOME THE PATIENT'S NEGATIVE THOUGHTS

The thoughts of a very sick patient are often in a negative condition; therefore the brain alone is not likely to do much good unless you can reach the subconscious mind. It is here that the beneficent action of the force can re-establish harmony, and by so doing allay the pain and permit the blood to be sent to the affected part. In returning, the blood is purified by the various processes of elimination—through the kidneys, through the lungs, and through the skin—and the dead matter is placed outside the body; hence you can realise my technique as it is now explained.

The mind of the patient is directed to the Healing Power, and the contact of the hands, introducing to the system of the patient an excess of energy, brings the vital resistance of the patient up to a point where the disharmony or pain is overcome and subdued. When the motor nerves are supplied with an abundance of Vital Energy, the organ that is acted upon by any of the motor nerves is stimulated into action.

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You have a mass of ganglionic nerve tissue in your body, a mass of batteries as it were. They are charged with energy but are soon depleted by negative reactions. When a person becomes tense or excited, or after a long period of worry and anxiety through lack of the Truth, a negative attitude towards life is developed. The nerve tissues harden up, and the organs run down. Immediately that ganglionic nerve tissue is relaxed, becoming soft once more and charged with vital energy, the organs regain their natural state. In many people, believed to have cancer, I have found sometimes it is nothing more than a hard ball of nerve tissue. Through proper relaxation, this disappears and with it the symptoms of cancer.

One day we shall realise that there is only one method of healing. It will be a method of co-operation of the patient with the individual who understands the Laws of Healing, spiritual, mental and natural. The natural law belongs to the physical body, mental laws belong to the mind, Spiritual laws to the Spirit. These must all harmonise, and the patient will be guided to health through an understanding of them. The methods used today are creating more illness, more suffering than ever before.

We are building hospitals one after the other and these are filled as soon as they are built. We build more and more and they are still full. People are clamouring to get into the hospitals, and, because of their ignorance, they must suffer through those who are as blind as themselves.

With a number of doctors who understand the proper methods of healing, we would have the majority of these people out of hospital in a few weeks. I have seen many all over the world made incurable by useless operations. It is really too bad to see those who should know better, ignorant of the great healing forces. Thank God there are some advanced doctors in the world today who are beginning to realise the Truth, and their writings in the medical journals are condemning the present practices that are going on. There are doctors who have taken my classes in all the countries, and have reached the pinnacle of their profession. They have brought into operation new ideas

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and new methods, and have become great and mighty men in the world of healing. Let us hope that thousands more will join their ranks.

I know it is possible for all to learn; it only requires the understanding of the spiritual, mental and natural laws and the foundation of true healing will be established and then the relief of suffering will be the greatest boon to humanity since the advent of the Master Himself.

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To heal effectively by the touch of the hand or by the mind, it is essential that you practise the breathing exercises slowly and without strain, to enable you to carry the necessary load of Life Energy. By experience and practice and by a long series of meditations, you open up to the Mighty Healing Power. The mind opens to receive from the Spirit the Intelligence which becomes Vital Energy. The mind is the vehicle of the Intelligence and it is wonderful what one can do after proper meditation and exercise are performed. The Intelligence guides you in your work of healing as well as supplying the Healing Power.

One should always place oneself in tune with the Universal Power before commencing healing, otherwise one's efforts will not have the desired success. The method by which you tune in to the Universal Power should be observed carefully. The mental attitude must be one of receiving so that the mind becomes tuned in to the Universal Power. Hold the hands upwards, palms forward as in the sign of supplication, a very ancient sign used by certain occult societies. It is through the hands that the Power tends to flow; the tips of the fingers are as it were Radio Receivers.

When a Child is born it throws up its hands first and then breathing begins, the lungs expand and life on this earth has begun. Truth is Life and Life is Truth. So, place your hands in this manner and take a deep breath, and tune yourself in to the Universal Power. You will carry the load if you have practised the exercises and the Life Energy will pass through you to the patient.

The mind is the vehicle through which the Power must flow. The hands and the eyes and the mind are all mediums of expression. With the mind attuned you can turn your back and yet the Power will be effective. It makes no difference where you are. *The Doctor demonstrates by standing outside the closed door, everyone in the class feels the Power and patients are healed.* This is projecting the Power through awareness. This type of healing is very often instantaneous, because the person being

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healed links himself into the Universal Power, and by doing so, the Universal Power becomes active in and through both the healer and the patient

I have a very interesting case here tonight. Perhaps Mrs. G. . . . will explain to you the effect of this Healing Power because she has experienced it.

Mrs. G. . . . : “During the past two weeks I suffered terrible pains through a mastoid.¹ I visited Doctor MacDonald-Bayne; he told me that he would come to me through the “ether” if I called him. Although I believed in projection theoretically, the reality of it was unknown to me before. I was in the throes of tremendous agony and I called the doctor mentally. Immediately the Doctor appeared very clearly to me. I at once felt a soothing calm, just like a kitten lying in the sun, feeling warm and comfortable. I turned over on my side and bumped the side of my head on the bed; I gave it an extra bang to make sure that the pain had gone. Then I slept soundly for four hours.

“When I awoke that condition had completely disappeared. This morning I went personally to see the Doctor again and told him I wanted to scratch the inside of my ear ever since last night, and I was deaf in the left ear. He then treated me. I can now hear perfectly and all pain has completely gone. I feel perfectly well.”

Doctor MacDonald-Bayne explained that a medical doctor wanted to operate on Mrs. G. . . in her own home, and at once. He told her her life was in danger if she did not have an immediate operation. She refused because she had that tremendous faith and understanding of the Healing Power. I appeared to her immediately after I received the call. The abscess broke and came out through the ear and discharged completely. In many cases deafness would have resulted. Mrs. G. . . was deaf in the left ear when she came to see me this morning, but a few minutes after being treated she could hear perfectly in both ears.

I want to prove to you that astral projection is actually possible; it is not something in your imagination; it is real. It is sometimes done very quickly when there is a strong desire to help or to heal someone; the developed healer leaves his body,

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and if directly co-operating with Spiritual healers, he will be accompanied by them from the Spiritual plane. A true healer is one who has strong connections in the higher Spiritual planes of consciousness. Mrs. G. . . . is only one of many who have been on the verge of a serious illness and been restored to health through this Healing Power .

I claim no proprietary rights over this Healing Power. I of myself can do nothing. It is the Spirit of the Father within that does the work. It is this Oneness with Life that must be realised. We must submerge the personal self to recognise the Infinite Life and so become impersonal. The personal self is mortal self recognising mortal conditions, which have no power of their own. When we recognise and realise the great Universal Power, working through us—the active Principle of Life—then the Intelligence does the work.

We are the mechanisms created by the Intelligence for its own self-expression, and though these mortal conditions exist in our mental world and affect us personally, yet these mortal conditions will dissolve away when Life becomes fully active in and through us.

The Consciousness of Life is in each and everyone of us, and when we truly understand that we are Spiritual beings this Consciousness influences the same Consciousness in others to become aware of the Truth of Being. The Intelligence, the Active Principle of Life, tends to manifest its perfect expression and all inharmony disappears.

Some will say it is a miracle, but there is no miracle; it is the expression of Divine Life and this miracle is just a natural law. It was this that Jesus showed in His healing work. People who do not understand the Divine Law of healing say it is a miracle. Of Course it is a miracle to the mortal individual, but it is not a miracle to the spiritual individual who understands Spiritual Law. Every disease can be cured but not every patient because healing requires co-operation. “Wilt thou be healed?”

Put yourself in tune with the Universal Life by being aware of it and the Power will manifest through you.

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The patient must also be guided So that he automatically helps himself; make the patient aware of the Healing Force within by the application of the Divine Law. The Divine Law is the awareness that the Cosmic Power is the only Power there is and is the only Creative Power. By being aware of this the Consciousness automatically directs the Intelligence—The Divine Active Principle out-pictures the Divine Image—The Divine Image is out pictured by the Divine Intelligence. The Intelligence obeys the Divine Law of Conscious Awareness. When you become aware that the Divine state is the only reality, Consciousness becomes aware of its Divine nature and the Intelligence or the Active Principle out-pictures what the Infinite Consciousness is aware of in you.

It is the same with every individual, and that is why it has been said as a man “thinketh in his heart, so is he.” It is what we think in our hearts—it is the deepest thought that manifests. Very often it is what we fear that comes upon us, because it is the deepest thought. We unconsciously fulfil the law, bringing forth negative conditions of which we become aware; our consciousness unconsciously brings forth this negative condition. We are the individualisation of that one Consciousness which created the Universe and all that is in it, so it must be to us as we think.

It is not the negative condition which we have created that we must see as a reality, but a knowing that the Divine Principle is always in operation and is perfection. If we let go sufficiently knowing that these mortal conditions have no power of their own but the power we give them, the Mighty Intelligence will move into action, and all negative conditions will dissolve into nothingness where they belong. When mortal mind takes control, instead of allowing the Intelligence, the Active Principle of Life, to express itself naturally, mortal mind reacts to the mortal conditions, believing them to be true.

I can assure you, if you are one with the Divine Life, Divine Life will think through you. The very consciousness in you is the point through which the Infinite Consciousness is expressing

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all Truth. It is the simplicity of it that baffles you; one has to let go to realise it.

You do not have to think what you are going to say it is given to you at that very moment. If I had to think out and write down everything I had to say to you, or to search in all the books available for ideas before I could tell you the Truth, I would tell you a lot of material that belongs to other minds, and that would not be the Truth. Truth comes from within when we recognise it is there. Inspiration comes naturally and is always new, fresh and original.

There are, of course, inspirational works that direct you to that which is real, but the recognition and realisation must be your own. Hitch your wagon to that star of inspiration so that you will be able to know yourselves and do the things that are worth while. Develop your own talents, because you all have certain capabilities. Everyone is different, everyone does things differently, but there is a fundamental Law behind all; the Law is the same always, though the individuals expressing the Law are varied and different.

Have a deep sympathy for your patient but not the sympathy which amounts to malpractice, seeing the patient suffering from something that is permanent. The patient is suffering from something that is mortal and not Spiritual; then, raise your consciousness and, with the raising of your own consciousness, you raise the consciousness of the patient to a higher level and there you do your work of healing. Invoke the power the Master uses, to aid you in dispersing all these mortal conditions. They are dispersed by the Active Principle of the Life that permeates the being. Invoke that Life into operation and the conditions are dissolved away into nothingness, and what remains is Reality. Reality is always the same and permanent, and is perfect in itself.

Life requires no help. Do you need to help God to do His work? He is capable of doing all. Are you who are finite trying to help God who is Infinite, Omniscient, Omnipotent and Omnipresent? You do not have to tell God how to do His work; you have to become one with Him and He will show you how

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the work is done. So you see how simple it is; it is most extraordinary and wonderful, yet we put all the snags in the way and prevent ourselves from being the true channels of the Healing Power. We, as well as others, can be healed, not by ourselves, but by this Mighty Intelligence acting through us.

THE HEALING FORCE PASSES THROUGH THE NERVOUS SYSTEM

By my method the force passes through the nervous system and the nerves carry the Intelligence to the various parts affected. You will also lead the patient into a joyful condition, your will and his will in perfect harmony. Our nervous system is the elongation of the brain and it spreads throughout the whole body. (*Demonstrates by drawing on the board.*) The spinal cord is the elongation of the brain, passing through the spine. As it passes through the spine it runs out in all directions to the different organs and throughout the whole body. On each side of the spine, there is a ganglion mass of nerve tissue, where the motor and sensory nerves are united. This nerve tissue is often sluggish, inflamed and congested, and the nerve current does not run freely. The method of how to relieve this condition will be given later when we come to the practical technique of our work.

Referring again to Mrs. G. . . . The nerve leading from the ear was congested and inflamed. Immediately I removed the inflammation and created a natural reflex, the nerve action was stimulated and hearing was restored instantly. If this congestion had been allowed to go on indefinitely, it might have become chronic.

Thousands of people in this world are suffering in a similar way in different areas of the body, yet by a knowledge of this work, many of these difficulties would disappear. Medical science is today unable to do anything for these unfortunate people, yet thousands are being healed by those who understand, while limited orthodoxy looks on, ashamed of its impotency, and yet afraid to learn the technique of true healing.

There is a tremendous lot in healing—so much! I have been at it 30 years and I am learning every day. I have been through

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the best schools in the world; I have been with the Masters in Tibet, with the Yogis in India. I took chiropractic and osteopathic courses, and manipulative surgery in the United States. I use a combination of them all, plus “something else” and if this “something else” is missing, success is not complete.

By my method the Force passes through the Nervous System and the nerves carry the Intelligence to the various parts affected. You will also lead the patient into a joyful condition, your will and his will in perfect harmony. By your doing so, the patient will have faith in you, he will be obedient. *Remember* that the harmonious conditions of the nerve currents of the body are absolutely necessary to get response, and these conditions are controlled and directed by the will. When the Healing Power is received by the nervous system it is distributed to the blood and tissues. In every cell of your body there is a fine dendron, a nerve invisible to ordinary sight, without it the cell could not exist.

Each nerve is composed of a bundle of nerve fibres or tubes, and each of the nerve trunks has numerous bundles of nerve fibres, each bundle having its sheath, enabling it to conduct independently of the other. The nerves conduct and convey information. They are intelligent; they are, therefore, the channel of the Intelligence. The nerves receive and require nourishment from the blood, they receive and require nerve energy, they convey sensation and feeling, and they also convey the nourishment of the Spirit and of the Mind. If I injure my finger the information is carried to the brain and back from the brain to my finger, and the healing process is set in motion.

I will give you an instance of how easily children respond. A child was teething very badly and this upset the nervous system. Vomiting took place and nothing could stop in the stomach. The pyloric orifice, the valve leading from the stomach into the small intestine contracted, and nothing could pass from the stomach into the bowel. If this goes on indefinitely the child becomes emaciated and the doctor says, “Operate!” in order to ease the muscle controlling the valve. But there is a much easier and better method.

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The nerve controlling this valve is situated in the spine. I put my finger on this nerve and worked on it for a minute or two. This relaxed the valve and vomiting immediately ceased. On making further enquiries I found there was no more vomiting and the child had completely recovered the same day.

This reflexing of the nerves is perhaps the most intelligent method known, yet orthodoxy knows little or nothing about it. Medical science is really very backward in the real art of healing. Cutting organs out does not improve matters but makes things much worse. Many people are going round with some of their innards missing. Sometimes an operation is necessary to save a life, but too much unnecessary cutting is being done. I see it almost every day; many patients could have been saved this mutilation.

I know of a man who had a vomiting fit. A Doctor gave him an injection in the arm and injured the nerve; then he operated on the arm and made it useless, and eventually the whole side was affected. All this because of lack of knowledge in the art of healing. And this was the result of a vomiting fit. All that it was necessary to do was to reflex the nerve controlling the stomach, and the vomiting would have stopped. Now the man has to go through life with one arm useless and one leg almost useless.

Such cases as these, as I say, I see almost every day. But what can one do? One cannot do anything. People will be fools and you cannot educate them. They will not believe, so they must suffer through their own ignorance and the ignorance of those who know little more than themselves.

There are medical men who are realising the truth and are standing up strongly against this mass maiming, and are endeavouring to bring a better and saner point of view into the medical profession. I hope one day it will prevail through the whole of the medical profession and not be realised by only a few who are advanced. Limit all operations to a fee of £10 and you would find that for every thousand operations taking place today, there would be far fewer.

So we see that by my method both nervous systems, the Cerebro-Spinal and Sympathetic, are combined in the treatment.

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The motor nerves act upon the muscles, and any stimulus to the motor nerves produces physical action, while the sympathetic system acts upon the cell life, circulation of the blood and functional organism. The whole of the sympathetic nervous system is connected with the cerebro-spinal system through the ganglion nerve tissues. The cell activity as well as the motor action are directed by the Intelligence. The Intelligence created it and the Intelligence knows how to go about its work. All you have to do is to release the pressure and help nature; believe in nature and your battle is half over.

The Sympathetic Nervous system possesses two ganglionic chains running parallel to the whole vertebral column. The nerves have within themselves Intelligence, the aid of understanding. As a matter of fact, the brain is no longer the sole interpreter of the organs. A message is first understood and sensed by the nerve centre associated with that organ. The brain is informed of this matter and aids the sensation by bestowing attention upon it. When there is a pain in evidence this pain will disappear as soon as the nerve currents have been established there.

I will give you another instance. A person had a pain in the ankle which lasted for three years. Local treatment was given to the ankle, deep therapy, etc., etc. I said, "The trouble is not in your ankle at all; it is in the third and fourth lumbar region." And immediately I released the pressure, there was no pain in the ankle. "A miracle!" they say, but it is not a miracle; it is just common sense applied to the healing art.

We know what we are doing and we go about our work in a scientific way. Healing at last is coming into its own. There are, however, many healers who have no scientific knowledge of the healing and this spoils the work. It is the scientific knowledge of the Spiritual, mental and natural laws, and the proper technique in their application that make one a real healer. Knowledge and experience are the most important things to enable one to apply the technique of healing.

There are various healing homes all over the country, with a lot of inefficient people in charge. People are asked to contribute

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to this sort of thing; money and precious time are wasted by people having no knowledge of healing and with no technique of any kind. People are gullible; a fool is born every moment. Money is spent on this sort of thing without results. I know of a healing home in this country that has been turned into an old women's home; not one soul had been healed there, because of lack of understanding of the basic principles of healing. These pseudo healing homes we find all over the country are doing more harm than good. This can change only when people get the true knowledge of healing; only with understanding will real healing be recognised.

Most people engaged in healing do not know anything about healing and that is why they do not get any results. They say, "God, please heal so and so of tuberculosis, and so and so of cancer," etc. They have a list of names and addresses. But God knows nothing about your tuberculosis, cancer, or any other disease, because he never created them. Disease is mortal and unreal. God alone is real. He is the only Power there is. God knows nothing about disease because He never created disease. How can He know anything about anything He did not create? God is perfect and complete. God never created disease because He is perfect in Himself.

Mortal man brings these things upon himself by violation of the Spiritual, mental and physical laws, but immediately we begin to see the Truth of the Law and see the violation of the Law, then we will be able to pray decently and with intelligence, recognising the Divinity within ourselves. This is the only prayer that gets any answer. People are being taught wrongly day after day by those who are teaching the so-called Truth and who do not know an atom of the Truth.

So we see then that God created an instrument and that instrument itself is the perfect expression of the Intelligence, and immediately we are re-united consciously with the complete Intelligence of the Universe, harmony is established. When the nerve currents are re-established in the body, pain disappears. The harmonious action of the force aids in stilling pain and creates

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an electrical current of nerve energy, re-establishing the interrupted circuit, and then the brain influences the nerves controlling the blood, causing the therapeutic action to take place. Here we see a Divine mechanism in operation.

OVERCOMING THE PATIENT'S NEGATIVE THOUGHTS

The thoughts of a very sick patient are often in a negative condition, therefore the brain alone is not likely to do much good unless you can reach the subconscious mind. People have said that the subconscious mind knows pain. The subconscious mind does nothing of the sort. I can prove that to you. I can put you into a subconscious state and tell you there is no pain, and you will feel no pain. And then I will bring you back to the mortal conscious state and ask you again if you feel pain; at first you will probably not feel pain but as the mortal state becomes more real to you, the pain returns. Why do you have pain now, if you did not have it subconsciously? It is because you believe in it, for it is mortal sense alone that knows pain.

We will deal with this in the Mental part. We will see the mind in action and how it affects the body. The mental state is an important one, because if the laws of the mind are not understood we miss the point again. I will give you some of the instructions I received from one of the greatest Yogis in India.

In my practical training by the Yogis, I had to show that I had mastered Pranayama,² that is controlling the prana or Life Energy making it obey the conscious will. About twelve advanced chelas in the group were being trained. I had to stand in the centre and work on everyone of them to prove that I could master Pranayama. When you have mastered Pranayama you have done a wonderful thing, and yet after you know the laws behind it, it is simple. It is like a hosepipe; you can turn it any way you like. If you turn the water off, there is no water. It is the same with Pranayama.

I said to my Yogi Master: "It is just like turning the water on." "Of course," he said, "but it took you a long time to find that out."

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The Intelligence works for you. That is the most extraordinary thing. We see that a very sick person's thoughts are in a negative state. If he passes into sleep the pain will disappear and when he awakes in the morning the pain is back again; this is mortal mind at work again. We will learn the reasons behind this action later on.

It is here that the beneficent action of the force can re-establish harmony, and, by so doing, allay the pain and permit the blood to be sent to the affected part. In returning, the blood is purified by the various processes of elimination—through the kidneys, through the lungs, and through the skin—and the dead matter is placed outside the body. The mind of the patient is directed to the Healing Power and the contact of the hands, introducing to the system of the patient an excess of energy, brings the vital resistance of the patient up to a point where the disharmony of pain is overcome and subdued.

CREATING THE FAVOURABLE CRISIS

When treating you must look for certain effects. There is a crisis in all the diseases, and a favourable crisis is attended by secretion and excretion. So you see, when the glandular process of secretion and excretion is not active, the body suffers, yet immediately this vital force is surcharged into the body, the glandular process works normally. The patient becomes surcharged and just as an engine receives a charge of gas to make it work, so the body is surcharged and receives an extra amount of Vital Energy. A number of artificial methods such as electricity, have been tried, but have never yet been able to compete with the Vital Current, and never will.

Internal disorders are created by the interruption of the Vital Current in its circuit. This interruption is removed and a re-establishment of the circuit is made by the added nerve energy, which again sets in action the glandular process of secretion and excretion. Sometimes the body becomes bathed in perspiration and you will know, immediately this takes place, that the patient is on the mend.

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When you treat through the nervous system you create an excess of nerve energy in the body. This nerve fluid is infused into the blood and exists as a force independently of the blood, and when you treat specifically, with the right hand on the solar plexus and left hand on the affected area, an excess amount of blood and this force are carried to the affected area, and the eliminative and nutritive processes are set in motion at once. Both the eliminative and the nutritive processes become active. The blood vessels are dilated, which allows a large quantity of blood to reach the troubled part, and a healthy condition is soon established.

Surcharge the body with this Vital Energy knowing that the Vital Energy is the foundation of perfect action. All these so-called diseases disappear into nothingness where they all belong, and Reality that always is, remains.

Medical science, on the other hand, directs its efforts mainly to the selection of drugs which have their action upon the system, either as sedative, anaesthetic, or purgative, and attention is given to the treatment of symptoms, relying upon the removal of the foreign matter. It is a confession, of course, that drugs and medicine are merely intended to assist the Intelligence of the body in driving out the disease, therefore, without Intelligence, drugs would prove of little value. Surely it is only reasonable then to direct the attention first to the Controlling Power—the Intelligence. It is better to act in unison and assist that Intelligence than to disturb and irritate it, and the former is done by Universal Healing.

I want to point out here that the functions of the body are primarily under the control of the Nervous System, and by the methods explained to you it is easy to reach the functions through the Nervous System almost instantaneously; any other method is cumbersome. In all disorders of the body, the normal processes of the body are almost immediately established by the application of Nervous Energy and Natural Laws. This Energy is nothing more than the Intelligence in action.

First, you must realise that the foundation of healing is the Intelligence. The Intelligence becomes active and creates Energy.

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Energy is the result of the Intelligence in action. Life Energy is nothing more than Intelligence functioning through the organism. Immediately it comes in contact with the organism, it raises the vibration and eliminates the negative condition which disappears into nothingness where it belongs.

Intelligence is perfect in itself, and its action becomes Vital Energy in the body. Some say their trouble is incurable. But no troubles are incurable—"only people are." I have known people to have bone troubles all their lives, and yet that bone trouble will disappear when the patient co-operates and healing is properly applied. A lady in this class suffered for thirty-five years with a severe bone disease, yet the disease has disappeared. These facts you are aware of; you cannot deny them; then believe that these things can be done and they will be done. Jesus said in effect. "These things I do;—greater things shall ye do if ye will but believe."

It sometimes happens that inflammatory deposits become organised and remain in the tissues, resisting all efforts for their removal. Electricity is sometimes used to aid the absorbents to take up the morbid accumulation; dry air, three hundred degrees fahrenheit, is sometimes applied; local application of iodine and potassium of iodide, iodide of ammonium and other drugs have been used but frequently cause more trouble, and the deposits which cannot be removed are considered a fixture. If you establish the mortal condition in the patient's mind as permanent, you are mal-practising the patient. The Divine Mind sees no disease, *the Divine Mind sees only the Divine state*—remember this Law and never violate it, for your own protection as well as the patient's welfare.

I have seen many such cases which have been given up as incurable, and after the first application of Universal Healing, the deposits have been dissolved and harmony has been re-established in the system. There are many abnormal growths which baffle the physician and his drugs, but which yield readily to the application of Universal Healing. Take, for instance, the excessive development of the epithelium of the Sebaceous Follicles in the form of common warts. Now these morbid growths are amenable to the dissolving action of the Vital Current.

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A man was brought to me covered from head to foot with warts; nobody could do anything for him. All kinds of treatment had no effect upon him. He had a large wart on his hand. I said to him: “Your warts are going to disappear, because I will kill this big one on your hand by thrusting a hot needle into it, and by heating the needle will burn out the heart of the wart. All warts have the same cause underlying them.” He felt the pain naturally, and when his mind was obsessed by the pain, I told him that every wart in his body would be completely gone in four weeks. In a month he had not a single wart on his body. If I had told him in the ordinary way that his warts would disappear, I knew his mortal mind would say, “You fool!” But immediately I did what I did, the process convinced his subjective mind; I knew if I could only get into the subjective mind and prove that his warts would disappear, they would disappear, and it happened just as I said it would.

In fact, I have seen cancer cured and in some cases I have records of this. One patient in this city, many of you know about it, was healed in six treatments only. This lady had cancer in the uterus; she was told to have an immediate operation but she refused. She came to me and in six treatments the condition disappeared. She was a good subject, because, when I relaxed her, she immediately went into the subjective state and the Energy and Intelligence began to act normally for the elimination of the condition, and after six treatments I sent her back to her doctor.

She went back and told him she was cured. He said, “Nonsense, the only cure for you is an immediate operation.” “How do you know?” she said, “you have not examined me.” He examined her there and then, and said, “You *are* cured; it is gone—what happened?” She told him. He said, “It *is* gone all right. This is something I do not understand. I must look into this type of healing; it interests me very much.” Many doctors today are turning to the Truth, and eventually all will be reluctantly compelled to recognise it in the future.

Cancer, the most dreaded of all diseases, is probably caused by the transplantation of the epithelial cells to connective tissues.

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These cells, having within themselves propagative and creative power, cause the abnormal growth, and for this class of disorder the popular remedy known is the knife. I will say that valuable lives are sacrificed because the surgeon will not perceive that where there is Creative Power, there is Intelligence, and where there is the power to create abnormal growth, there must also be the power to check abnormal growth, and there cannot be growth without intelligence. Therefore it is quite logical for me to say that the best cure for cancer and all abnormal growth is the application of this Universal Power in its inhibitive form.

The Intelligence, which directs the Nervous Energy in ordinary diseases to reconstruct and build up the tissue, is employed in the cases of abnormal growth for dissolution and disintegration into the blood. The waste matter is then excreted from the system, following the application of the Vital Force properly applied.

Attention should be first directed to the relief of pain by the introduction of the Vital Force through the Nervous system, leaving the eradication of the disease to the beneficent action of the Vital Force working in harmony with the Nervous Energy of the patient who learns to unite with the great Intelligence of the Universe.

Here, then, we have an extraordinary and wonderful Power that we can use continuously, and so-called miracles are being performed every day, yet people will not believe. They say it cannot be; it is impossible. It has always been the same because of ignorance of the Truth. The more sensitive a person is, the more, easily is he cured. Sometimes the nervous type of person seems impossible to cure, but the very fact that he is nervous shows that there is a Power working in a negative way, and it is up to you to transmute this Energy and direct it into positive action. Energy will work in a positive way when directed; that is why many nervous people are often easier to cure than phlegmatic people.

A man came to me a few days ago and said, "I am a very rich man." I said, "Is that so? I do not want your money." I told him, "Every person who comes to me gets the same treatment;

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whether he is rich or poor does not interest me. I am independent myself. I work because I love to help people. I do not heal people because they are rich; I heal because I love to heal, and all are the same to me.”

You must remember this do not make fish of one and fowl of another. Eliminate that from your mind entirely. The Impersonal Healing Power can only work through one who is impersonal. Look into the soul and see the soul of the individual, and then you can feel whether he can be healed or not. Some people take a longer and some a shorter time, for the simple reason that they have to be re-educated. You have to bring them up to a better understanding and it may take time before you can do this, especially if they are very material. Let your eyes be blind to mortal things and your Spiritual eyes open to see the light, then you can heal. When the soul is healed the body is healed with it. “The Body the Soul doth make.”

1. Conical prominence in temporal bone behind ear.
2. ‘Stopping of the breath’ Regulation of the breath; breathing control.

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In healing it is necessary to get a clear understanding of what healing means. There are different methods, but there is only one Healing Power, and that Healing Power is within. Co-operation is essential between healer and patient and the Healing Power in operation, which is Universal in nature. There are various ways of helping a patient to contact the Healing Power, through the elimination of the waste matter from the body, the stimulation of the nerve centres, and the application of the Vital Energy to the affected area, stimulating the cell life to its normal action.

The mental side of the patient must be properly adjusted. The patient must not be confused by metaphysical rantings, but must be given a clear view of thought action and what it really is. Unless a patient gets a clear view of the complete healing process, spiritually, mentally and physically, there cannot be permanent healing. It must be understood that the physical instrument is the organ of manifestation and sensation. It is upon the physical body that we feel the effects although the cause may have existed long before it showed itself on the physical body.

We shall understand more clearly how conditions are manifested when we learn that they are firstly interior causes before becoming exterior effects. It is so essential to know that the condition manifesting upon the physical body is only the outward manifestation of something that is in operation internally. We must, therefore, have a thorough understanding of the quickest method of eliminating from the mind and body, the conditions brought about by the individual himself.

You cannot claim that God created any disease; you cannot claim that God caused you to suffer, because God is a God of Love and He causes no one to suffer. Man suffers because he violates the Laws of the Perfect God.

The Law of Moses was the law for the tribes of Israel. To keep the tribes within the law of Mosaic law was established.

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When people live a materialistic life they lose the reality in life; their minds become confused. We are told we have so many deadly sins, and we are forced to concentrate upon them, and so we lose sight of our true Spiritual state. What you concentrate upon you help to manifest. Orthodoxy lives in the same primitive conditions as did the tribes in the time of Moses. But healing has been seen in a new light since the advent of Jesus the Christ.

His healing was the true healing. He said, "Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind and with all thy strength" and "Thou shalt love thy neighbour as thyself." "Neither do I condemn thee; go and sin no more." With this simple Law of Perfectness, we do not have to be looking at evil all the days of our life. It is looking towards that which is beautiful and looking away from that which is hideous, that makes us free from sin.

Man goes where he faces and we act according to our thoughts. If we live every day in fear of creating sin we will live in sin, and we will live in ignorance of our own true existence. What I mean is, we must be aware that we are living in the Living Loving God, and the Living Loving God is living in us.

Sin is the ignorance of the Law of Life and when we violate the Law of Life we sin. But when we recognise the Truth, that Love is the dominant factor in healing, it must be the dominant factor in our mind. When we look towards sin we look away from Truth. The Church today still hammers on the condition of sin instead of the glory of the Truth.

I listened to a sermon over the air one Sunday morning. It was all about sin, sin, sin. When the congregation left that Church they must have felt very depressed. We must focus our minds upon the Light of the World and sin will disappear. If a fraction of the time spent in preaching about sin was used to elevate the mind, to lift it into the new horizon of Truth, healing and understanding would result. The mission of Moses ended with the coming of the Christ, and this is what I want to impress upon you.

With the application of the true healing methods, we will see behind it, the true Spiritual Law of living. I want you to see the

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Law behind everything and not the thing itself. Mortal conditions do not exist in Reality; they are but the expression of phenomena, and all negative conditions expressed upon the body have no power of their own except the power we give them. To eliminate the condition from the individual, the true Spiritual state must be seen. It is not the curing of the individual, but the realising of the Truth about the individual, that is essential. In fact no one is cured because there was never any disease in Spirit; you cannot cure Spiritual beings because there is no Spiritual complaint.

We are Spiritual beings now—all our complaints are the violation of the natural mental and spiritual laws which appear upon the individual violating the law. The violation of the Law is not a deadly sin as we are taught to believe; it is just plain ignorance and we see it every day. It is not something to run away from, neither do we have to hide our faces in shame. In fact it is something that we have to know about, because if we violate the Law unconsciously, we will repeat it again and again, but when we become aware of our Divinity and of the Divine Law, we know how to keep the Law.

There is only one expression of the Law and Jesus revealed it, “Thy sins be forgiven thee,” . . . “arise, take up thy bed.” Behind all is the one Life, and that one Life is in everything and expressing itself through everything and in every individual. The same Christ exists in the Mohammedans; the same Christ exists in the Hindu, in me and in you. It is this Oneness of all Life, this Oneness of the Law behind all things that removes every blemish from the face of the earth. It removes war, doubt and misery, and with it goes disease.

You must see clearly that the healing method of the true healer is applying the Healing Power in the quickest way to get results. Remove from the minds of the individuals their conflicts and repressions, antagonisms, hates and jealousies and the things that belong to mortal mind. Mortal mind will lose its power over you when the Spiritual Mind is seen as the only reality—but we do not recognise or realise it fully enough.

THOUGHT TRANSFERENCE AND ABSENT TREATMENT

The activity created by man's consciousness is carried by ether waves just the same as radio waves. In the ether there are many different waves or vibrations, and not one interferes with the other. You will notice that when you tune in on your radio you can tune into one station then another and another; you are receiving different waves of vibration from different parts of the world, all in the ether at the same time. One does not interfere with the other except when it is on the same wavelength. You tune off one station and tune in to another. You hear a person speaking about one subject and another person speaking about another.

These are all thoughts; the voice is but the expression of thought; music is the expression of thought. Different thought vibrations are in the ether at the same time. Then what are you tuning in to? That is the question. When we understand that we also have a wavelength, we can tune in to any individual we know. If you know the individual it is easier to pick up his wavelength, for immediately you think of the individual you set in motion a certain unconscious activity in the ether which reaches the mind of that individual. If the individual is not at that moment ready to receive the vibration, it remains round the individual until the opportune time.

Once a vibration is set in motion it never ceases, and when we realise this we can go back to antiquity. We can pick up the vibrations of conditions and things that existed ages ago. Edison said that the time will come when we will sit in our studio and see what happened thousands of years ago.

Some say to me, "How is it possible that you have all this knowledge in one life-time?" I am not going to say that I have any more knowledge than anyone else, but there is a method whereby you can tune in to the Universal Intelligence, and the Intelligence reveals through the instrument all about the Universe and about man. One day this Law will be revealed to everyone. It is not so difficult as one would think, but in order to understand

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it you must have a sense of unity with the Universe and all that is in it. One must become one with the Universe both in the very lowest and in the very highest, because all are but the expression of the One Life.

If we despise the lower aspects of Life we can never reach the highest. We have been given dominion over all things in this world; to have control, we must first understand. It is very difficult to give you the means or the method whereby you can tune into this great Intelligence. With practice in meditation there is a knowing that comes to you. As you lift your thoughts you lift your mind, your consciousness, into the higher state of Consciousness; there is a sublime state of consciousness where you see behind all Creation, then you become one with all Creation, and one with that which creates.

Thus the Prophet, or seer, sees Creation from the very beginning to the very end as one. You do not live then in the limited state but live in the unbounded existence of this complete Oneness. This is the Master; these secrets were always the Masters'. He is Master who obtains them. It was this that enabled Jesus to understand all things, to know not only the earth but the heavens as well. The heavens are also the manifestation of the Creative Power; just as the earth is the footstool of the Lord, so are the inner realms the manifestation of the Divine Law.

So we see then the tremendous responsibility that is laid upon us in healing. It is not something of a negative nature that the ignorant person takes up and applies with impunity, but it is a knowledge that the student of the Higher Things must understand and acquire, so that he or she can guide and direct the souls that come into their care. It is not so much the curing of the disease but the healing of the individual that is essential, and this makes the healing permanent. Are you aware of its importance?

It is necessary for you to understand this before you can take up this work with success; it is the healing of the individual, not the curing of the disease. Know that thought is the product of man's own consciousness, of his awareness. You must also

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raise the consciousness to regulate the thinking of those you desire to help.

It is also possible to bring into operation spiritual forces that are eagerly waiting to help in this work. The high Spiritual forces in the invisible world can only come to us when there is a sense of unity with them, a sense of Oneness. By letting go of our mortal thoughts and mortal conditions, we link up with the Spiritual forces, high spirituality individualised Beings of the inner realms who were once mortals.

The whole class now sees a Spiritual manifestation—an exalted Master is seen to overshadow Dr. MacDonald-Bayne—and they are all spell-bound. The voice and features completely change and the message is as follows:

“I am speaking from the spiritual plane and not from the physical. I am using this instrument to make myself known to you. I am not of this earth; I am showing you that this instrument has been chosen for our work on the earth plane. I have come from the Higher Spheres where the real work of healing is done. It is this that I want you to know, and when you can grasp this great Truth, then you will know that you have Spiritual forces to guide and direct you in your work. Work with dignity, with wisdom and with true understanding; elevated in the knowledge that you are being chosen otherwise you would not be here, serene in the understanding that you are one, with the Universal Life, seeking the blessing of God’s Love in your noble work.

“In the Spiritual world there are Spiritual Beings waiting patiently to aid you in your healing work, waiting patiently to guide and influence and uplift the minds of those you contact. Their work is different from yours; they work from the Spiritual plane, and by a process of telepathic communication they raise the Soul vibration; the subjective mind is then raised and a conscious feeling of well-being is felt in the physical plane; this is brought about by a means of transference of thought. Our Spiritual point of view is entirely different from yours, because you are mortal, and we are Spiritual and understand more of the life that is behind the mortal. But we were once also mortal,

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and we understand the mortal state as we understand the Spiritual state. This gives us a tremendous creative power, directed by our consciousness which is aware of its own Spiritual Power.

“We raise the Soul Consciousness of the individual willing to co-operate, which helps to shed the illusion of the mortal mind and see the true Spiritual Self which exists eternally. Just as in the physical world you have your radio vibrations so there are Spiritual vibrations that you are unaware of, and it is by this means that this instrument we are using is able to reach into the higher realms of the Spiritual Life and there obtain knowledge that is beyond mortal comprehension. The instrument was born with these particular gifts. Many are called but few are chosen. We called him to the Mighty Himalayas, away from mortal man, where we could speak with him in person.

“Everyone of you then, I am sure, will do your best to follow out and listen carefully to what is said; we are guiding this instrument for the upliftment of humanity and to teach you so that you also may aid in this work, for they that cometh into the fold will in no way be cast out.”

The whole atmosphere was electrified, music from the spheres was heard and bells were ringing at the same time. Then the Spiritual, exalted Master took his departure. The effect upon the class was beyond description. The proof of the existence of a Spiritual world was complete. Hearing the direct voice of an exalted Master with the music and bells ringing at the same time will never be forgotten by those who heard it.

Dr. MACDONALD-BAYNE speaks: I have listened very carefully to what has been said to you just now. This was not a trance address but a complete overshadowing. I heard every word. I also heard the music and bells much louder than you did. The reason for this manifestation is because this work is of immense importance and to make you realise your great responsibility. I know from my own experience, during my sojourn with the Master in the Himalayas and my contacts in the Spiritual world, that Spiritual Beings are guiding and leading us along the true path. I know what can be done and what will be done. We are just on the verge of great things.

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When we know that in the Spiritual Realm there are Beings ready, waiting to help and to guide us, it gives us faith and confidence about the outcome of things. Some of you are aware of those surrounding you, your own Spiritual Guides. I can call on over two thousand healers in the Spiritual world, associated with this work. This band is always ready, waiting to assist any individual who is in need of help. To get the best results you must recognise this fact. Many people are unconsciously aided by this means, but if people would believe more in this Spiritual Power, greater help could be obtained.

If you are a disbeliever, then, to a great extent, you are preventing these wonderful Spiritual Beings from assisting you. They are encouraged by Love; Love alone is the highest Power there is. They know and understand our mortal state and our mortal weaknesses, yet they know our Spiritual strength as well. They do not look at the negative side of life; they know of the good that is to come and will help you to attain it.

In our mortal existence we gain experience. We must never be ashamed of our mortal weaknesses, for in this weakness there is strength. It leads us to the understanding of the Laws of Truth; then there come peace and harmony and these can only be obtained from within.

Thought is dynamic. If one hates, is jealous or envious, and lives in the lower vibrations, then they will attract to them similar thoughts that are created by mortal minds, and these mortal conditions and mortal thoughts will increase the intensity of these emotions. But if we live in the higher vibrations, knowing the Truth of our being, that we are the Individualised Life of the Divine nature expressing Love, then nothing can injure us. I have on dozens of occasions eliminated influences from the surroundings of people being malpractised by others.

There is of course unconscious malpractice, thinking evil thoughts of others, but these people unconsciously attract evil towards themselves and suffer likewise. Then there is deliberate malpractice, but those who indulge in this must suffer the consequences, for surely, by the inevitable law of attraction, similar consequences will befall them.

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It is necessary for you to understand the working of the Laws of thought vibrations, so that you may raise the consciousness of others to the higher rate of vibration to receive the vibrations of the higher Realms of the Universe. By helping others we are helping ourselves—this is the immutable Law of life.

Although we are unable to know the composition of Thought, we have a knowledge of and can understand its operation and how to manipulate it. Since the introduction of Wireless and Television man is more amenable to the idea that Thought can be projected, just as the wireless message can be projected. There is no opportunity in this Lecture to explain Thought; you will learn more about it later on, but I am now going to direct you how to use this power for the benefit of curing people at a distance.

PROJECTING THE HEALING THOUGHT POWER

Projection of Thought is an extremely simple matter. Its very simplicity causes its amazing force to be overlooked. It is necessary, in order to project successfully that the motives must be good, i.e., a wish to help and assist some sick or suffering person. The wish or desire carries with it full sense of power to do that which you wish to do. You project Thought because you desire to project Thought, because your wish is of the highest nature. Avoid self-distrust. Bear this point carefully in mind; throw out from your mind all self-distrust. Once we understand the underlying principles of the law of thought transference, a great deal of our doubts disappear.

If we doubt the fact that thought is transferable it weakens our effort. We are the master of the thought-world, and it is this belief that enables thought to be projected. If one is strengthened by Vital Energy, the more powerful will be the thought projected; the higher the power of the Radio Station the more power is transmitted. Use the breathing exercise to build up your organism to carry the load. When thought is projected with power and understanding, it is effective.

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It makes no difference where you may be, I have only to think to send my thought to the back of the hall. *Doctor MacDonald-Bayne demonstrates and all the students feel the Power, even those at the back of the Hall.* I am showing you this because I want you to understand the fundamental laws underlying the projection of thought. With this knowledge and understanding, the consciousness of man projects thought with success. Mind is the vehicle through which thought is projected and carries with it the colour or the vibration of the thought emanated.

Divine Consciousness is a consciousness that is aware only of Divinity. Mortal consciousness is a consciousness that is aware of the mortal existence. Mortal existence is where there is illusion, where there is reaction to illusion, where you see something that is not true, yet you react to it and believe it to be true, and therefore your reactions are illusionary. But Divine Consciousness is aware of the perfect and is not concerned with that which is illusionary. It is not a denial of the condition that is required; all one has to do is to affirm the Truth. Denying something gives it power, though that something has no power. Here is my hand, and behind my hand is the shadow on the curtain. Which is real, my hand or the shadow? It is the same with mortal mind, Divine Mind sees Reality and the mortal mind sees the mortal state of illusion.

The philosophy of this work is very beautiful; it bears out the teachings of Christ. It is the fulfilment of "Cast thy bread upon the waters," which returns again and again. It is a giving of alms which is restored to the giver a hundredfold. It is very often the gateway to enjoyment of a higher life within through the development of the Spirit along the Thought plane; this is very marked among those who give themselves in Thought to this noble work.

In projecting Thought I would advise you to breathe deeply, thereby sending out a powerful vibration. If one breathes deeply before sending out thought vibrations one becomes more powerful; your radioing station is stronger. I will prove to you what I say.

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I shall go outside and close this door and I will radio through into the hall, Healing Power, and you will all feel the Healing Power. This will also prove to you that walls and doors are no bar to the projection of the Healing Power.

Dr. MacDonald-Bayne demonstrates again—goes outside and closes the door. The hall is electrified, all students feel the Healing Power.

Now, closed doors or walls do not prevent the radiation of the Power into the hall. Tune in to the radio station of Healing at night before you go to sleep; it is wonderful how it brings back health and strength to you.

When projecting the Thought of Health to a patient, you will find the best means to suit yourself. As a guide I will give you the following: Sit in a comfortable chair in a room away from noise and interruption. Hold in your mind the Divine Perfectness. Close your eyes, think of the person whom you wish to benefit repeat his name and project your Healing Thought. Thought projection from the Spiritual world operates in a similar manner; the subjective mind of the individual is uplifted and influences the conscious thinking. Any feeling of exhilaration stimulates our conscious thinking, which in turn influences our subjective mind.

In projecting your Healing Thought, imagine that healing is reaching the patient. Invoke the Power of the Infinite to help you in your work. Repeat to yourself a formula that will help you to get a clear cut, concentrated picture in your mind of the patient being healed by seeing the Divine state, then radiate Divine Health, Harmony and Peace.

You have already been told that there is only one Life manifesting in the three Great Principles of Mind, Energy and Matter, which are everywhere and fill all space, therefore we are all one and not separate as it seems. We are centres of Life and Force in these three Great Principles, because of our Divine Origin. We are the centres of Life on all planes of manifestation in the Spiritual, mental and the astral world, as well as the physical world. We are centres of Divine Life, and it is this

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recognition of our Divine Origin that gives us power over all things in Heaven and on earth.

When you project thought with this understanding, it is similar to radioing waves of vibrations, and these are received by those in need. If the patient is tuned in at the same time the results will be greater. By tuning in is meant that the patient sits or lies in a relaxed condition, at the same time realising Health, Strength and Vigour, imagining the Great Universal Power working through his mind and body in a constructive way. It is not necessary to give a long time to your patient; your treatment is for the patient not the Healer. You can treat many patients at one and the same time; five minutes, sometimes less is sufficient for your part of the work, providing you have done your work properly.

You will also find it beneficial to fill your mind with Divine Healing thoughts last thing every night, and also to radio out healing to the world. Your patients, and others, will pick it up. You are a projecting station just the same as a wireless station, radioing out the message of Divine Healing. You will find that by doing so you yourself will be strengthened enormously. This is what is being done by the Masters in the Himalayas. There is a spiritual radioing station in the Himalayas, and spiritual vibrations are radioed throughout the world, but mortal man is so engaged in "things" that the subjective minds of most of the mortal beings are hard to reach; they prevent these uplifting thoughts from reaching them, consequently they live in a world of chaos.

We, you and I, can also be a radioing station radioing out Divine Healing, Divine Help and Divine Understanding, so that we become the radioing station that millions and millions of people are anxiously waiting for. Just think how much good you can do. You have asked, "What can I do?" "How can I help?" You can do a mighty work every night before you sleep and in the morning when you awake. You will also find that it will aid you enormously. Instead of worrying about your own conditions, radio out Divine Healing and you will get back what you radio!

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Forget yourself and your troubles. The more you concentrate upon them the greater they become. The more you dwell upon them the more they show themselves on your mind and body. Be conscious of the good and good will come to you.

You inhabit the body; you live in the temple of the Living God. The Living God is not separate from His Temple, so this Living God is living in you and me, and this is the temple that is made without hands, that Jesus spoke about.

So you see, we have tremendous power when we look towards the higher Realms of Truth and recognise the fact that it is possible to do the things that were done two thousand years ago. Jesus said in effect, “the things I do, greater things shall ye do if you will but believe.”

I tell you truly! It is only the Power of the Living God that enables you and me or anyone to perform the acts of healing. All of us have within us the Power of Divine Healing if we will but use it with faith and understanding. It has been said long ago and it has been written: “It is not listening to the word that counts but acting on the word.” It is not sitting and listening to lectures, but acting and using this information in your everyday life. Divine Healing is natural. It belongs to every individual who believes. When Jesus Christ lived upon earth He was the direct expression of the Infinite Life in human form, because the Divine Intelligence had decreed that the complete revealing of the Divine Principle should be expressed through one, so that all others should understand that within each and everyone is the same Divine Spirit. That is why I say to you that each and everyone has within the Divine potentiality of healing, but it is not sitting there and listening to the word that counts but acting on the information that is given to you.

The Angels can use your healing thoughts. You do not know how much you are helping, but, indeed, you are a helper. This should elevate your mind in the understanding that you are aiding in the great Spiritual work to help humanity. The Angels in Heaven, the Messengers of the Lord, are eagerly waiting for your aid and co-operation, co-operating for the benefit of those

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who are suffering, not only in your own country, but in Europe and Asia at this moment. Your aid, your Divine expression can be of great help. Angel Messengers use only Love and Divine Healing; they can use nothing else, and this is a Mighty Power. Negative prayers are of little value; it is this positive thought action that is essential.

I want to issue this warning to prevent you from falling into danger as many have done in their enthusiasm over the New Thought movement and their new-found Power of Thought.

“THE INNER FORCES OF THE SOUL ARE UNFOLDING SO RAPIDLY AT THIS TIME, THAT ONE IS APT TO FORGET THE PHYSICAL BODY AND CEASE TO GIVE IT THE NECESSARY CARE. WE LEARN THE NEW LAWS OF RIGHT THOUGHT, BUT FAIL TO OBSERVE THE OLD LAWS WE HAVE HAD TO LEARN IN THE PAST, WITH THE RESULT THAT WE BECOME PHYSICAL AND MENTAL WRECKS.”
Your keynote to recovery is to maintain the proper physical, mental, and spiritual balance. Never forget this fact when treating yourself or another person.

Always remember that behind all is the Divine Life. The physical organism must be looked after; it must be cleansed, it must be fed with the proper type of food, and it must be given the necessary rest and care. Only when one is an Adept who has progressed sufficiently to live and work without the necessary recuperation can one disregard the body. The Adept draws on the Forces of the Universe to enable him to carry on the prodigious work of healing and teaching without any rest, but with the ordinary individual that is not possible. The body must be looked after and be cared for; it must be kept clean and it must be fed properly. Throw out any thought that is negative and cease to worry about “things.”

The Adept is always stimulating, always happy; there is no room for negative thoughts in his mind. The habit of constructive thinking is established in the mind of the Adept. Therefore, practise all the time thinking constructively. Should any negative thought enter your mind, do not harbour it, do not dwell upon

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it, do not worry about it. If negative thoughts enter your mind let them pass without their affecting you. Keep tuning into the higher vibration. It is the conscious awareness that is the secret. Speak from your heart, feel from your heart and your head will follow suit.

Many worry so much about their thoughts; they worry about bad thoughts, mortal thoughts. Worrying about a thought is more deadly than the thought itself. They pass from you; they will pass away and dissolve into nothingness, because you are Divine in nature and eventually you will see clearly that the Eternal Good is always in operation. You will be as you were in the beginning, as you are really now, only you do not realise it. This should enable you to understand the Spiritual side of healing. Do not rush too quickly, make progress slowly. It is best in the end. If you do not succeed as you would like to succeed, do not be doubtful or disappointed, but keep on, because experience counts and it aids your faith.

As the Centurion said to the Master, in effect, "I am also a man of authority and if I give an order it is obeyed, but you are of a different realm, and if you give a command it will also be obeyed and my servant will be healed." And the Master said, "I have found no greater faith in Israel." At that moment the Centurion's servant was healed. Jesus spoke the word of true understanding, because He knew He was one with the Father and His word did not return unto Him void, but completed that which it was sent forth to do, and it was done in the flash of the thought itself. This is the type of true spiritual healing and it is possible, providing you believe as the Master did.

(End of Spiritual Series.)

LECTURE 8

Does the mind affect the body? Every sensible person knows that it does, but some stupid people think otherwise.

How we react to our environment is important, and it concerns everyone. Have you ever looked into your mind and analysed your reactions to your environment, to your conditions, to people, your business, your home, your friends, and the people around you, even those people whom you call your not-friends? When we begin to see our reactions and analyse them properly, then we see what our thoughts really are. What are your thoughts? What emotions and what emotional reactions have you? There are positive emotions and negative emotions; most people burden themselves with a continuous emotional strain.

It is very important that we try to see what are our emotions and thoughts and how they affect us. When we see how our emotions affect us and when we know what our thoughts are, we are on the right track. Do our thoughts and emotions and our reactions affect our environment? Do our emotions, thoughts and reactions affect our physical body? From the time we get up in the morning till we go to bed at night our thoughts, emotions and our daily reactions have an effect upon our minds and physical bodies.

According to the habit we create, constructive or destructive, so are we affected, because the subjective mind carries on the work of our thoughts twenty-four hours of the day and thus habit is established. People are generally not aware of this process and make no effort to counteract the negative condition created by the negative reaction and they suffer accordingly.

What is physical matter? It is but mental substance which is really mind substance of a lower vibration, and this substance is affected by our thoughts and emotions—matter is not a solid substance, as we see and feel with our mortal senses.

What is a negative condition? The answer to this question reveals the cause of many of our troubles. A negative condition is caused by a negative thought or emotion or a negative reaction. We become aware sooner or later of the effects of our thoughts

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and emotions on our mind and body. The body is the body of manifestation or sensation. Conditions exist internally long before they show themselves externally. While these are invisible they are in the mental or emotional state, but when they are transferred to the body they become a manifestation of that which is within. It is here that we become confused; we see the effect and feel the sensation of the manifestation, but we do not correlate the relation of the cause to our thoughts and emotions.

The body is made up of animal tissue into which is built the mineral and vegetable substance. The mineral substance in the body is controlled by the Intelligence which functions under the control of the instinctive principle. In our bones and in our teeth, and in various parts of our body and in our blood, there is mineral substance. Without this substance the body could not exist, and when the mineral substance is deficient you have a deterioration of the tissue structure.

Nature has produced in this world of ours all the essentials to keep the body in perfect health. The minerals are taken from the ground; and from the air oxygen, hydrogen, nitrogen and other elements, when combined with the Vital Energy extracted from the sun, actually produce the perfect combination so that the body can exist perfectly. The Intelligence does this, and not only does the Intelligence control the mineral substance but also the vegetable as well. This Intelligence is working through the whole of the animal life.

It is an instinctive action belonging to the one instinctive principle which enables all to eat and to drink, to give the body the necessary exercise, to keep it in perfect health. The instinctive mind acts entirely independently of our intellect, yet our intellect can interfere with its perfect action. We are not consciously aware of the instinctive principle acting through the body, yet this principle is affected or slowed down in its action through our reactions to our environment, our thoughts and our emotions. It is this Instinctive Intelligence in the cell life of the body tissue that controls, absorbs and holds together all the elements that make up our bodies.

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The cell life of your body has an Intelligence, an instinctive Principle that has behind it billions and billions of years of experience. Thus the experience of billions and billions of years has been gained in our own world—which is billions and billions of years old. The first cell of protoplasm became the amoeba, the single cell that could live by itself, which had within itself the power to reproduce itself. It had within itself the sense to take in food, to put out feelers, and to know where it was going; it had also a sense of touch and a sense of environment; and a sense of understanding was necessary for it to carry on its own life.

Millions and millions of years of experience of the instinctive principle has been built up through the cell life, until now the human body is the highest expression of that cell life. The body tissue is the same as in all animal life and is evolving into higher and better reproductions of itself. But behind it all, as you see, the cell life could not exist unless a mental action was behind it, and that Intelligence knows what to do and how to go about its work.

We treat conditions in the body as states that have come from the blue when all the time they have come from within ourselves. I am not blaming any of you for being sick, I am not saying that you are naughty because you have violated the laws of Life; the fact is you suffer for doing so, and that is enough. It is essential for us to understand something about the mental side of our work and we should know it from the very beginning. It is no use trying to study Freudism and different-isms, because we will only lose ourselves in a maze of words.

I will bring to you at our next lecture an address by Sri Aurobindo,* the greatest Yogi Master of the East at the present time. He deals with the subject of psychoanalysis in a masterly way. He shows how the infant science of psychology of the Western world is like a man looking into a corner of a dark room with a torch while all the other areas are unexplored; he sees one dimly-lit corner and thinks it is all there is.

* Sri Aurobindo Ghose (1872-1950), Indian nationalist and mystic philosopher.

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We see then that the body is built up of animal tissue. This animal tissue is a mechanism controlled by the Intelligence directing the instinctive actions founded upon definite laws. The food we eat and the air we breathe are harmonised by the intelligent action of the instinctive mind. But the instinctive mind can be upset by our habits, thoughts and emotions. We create bad habits, both mental and physical, and we have to recognise this Truth when we are dealing with the physical body. In the physical series we will see how the various organs work. We will then appreciate the comprehensiveness of the healing art.

At present we must see the activity of this Intelligence; we must see what we do mentally, emotionally and physically to create disharmony in our minds and bodies. It is a comprehensive study indeed; we must make it comprehensive, otherwise we would not be able to understand the underlying principles, and when we understand all the phases of our mental reactions we will know how to eradicate mental conditions in others, as well as being able to “check up” on ourselves.

The song goes, “Pack up your troubles in your old kit-bag and smile, smile, smile!” But you do not want to carry your troubles round with you. I say: “Throw out your troubles from your old kit-bag and smile, smile, smile!”

Habits are established in the instinctive mind. Bad habits and good habits exist side by side. If you wish to prove the power of habit put on your coat the usual way, then try to put it on the opposite way. You will find how difficult it seems, just because you have established a habit. This is a simple illustration but it is effective, as showing you the power of habit. The habit has been established and the mind follows the line of least resistance. When a habit track is established, future action tends to run along that track. If you deviate from that track difficulty is experienced.

Now the same applies to good habits. When a good habit is established it follows along in the same way. It is as easy to create a good habit as it is to establish a bad one. We have to experience these things to understand them.

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Our emotions are generally stimulated by our reactions to events, people, environment and things. The emotion is the out picturing of the action of our thoughts according to the way that they affect us. A thought may enter our minds and we may become fearful about it, dismayed, anxious; or we become hopeful, happy and elevated—it is our reactions that create our emotions. We know that fear causes the body to tremble, in fact, can make it immobile. You have perhaps dreamt that you are trying to run away from something, yet are rooted to the spot with fear. That is an image in the subjective mind, and if it becomes active in your objective mind, as it is in your sleep-state, it may become stronger than your conscious control. Only by understanding are we freed from its effects.

Our reactions and thoughts and emotions are carried over into our sleep-state. Emotions have a tremendous effect upon us, because they are outwardly reflected on our bodies. The effects we feel are the transforming influences of our thoughts and emotions upon our organism. Hate, jealousy, anger and those negative emotions have a deadly effect upon us. They set up poisons in the system, destroy the cell structure, break down the valvular structure of the heart, and interfere with the balance, especially the thyroid gland and other glands. Strong negative emotions can bring about diabetes; these act like a shock to the pancreas gland and also affect the adrenals. Fear causes the glands to secrete poison in the system and if not eliminated by some form of constructive action it will tend to paralyse our whole organism. In the animal, fear is a natural thing, but it seriously affects man. Man is supposed to know better.

Fear is an instinctive process that enables the animal to escape its enemy, but in man it creates a negative condition. Man is like a motor car with the clutch out. The engine goes at full speed, the car trembles, the whole machinery is worn out but the car does not move; nothing constructive is accomplished. Our emotions and our habits begin to affect the whole of the body. This is quite clear, is it not? It is essential that you grasp it, then you will understand the many causes of conditions in

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people, and you will often find the cause of your own trouble in your negative reactions.

Next comes the intellect—our reactions through the senses. We read, hear, taste, smell, see, and touch—all these have their different reactions; it is a mental process that originates thought. What then are your reactions? How do they affect you? Have you sufficient intelligence and awareness to overcome negative reactions by understanding, or do you fear loss, do you fear that something you have done in the past may be upset or come to naught? Is it that what you thought was all-important has now no importance at all? Does that affect you? When you witness an accident, does it affect you deeply. Do you miss someone who has left the physical world? Do you miss the touch of the hand, the sound of the voice? Does all this affect you? Have you heard and seen something that sets up anxiety, anger, jealousy, envy, indignation? Or are you living above it all? Have you been thwarted in Life? Has someone let you down? Have all your hopes and desires come to naught? Can you have all these reactions, yet know them for what they are and understand them perfectly, yet live above them all.

To transcend them we must understand them and ourselves, and then they will not have that tremendous effect upon our emotional and physical bodies. Can you calm yourself in a moment not only outside but inside? Some people are tremendously calm on the outside but oh! the inside is terrible! This causes a violent upheaval in the system; the suppression of an emotion is sometimes more deadly than the expression of it. Whatever the emotion that is whirling inside, it will surely show itself outside.

You cannot set in motion negative vibrations and think that they are finished. Every vibration that is set in motion tends to out-picture itself and escape in some way or another because all energies created within man out-picture in some form. The energy created within must flow outwardly. In fact, no matter what vibration we create within ourselves it tends to flow outwardly. If it is harmonised by our spiritual understanding then the effects are eliminated “Man, know thyself.”

LECTURE 8

Most of our troubles today are caused by mental and emotional strain. We call them neurotic conditions. When we recognise the Real Truth and practise it, there is calmness. But when we react to the conditions created by our own negative reactions, we create the vicious circle, we bestow attention upon the negative condition created by our reactions. Instead of realising the Truth about them, we dwell upon the sensation or manifestation of them and further react to them; we hold and increase the intensity of their effects because we keep increasing the same conditions. It is the knowing and understanding of our mental activities and our being aware of the fact that the Universe is a Universe of harmony, that the Universal Mind is *one only*, and that in this one Mind we exist in complete harmony, that aids us to overcome our negative condition.

So we see then how our senses lead us astray. What our senses tell us we believe to be true; yet it is not true. We do not see things as they really are, but only as they seem to be. Thus we create illusion, conflict and error. We create images in our minds of good and evil, and not knowing the outcome we are lost in our difficulties and illusions.

We react to our world of illusion which we have created ourselves by thinking that the material substance we see and feel is all there is; naturally then we are lost in this world of illusion and we are bound by it because we are unaware of the Intelligence behind it all. It is the knowledge of the Truth and true understanding that sets you free and this understanding is the Truth about things and Life in general.

We have our personal reactions, and you will note that all these become subjective and remain with us. Yet there is a higher plane from where we get our intuition; this action of the mind is above the senses. We must realise that there is a form of mental activity influencing the upliftment of man, provided he shuts off his senses and listens to this higher mind giving silent instructions. Every individual has this power to tune into the Divine Mind. We are all made alike; you are made in the image and likeness of God, having power and dominion over all things and this power and likeness is from above, not from below.

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Our senses are the trouble-maker, because our senses can see only a fragment and not the whole, and we accept what the senses give as being true when all the time it is false.

So we see that we have in our own action and reactions the cause of most of our troubles. How do you react to your environment, what are your thoughts, your emotions and what are your reactions? A very important question, isn't it? This is part of the mental aspect that has to do with your healing. We have got to see how a person is reacting to his conditions. I know perfectly well; when patients come to me, that they have been acting negatively to their conditions and when such patients understand that the cure comes from within they can be cured. Harmony must be established inside before it can be established outside. The Divine injunction is "Go and sin no more." In other words, do not create the same trouble by doing the same thing that created it. If in a month or two they come to me again with the same trouble I know what has happened. The same cause, the same effect. Yes! So we see that through our senses we create many of our difficulties.

Intuitive mind is that mind that leads us on to the right path. It means "Look up," and by looking up and feeling the influence of the spirit we get guidance, the same guidance we all have. It is this intuitive quality that I want you to develop. I want you to sit quietly and see what you get from above. Do not allow your senses to interfere. Neither has it anything to do with what you read or hear. It comes into your mind from above the senses; you will find to your amazement that you will receive a fund of knowledge and instruction. Write down what you get and you will find out more and more as you progress.

Still, above this there is the true Spiritual mind, which is aware of everything. We do not reach this state completely while in the physical plane, though when you are in direct contact with the Spiritual Mind it reveals the Truth to you. You then understand many things that at the moment you were unaware of. We must become placid, peaceful, harmonious; then things will not affect us, even the loss of our loved ones will not affect

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us, for the simple reason, that we can be aware of them still beside us, while they are living in a better and happier world free from all the miseries and illusions that the physical senses give us. This alone should make us happy. I know it is ignorance of the Truth that makes us sad, but the Truth shall be revealed to all one day, yet in our ignorance we are left to mourn.

The time will come when we shall mourn no longer, when we will praise and give thanks. Then there will be a changed attitude towards life, your environment, your home and business, your fellowmen, and this is the secret of perfect healing now. Let us bring about this Spiritual attitude, a new mental outlook that brings harmony and peace, joy and thanksgiving; then every action must end in good. The conditions that we see out pictured upon our organisms is but the expression of an inner vibration. What is within must come out. So get the awareness of Divinity as the Central Point, the awareness of your oneness with Divinity; your awareness of the Divine Principle will enable it to express itself outwardly.

Do not complain about your own conditions, do not dwell on the complaints of others, see the real and the false will soon disappear. We must not sympathise with individuals regarding their troubles; we can only sympathise with them that they have been ignorant of the laws of nature, and then it is our place to show them how to overcome the condition through transcending the condition, by entering into a new understanding by the application of the Spiritual, Mental and Natural Laws.

You are more of a teacher and adviser, and when you understand deeply you become a focal point through which the Mighty Intelligence expresses itself. The Vital Energy then passes through you from within, uniting itself with the Life in other individuals, bringing those individuals up to the point of your own understanding, and healing is the result. Thus we link ourselves and others with the Superconscious or the Spiritual Mind where the true healing is accomplished.

Now let us take a look at the invisible Universe. Three great Principles are in operation throughout the whole Universe. These

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Principles are Mind, Energy and Matter; and they manifest in and through our physical bodies as well as in every conceivable object in existence.

These three Principles, Mind, Energy and Matter, are the Trinity in the expression of form. In mind is the central point or the image, the Energy is the Intelligence in action out-picturing that image, and in Matter we see the manifestation of it. So we see that interpenetrating our physical bodies there are three principles: the Mental Principle, the Emotional Principle and the Physical Principle. These three interpenetrate each other—mental, emotional and physical. We must recognise this and realise the truth of it, and then we will understand many things that at present baffle us.

Everything is created from these three great basic underlying principles. All matter can be broken up into its atomic form, which is the basis of matter. The atom itself is like a miniature Universe. It has a central sun called a proton, and revolving round this proton are small centres of energy known as electrons which create, as it were, an eddy or whirlpool in the unknown ethereal substance. No one has been able to tell us what matter is. Our western scientists have not yet been able to throw any light on the subject—they say it is energy.

Matter, as we see it, is really atoms forming together, according to the Law. Every cell in your body is built up of atoms. An atom itself is a unit of energy, and the whole of your body is made up of these units of energy. When the body is broken up into its atomic state, the form disappears, but the energy still remains. There are countless billions of these atoms that make up the body. It is impossible for us to calculate the number of atoms in our bodies, yet all forms we see are made up of these atoms.

Our western scientists have built great generators to generate the greatest voltage of electricity possible. They began to bombard this small unit of energy, the atom, with this tremendous power and they found that these little particles which we call electrons revolving round a central pivot broke off, but this energy was not lost, it joined up with other energies and was absorbed. When

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these particles disappeared they found that there was still the central point, the nucleus. The central point was the source of the energy of the atom, so the source of these electrons still remained. They again bombarded the nucleus, and it formed itself into another atom with fewer electrons yet smaller, and this would go on until “point” was reached, the smallest unit of all, and behind this “point” is the energy of the Universe.

There is no energy external to the source greater than the source itself. So “point” is the greatest potential source of energy, for behind “point” is the source of it and “point” is everywhere. The atom is but energy, and so is all substance that we see. The Masters know this Truth completely. Matter, as we see it, will just dissolve into the perfect Substance from which it arose, and behind this is the Consciousness which directs it to form according to its Spiritual design. This is the secret the Masters acquired through ages of investigation, while our ancestors were climbing trees.

These atoms correspond to the Universe which we are in—the sun from which we take our life, and the planets revolving around the sun, making up our Universe, which is really only one of millions of Universes in the great Universe (the infinitely great and the infinitely small), all within, and emanating from the Mind of the Creator. Lord Kelvin said that an atom according to size, relatively speaking, was the exact replica of our Universe.

Now scientists have developed the atomic bomb, and with the release of this atomic energy great destruction is brought about, but the energy is not lost. It is absorbed back into the energy of the Universe, the potential of all energy, but in the process of releasing the energy of the atom tremendous force is at the same time released and all matter within its radius is affected. It is the harnessing of this energy and directing it to constructive action that is needed. Now this mighty energy can be controlled by our Supreme Consciousness and this is what the Masters have kept secret, because if given out to undeveloped man he would destroy himself. When we are spiritually developed we will learn these laws automatically.

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It is necessary for you to grasp thoroughly what matter is, and I will give an illustration to help you. If we take a block of ice and apply energy or heat to the ice it turns to water. More energy is added to the water and it turns into steam, and it evaporates into the atmosphere; yet the substance that we saw and held visible with our hands, which we said was solid, has gone into oblivion, beyond our visibility; but it has not disappeared altogether, it exists in the atmosphere, it exists as a more subtle substance, and that substance can be controlled and directed by the Consciousness when we can completely realise this fact. We can reduce this substance back again, lower it in vibration from its invisible substance to water and freeze that water to ice, and again you have the same substance.

We can neither add to nor can we destroy substance, we can raise it and lower it in vibration—we only change its condition. Take the trees for instance. The trees take from the ground and the air around them the atoms necessary to build cells which can become the giant oak and other trees. We see the atom is the vortex of force, and the energy in the atom is the electrons that revolve round the proton which creates the eddy or whirlpool. It is an action that is created by the central sun (or proton) which really is the logos or mind of the atom whence its intelligence and energy come, and behind it all is the whole scheme of the Universe and man. So we see one mental principle, one mind in operation where everything comes from. **We must never forget that there is but one mind with many phases of action in that one mind.**

Matter which is visible to the physical eye is nothing more or less than the coagulation of these atoms brought together by laws of attraction laid down by the Great Creator. That explains just briefly the three principles of Mind, Energy, and Matter, in their basic or original form of manifestation. We therefore have Intelligence everywhere, Energy everywhere, all-vibrating, penetrating one another, creating Matter.

The mind of the atom is the nucleus of the atom, the energy is the electrons revolving round the centre. Atoms form together

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according to the Law behind the form to be created. We have mind, energy and matter interpenetrating one another, and the mental action of the atom is directed by the Consciousness behind it. It is this Truth that the Masters know in regard to materialisation and dematerialisation. Jesus knew the Law that would make this body invisible. As Moses, Elijah and Jesus disappeared so eventually shall we be able to do likewise when we fully grasp the significance of this Truth, but as long as we believe in the senses so long shall we remain impotent.

The Masters see the real behind matter. They take the central atom in the group which controls all the atoms surrounding it. By their conscious awareness and concentration there is a tremendous stepping up of a microscopic power beyond the comprehension of the human brain, the microscopic power of the Spirit becomes so great, not only millions but trillions of times greater than anything we can imagine, and this microscopic power enables the Master to hold by his own consciousness the central atom, and raise its vibration, and the physical or dematerialisation form disappears; yet it remains in the ethereal state and can be reduced again to its physical form. This is the law of materialisation, which is beyond our comprehension, because we have not yet advanced far enough to comprehend it. **Yet we act on the Law unconsciously when we think and feel deeply.**

Matter visible to the physical eye vibrates from 450 trillion to 750 trillion vibrations per second, but there are vibrations above and below this scale that are not visible to the physical eye. You, the real you, are the centre behind, in and through, these three great manifestations, a centre of Consciousness in spirit pulsating through Mind, Energy and Matter. You are the central power, you create in your own mind images which are the cause of the effects you feel, positive or negative, because there is no other power except your own.

Now you begin to see what mental reactions mean. It will be plainer when I explain what the Master Aurobindo says about it. His words give us a better understanding of our actions and why psycho-analysis should not be practised without an understanding

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of the whole of our mental activity. He likens analysis to a torch flashed into a corner of a room while all the rest is left unseen. It is necessary to see the whole before we can understand the fragment. We must bring down the higher knowledge. This alone will help us to understand the lower.

So you are an electrode drawing to you the various, particles of matter, building innumerable cells, these cells having an Intelligence within themselves, building up the structure of your body. You can now realise the great Intelligence, the Energy, and the Matter from which your body is built. You are a centre functioning on all these planes, Mind, Energy and Matter, with a central Power-house having a terrific organisation of telephone wires and channels, carrying messages and food to each cell in your body.

In every cell in your body is a small dendron which is the life-wire, the nerve that carries the intelligent Vital Energy, and a small capillary in which the blood corpuscles carry the food to this conscious mass of cells, continually replenishing themselves and building the body intelligently. We see that the instinctive principle is in operation twenty-four hours of the day and we must know the Truth about it. When we are ignorant of the Truth we create negative conditions in our minds and bodies.

We thus see that you have a physical body which is a living mass of matter composed of conscious combinations, from the atoms, small cells and individual organs, to the complete structure of your body. Your body is not solid, but in constant motion. Not a part is static, it is all in motion, and there is Great Intelligence behind, in and through, which is constantly operating. We are unable to discover what this mighty Intelligence is; we can only see its effects and we must learn to work in harmony with it. When we work against this Intelligence or break the laws either ignorantly or knowingly, we suffer. REMEMBER that you suffer just as much from the ignorant violation of the laws as you do from the conscious violation of the laws. You will understand this better as we proceed with these lessons.

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When we understand that all is mental action we will be more aware of the action of our own thoughts and emotions. We will examine our reactions and by a comprehensive understanding of the mental action within ourselves we will be better able to co-operate with the Master mind and eliminate the conditions created by ourselves and others.

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Mind is the plane on which you create your images, ideas or thoughts. This plane of mind is just as much an actuality as the physical plane which our senses reveal to us. In the mind the image is of an inner nature, it is in fact the primary cause of any effect on the outer. Every thought manifesting in the physical has already been expressed in the mental; and if there is any emotion attached to it, it stimulates the outer effect. The emotion attached to the thought is brought into operation by the energy which is expressed by the thought through feeling. So we have Mind, Energy and Matter as the basis of all manifestation. You are the conscious entity and your consciousness is supreme. I told you before that, your consciousness being the individualisation of the Infinite Consciousness, whatever that consciousness thinks so it is unto you.

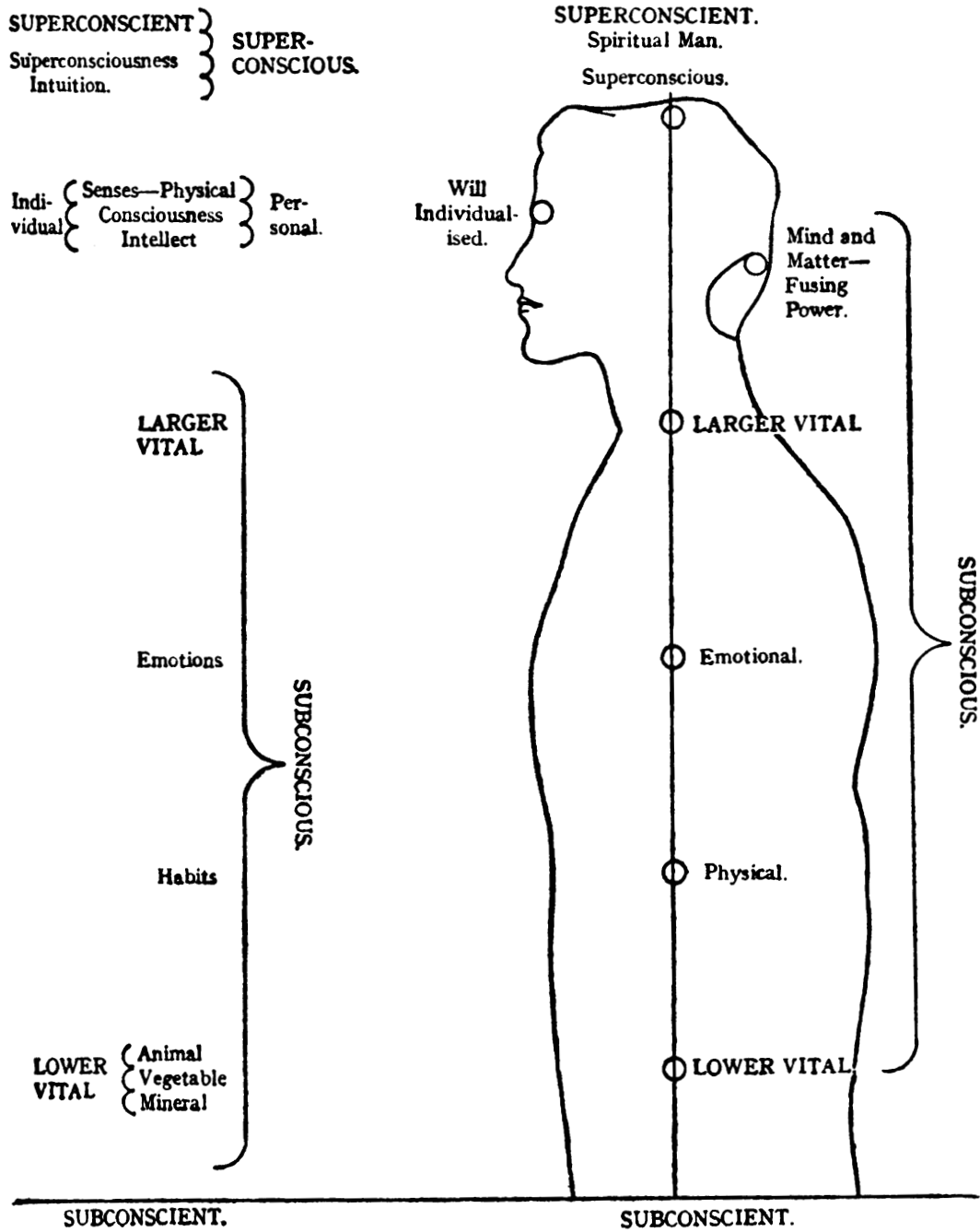
So we realise the great Truth that as we think so we create, our thoughts are our own creation. These can be positive or negative and they will reveal themselves, positive or negative, just as we think. We have a body directed by intelligence, a body with functional direction, but it is also a body that is responsive to our own thoughts and actions.

We *become* the law when we act with the law. If we violate the law we create negative conditions. You may think you are positive, yet you are living in a negative state because you may be fearing something, your positiveness may be the result of a hidden fear or inferiority complex. It is essential that you get a clear view of the mind and its action. There is nothing to fear but fear itself, and this is a negation in itself.

Aurobindo in an address to his students reveals many important points. He is perhaps one of the greatest of the Yogi Masters in India today. He has probably more knowledge of the mind and its action than all the Western psychologists put together. I will deal with his lecture on psycho-analysis, and I have drawn this diagram so that you can follow it clearly:

(See Diagram over page.)

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Aurobindo's words are in *italics*:

“Your practice of psycho-analysis was a mistake.”

He addresses one of the students who practised psycho-analysis and by this he gives the whole class a clear understanding of psycho-analysis. If one student makes a mistake all the other students profit by that mistake. So it should be with all, we should learn by each other's mistakes.

“Your practice of psycho-analysis was a mistake. It has: for the time at least, made the work of purification more complicated, not easier. The psycho-analysis of Freud is the last thing that one should associate with Yoga. It takes up a certain part, the darkest, the most perilous, the unhealthiest part of the nature, the lower vital subconscious layer.”

This is the lower vital which belongs from the solar plexus downwards and which includes the animal, vegetable and mineral kingdoms, which is subconscious in our being. (Subscient means not only the subconscious belonging to the individual but the totality of the activity in mineral, vegetable and animal planes.) In the animal life and through the whole of the animal life there is one complete mental activity which belongs entirely to animal life. The same with the vegetable and mineral. In all animal tissue, including that which we have in our own bodies, there is an Intelligence which becomes subconscious in us; it becomes individualised by us when we are born, but it is still the *subscient*, because it functions through the whole of the animal plane. You grasp that, don't you?

This Principle has been building up conditions through aeons of time of evolution, and those conditions were created for a specific purpose. Spiritual law is above evolutionary law. The Spirit in the first place was the cause of the law of evolution. Spirit still remains absolute Spirit and distinct from the activities

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of evolution. It stands beyond and watches evolution progressing; this we call the superconscient. It is entirely apart, though it is the cause of the evolutionary law.

Many people think that they know all about the mind, yet they know very little, simply because they do not understand the whole. In fact, they sometimes do more harm than good, and I want to make these things clear to you in order that you will understand clearly what I mean by the whole, and then you can understand the part.

Aurobindo says:

“It takes up a certain part of the darkest, the most perilous, the unhealthiest part of the nature,”

that is to say, that by seeing these so-called evil impulses of the lower vital subconscious layer it takes them up and acts on them and isolates this phenomena and gives it tremendous power of evil by thinking it evil. In the subconscious it is the natural instinct inherent in nature herself,

“and attributes to it and them an action out of all proportion to its true role in nature. Modern psychology is an infant science, at once rash, fumbling and crude. As in all infant sciences, the universal habit of the human mind—to take a partial or local truth, generalise it unduly and try to explain a whole field of Nature in its narrow terms—runs riot here.”

Modern psychologists took the subconscious mind, isolated it, and began to explain the whole field of mind from a smattering of what they had learnt about the subconscious. And they find themselves in difficulties, and also lead other people into difficulties too.

“ . . . Moreover, the exaggeration of the importance of suppressed sexual complexes is a dangerous falsehood, it

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can have a nasty influence and tend to make the mind and vital more and not less fundamentally impure than before.”

While trying to raise up these so-called suppressed sexual impulses, they have looked upon them as something dangerous in the nature, they have made the mind and the vital more impure than before.

“It is true that the subliminal in man is the largest part of his nature and has in it the secret of the unseen dynamisms which explain his surface activities.”

The higher mental state of man is his best nature; his higher mental activities and his knowing and understanding of his higher realm which we call “subliminal” is not exactly the Spiritual, it is the higher state of man’s mental processes which is really part of the Intelligence or activity in the body which brings about the energisation of the so-called sexual which psychologists put in such an erroneous aspect. This is looked upon as evil and negative, and imposes upon man’s nature an impurity that does not really exist.

“ . . . But the lower vital subconscious which is all that this psycho-analysis of Freud¹ seems to know—and even of that it knows only a few ill-lit corners—is no more than a restricted and very inferior portion of the subliminal whole. The subliminal self stands behind and supports the whole superficial man; it has in it a larger and more powerful vital behind the surface vital, a subtler and freer physical consciousness behind the surface bodily existence.”

Here we see clearly that behind man himself there is a mentality, a mind that is active in the higher sense as far as man is concerned; it is part of the whole that stands behind the human mind and to which each and everyone of us can open up, while human beings. It is that subliminal mind that is behind the

¹ See page 161.

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superficial man. Superficial man becomes individualised, and by his own consciousness he makes himself a personality, when he thinks. He thinks in terms of either the higher or the lower; therefore, he increases in his own mentality, in his own environment, his own circumscribed individuality, good or evil, just as he thinks. The greater subliminal self behind the individual supports him, yet in the mortal sense he makes his subconscious pure or impure by his thinking.

“ . . . and above them it opens to a higher superconscient as well as below them to lower subconscient ranges.”

Thus man takes from the top down, and from below up, but this was never suppressed or conditioned in the work of evolution. It still remains entirely the same, whole, and it will remain so.

Man brings down from the superconscient into his own consciousness and makes conscious that which is in the superconscient. Consequently he creates a higher state of individuality, because he brings down what is in the superconscient to make it his own here and now. It is not the bringing up to the surface, to flood the physical consciousness with the rubbish that is in the subconscious, that helps man, but the bringing down from above to flood the consciousness with the true light to show the whole as a perfectly balanced scheme of nature.

“If one wishes to purify and transform the nature, it is the power of these higher ranges to which one must open and raise to them and change by them both the subliminal and the surface being.”

Thus we are changing the subliminal self in man as well as the surface being we know as the body.

I cannot make it too plain to you that there is activity everywhere. When you look at each other you see the same Intelligence in action; the same animal nature is within you, the same senses,

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eyes to see, ears to hear, the senses of taste and smell. You have all these senses with the same Intelligence in action. That Intelligent action becomes individualised by you, but don't you see that it is one complete plan of action that functions through the whole of animal nature? This is part of the evolutionary process. And it is this knowledge and understanding that Adepts have handed down through thousands of years of experience. But to assume that light can come by raising to the surface the crude things that belong to one little phase of man's mind and thinking that that is the all, is not only misleading but also dangerous.

“So if one wishes to purify and transform the nature, it is the power of these higher ranges to which one must open and raise to them and change by them both the subliminal and surface being. Even this should be done with care, not prematurely or rashly, following a higher guidance, keeping always the right attitude; for otherwise the force that is drawn down may be too strong for an obscure and weak frame of nature.”

If you follow out my instructions there is no possibility of injury either mental or physical. There is a complete balanced state of knowing and understanding that Love is the foundation that enables man to build and expand in himself the beauty of Life and also to expand outwardly into the whole of humanity.

“But to begin by opening up the lower subconscious, risking to raise up all that is foul or obscure in it, is to go out of one's way to invite trouble. First, one should make the higher mind and vital strong and firm and full of light and peace from above; afterwards, one can open up or even dive into the subconscious with more safety and some chance of a rapid and successful change.”

So we see that when the higher is brought down, man begins to understand his higher nature; wisdom comes down into him

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struck Polar Bear because you only had A and B—Zoo and North Pole—in the conscious realm.

“The system of getting rid of things by anubhava ² can also be a dangerous one; for in this way one can easily become more entangled instead of arriving at freedom.

“This method has behind it two well-known psychological motives. One, the motive of purposeful exhaustion, is valid only in some cases, especially when some natural tendency has too strong a hold or too strong a drive in it to be got rid of by vichara ³ or by the process of rejection and the substitution of the true movement in its place; when that happens in excess, the sadhaka (student who is doing it) has sometimes even to go back to the ordinary action of the ordinary life. . . .”

When one becomes a Yogi he leaves his personal life behind, he must renounce everything, he has no encumbrances to distract his mind or thought, and, therefore, is not attached to material things. He puts on a loincloth, closes his books and closes the outer sanctuary; in the inner sanctuary he learns to become a Yogi. There is much trash in our Western books, especially about mental phenomena and spiritual gifts. People are craving for this material, and, because of this demand, books come to be written by those who know nothing at all about the subject, and thus people are led along the wrong path. It is the Yogi that knows the True Path to the Master.

After a Yogi has passed through his period of probation he reaches a stage of Adeptship and he seeks again for higher knowledge; then the Master appears, to show him the Higher Path—and this is the path that I am showing to you. His probation was a means to an end, but that end was just the beginning; the end that he desired he finds is just the beginning to the Higher Path, to the understanding of his true Spiritual nature as he is now and as he shall always be; and it is the application of this that is so hard for most people.

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Sri Aurobindo says:

“It is necessary sometimes to go back to the ordinary action of the ordinary life, get the true experience of it with a new mind and will behind, and then return to the spiritual life with the obstacle eliminated or ready for elimination.”

To indulge in it, to become as drunk as one can be, to gain the experience of it, and by the power of his own will to throw off the effect or desire, herein lies the danger. Don't you see now that the experiences that come in one's life are not stumbling blocks but stepping stones and no matter what your experiences are and have been, you have gained by them and by the power of your own will you have thrown off the effect or desire for them and entered the true path leaving them behind you? Some people would say “This is a mortal sin, you will burn in hell for it.” How can Spirit, the true Spirit, the real Spirit, that Spiritual self which is a part of the superconscient and lives forever in the superconscient, ever suffer when it is all the power there is? No, it is the ignorant mortal that suffers. Spirit is complete in itself as it is now, and always will be, the same, eternally perfect.

“But this method of purposive indulgence is always dangerous, though sometimes inevitable. It succeeds only when there is a very strong will in the being towards realisation; for then indulgence brings a strong dissatisfaction and reaction, vairagya,⁴ and the will towards perfection can be carried down into the recalcitrant part of the nature.”

“Vairagya” means reaction to an indulgence in something where there is a strong dissatisfaction—like one who has never smoked in his life, yet has a desire to smoke. So he puffs a strong cigar; shortly afterwards he feels a rumbling in his stomach; he becomes sick and says “I will never smoke again.”

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“The other motive for anubhava is of a more general applicability; for in order to reject anything from the being one has first to become conscious of it, to have the clear inner experience of its action and to discover its actual place in the workings of the nature.”

One has actually to understand what you are getting rid of. But if you are made to believe that it has a power of its own, and that it has a tremendous power over you, then it is much more difficult to get rid of. But when, seen in the true Light this does seem stupid, giving power, to something that has no power at all.

“One can then work upon it to eliminate it, if it is an entirely wrong movement, or to transform it if it is only the degradation of a higher and true movement. It is this or something like it that is attempted crudely and improperly with a rudimentary and insufficient knowledge in the system of psycho-analysis. The process of raising up the lower movements into the full light of consciousness in order to know and deal with them is inevitable; for there can be no complete change without it. But it can truly succeed only when a higher light and force are sufficiently at work to overcome sooner or later, the force of the tendency that is held up for change.”

The lower subconscious includes all the phases of activity belonging to the evolutionary process in which man is incarnated, and becomes subconscious to him. Man is the incarnation of Divine Spirit in a conditioned world for the purpose of his own unfoldment so that he can enter into the true understanding of his Divinity by overcoming all in the subconscious. He “becomes” by “overcoming.” Yet the Divinity in itself never was subject to the law of evolution. Can you understand this important point? So man is now as he always was, the complete realisation of “this is the Christ.” This is what we saw in Jesus Christ, and the same in all Masters and Saviours.

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We also have the habit-man. Man himself creates habits, which become a subconscious part of his nature. Habits interfere with the subconscious, and affect our bodies, which include the animal tissue, wherein the vegetable and mineral activity is included.

I went out into the country last Sunday and sat on the grass among the insect life. I said, “now I have to prove to myself that I can make an insect obey me.” I sat still and studied the insects very carefully in order to get truly into the mentality of the insect life, and also to watch their actions. I then said “Stop!” and the insect stopped instantly, and I said “Go!” and it went instantly. I said, “Come to my foot!” and it did exactly what I concentrated upon.

I went down to the river and brought a crab out. People there said, “What do you want to do with the crab?” I said, “I want to put it to sleep,” and they said “Nonsense!” I made a few passes over the crab and he stretched out his legs and went to sleep. An hour later the crab was still asleep. I woke it up again and it scuttled into the water. The people thought this was wonderful. Yet it was nothing more than the understanding of the mental or subconscious activity of the insect life as one with our own subconscious.

There is a mind that flows all through the insect life and animal life, and it is for us to understand it and be aware of it. Daniel, in the lions’ den, understood this law, and by this very law he closed the lions’ mouths. They could not open their mouths even if they tried to; it would be an impossibility, because animals are controlled by the subconscious layer of mental strata which controls the whole of the animal life. (“The Group Mind” some people call it.)

Our emotions become subconscious and affect the whole of the body structure just as the intellect of man affects the subconscious, which in turn affects the outer self. Through his senses he learns conflicting ideas which he cannot correlate. His beliefs, his mental conflicts, affect him subconsciously. So he has a subconscious intellect full of confusion. This is the reason why

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the world today does not know where it is. Man has not yet brought down the superconscient to be understood by the intellect; man knows what he receives only through the senses. Don't you see then the danger of analysis trying to raise to the surface the stupid erroneous ideas and conflicts and repressions to flood your consciousness and make it more impure than it was before? This is sure to happen if you know nothing of the truth. Bring down that which is true and perfect, and then that which is false will disappear.

“Many, under the pretext of anubhava, not only raise up the adverse movement, but support it with their consent instead of rejecting it, find justifications for continuing or repeating it and so go on playing with it, indulging its return, eternising it; afterwards when they want to get rid of it, it has got such a hold that they find themselves helpless in its clutch and only a terrible struggle or an intervention of divine grace can liberate them. Some do this out of a vital twist or perversity, others out of sheer ignorance; but in Yoga, as in life, ignorance is not accepted by Nature as a justifying excuse. This danger is there in all improper dealings with the ignorant parts of the nature; but none is more ignorant, more perilous, more unreasoning and obstinate in recurrence than the lower vital subconscious and its movements.”

This is the animal, vegetable and mineral kingdoms into which we are incarnated. The body is animal tissue, you are the incarnated spirit, incarnated in conditions created for a specific purpose. The spirit is entirely supreme, yet it is incarnated in the subconscious, and this part of the nature becomes subconscious to the individual. The subconscious is not evil in itself but we attach evil ideas to that particular phase of action. The subconscious is a means to an end to enable man to become aware of his dominion of the subconscious and all that belongs there. “Man made in the image and likeness of God having dominion over all things.”

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By the continuous flow of energy generated by the engines, the aeroplane overcomes the resistance of the atmosphere and reaches its destination. We do the same, we overcome the resistance of the subconscious by our spiritual knowledge and understanding.

“To raise it up prematurely or improperly for anubhava is to risk suffusing the conscious parts also with its dark and dirty stuff and thus poisoning the whole vital and even the mental nature. Always, therefore, one should begin by a positive not a negative experience, by bringing down something of the divine nature, calm, light, equanimity, purity, divine strength into the parts of the conscious being that have to be changed; only when that has been sufficiently done and there is a firm positive basis, is it safe to raise up the concealed subconscious adverse elements in order to destroy and eliminate them by the strength of the divine calm, light, force and knowledge. Even so, there will be enough of the lower stuff rising up of itself to give you as much of the anubhava as you will need for getting rid of the obstacles; but then they can be dealt with, with much less danger and under a higher internal guidance.

“I find it difficult to take these psycho-analysts at all seriously when they try to scrutinise spiritual experience by the flicker of their torch-lights—yet perhaps one ought to, for half-knowledge is a powerful thing and can be a great obstacle to the coming in front of the true Truth. This new psychology looks to me very much like children learning some summary and not very adequate alphabet, exulting in putting their a-b-c-d of the subconscious and the mysterious underground super-ego together and imagining that their first book of obscure beginnings (c-a-t cat, t-r-e-e tree) is the very heart of the real knowledge.”

It shows you how clear and vast is the understanding and the knowledge of those who have studied man for thousands of years, and yet those with little knowledge of man as a whole have

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brought into operation only a few experiences and investigations of less than half a century.

“They look from down up and explain the higher lights by the lower obscurities.”

Some people will say there is nothing in such a thing as spiritual worth, that it does not conform to science. What does physical science know about Spiritual things? Very little. If you are going to limit yourself to physical science you will not get very far in the science of living.

“They look from down up.”

They look from the subconscious trying to see the superconscient. But how can that which is in a state of evolution understand that superconscient which had never had imposed upon it any laws pertaining to evolution or be controlled and limited by evolution? Yet it knows all about it, because it created the conditions and laws pertaining to evolution. Yet it is free, and it is this freedom that I want you to feel, the freedom of the superconscient so that the subconscious will be influenced by the Truth, for only by the light of the higher we will understand the lower. Can the animal look up and understand the Divine man? Can the undeveloped man look up and understand the Divine Christ in all his glory? Of course he cannot. The Divine man can look down and understand the animal and the Christ can understand our difficulties because He has overcome them all.

“They look from down up and explain the higher lights by the lower obscurities; but the foundation of these things is above and not below, ‘upari budhna esham.’⁵”

The laws of evolution have been decreed by the Spirit itself; and when we realise that the Spirit is eternally perfect, the knowledge and wisdom of God unfold to us. When we understand

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the higher realms of our being, we will better understand that which is underneath, for the Superconscient not the subconscious is the true foundation of things.

“The significance of the lotus is not to be found by analysing the secrets of the mud from which it grows here; its secret is to be found in the heavenly archetype of the lotus that blooms for ever in the Light above. This self-chosen field of these psychologists is, besides, poor, dark and limited; you must know the whole before you can know the part and the highest before you can truly understand the lowest. That is the promise of the greater psychology awaiting its hour before which these poor gropings will disappear and come to nothing.”

That was Sri Aurobindo’s address, for a student that had made a mistake. We all learn from each other’s mistakes when we really desire to learn.

Wonderful understanding! And it is by the light of this understanding that you shall grow in wisdom and Truth and shall not be confused but have a clear and perfect understanding of your own mental world.

Western scientific investigation has proved that man has more bodies than the physical. By sensitised photographic experiments performed in the laboratories of Psychological Research it has been definitely proved that the philosophy of the ethereal body is correct. The ethereal body interpenetrates and extends out from the physical body and emerges into the aura of the person, which projects ordinarily about three to five feet, both emerging into the atomic structure of the great invisible Universe which is really Mind, Energy and invisible Matter. So, student, I want you to grasp the great Truth that your body extends throughout the whole Universe, that you are part of one great Whole, and not separate as you imagine.

In the whole Universe there is but one substance in which everything is created. In that substance are the atoms which are

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the basis of our bodies, and the activity which creates the atom is the Intelligence, creating and moulding the form by organising the atomic structure according to the Divine Design. Forms to be created exist in the invisible before they become visible. Behind all is the Divine Mind, in which the perfect idea itself is held; God created man in His own image and likeness with dominion over all things.

Now we see that there is a mental process everywhere in our bodies. This we will call our mental body. The ethereal body or the energised body is the body affected by our emotions. We will call this our emotional body. The physical body is where we have sensation and manifestation which is the action of Mind and Energy, and a consciousness is manifesting through this mass of cells, dendrons, and capillaries. *You* are the central powerhouse within.

Health is nothing more than your physical body vibrating in perfect harmony and rhythm, your internal organs in tune, and your subtle bodies blending in vibration. Disease, then, is disharmony, nothing more or less than disharmony.

We will see how this disharmony comes about in our next lesson.

- 1 Sigmund Freud (1856-1939), Austrian physician, neurologist, and founder of psychoanalysis.
- 2 Anubhava. 'Apprehension'.
- 3 Vichara. 'deliberation or judging'.
- 4 Vairagya. 'Renunciation'.
- 5 Upari budhna esham. 'To know that it is upwards'.

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The mental process in our bodies. An Intelligence is acting all the time in our bodies; it is a mental process that can also be affected by our thoughts. We will call this then our mental body—it interpenetrates the emotional body as well as the physical body. Our thoughts affect the mental body, and create an invisible manifestation which becomes visible in the physical. These activities begin to work outwardly and affect us emotionally as well as physically. The ethereal body which is affected by our emotions interpenetrates the physical body, and that is why our emotions are out-pictured so rapidly on the physical body. So we call this the ethereal body or the emotional body. The physical body is where we have sensation and manifestation. A consciousness is manifesting through this mass of cells, dendrons, and capillaries.

You are the central power-house within. You may have a sensation anywhere in the body which may create an emotion permeated with a thought in regard to it. Sensation in the physical body can stimulate a thought in the mental body which might have a further reaction to the area where the sensation is felt. The sensation is then stimulated by bestowing attention upon it and may be transferred to a pain. We allow all this to go on because we are not aware of the real Truth.

Your physical body is a mass of combinations of cells, all working together forming an organism, the Intelligence guiding and directing the functions, out-picturing the Divine design. When we begin to recognise that we are the Master and not the slave, we recognise that sensations are very often the manifestation of emotions and thoughts that we create ourselves. Sensations and manifestation may appear upon the body that are of a therapeutical nature, yet we attach negative thoughts of fear and anxiety to them; they then become an illness to one instead of nature's effort to get rid of encumbrances.

Health is nothing more than the physical body vibrating in perfect harmony and rhythm, your internal organs in tune,

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and your subtle bodies blending in vibration. Disease, then, it must be repeated, is disharmony, nothing more nor less than disharmony. *You* are the entity that lives in the organisms; You are the nucleus as it were acting upon and controlling all the functions. You must hold steadfastly to the knowledge and understanding that your awareness in spirit is your first and only cause, and remains entirely perfect throughout all time. But because we do not understand the Divine completely we allow sensations, emotions and thoughts to affect us.

Now let us see how our troubles come about, especially those which affect our nervous system and create nervous disorders, neurotic troubles and such-like. I want you to remember that the food you eat has something to do with the healthy condition of your body. You cannot be healthy if you are always feeding your body with heavy foods which create an encumbrance of waste matter, there being a limit to this kind of feeding. It is also necessary to put into operation the natural laws in the care of the body, cleansing, exercising, feeding and drinking. Do you supply the body with sufficient water or fluids, healthy fluids? The best fluids are diluted orange juice and other fruit and vegetable juices. Natural foods are best for maintaining good health. The glands absorb the fluids and use them for creating digestive juices and other vital substances for lubricating and cleansing the body.

We will deal with all this in the physical part of the course. Meanwhile I want to make you realise that you must give your body the necessary care and attention, though at present I want you to understand how your thoughts and feelings affect you mentally, emotionally and physically. Thoughts and feelings affect us through our mental and emotional bodies because these bodies interpenetrate and support one's physical body.

So we see then that thoughts and feelings affect our mental and emotional bodies and create vibrations of harmony or disharmony in the subtle matter which in turn affects the physical body, because they interpenetrate one another. Therefore, may I say that thinking and feeling cause vibrations in the subtle

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matter, and create corresponding vibrations in the physical matter, eventually revealing a change in the tissue structure. Further, scientific experiments have been carried out whereby it has been proved that disease can be detected before it reveals itself in the tissue structure. It can be detected in the vibratory stage which is the detecting of disharmonious vortices of force in the ethereal and physical body. Your physical body is a grosser manifestation of the same substance that is invisible within. "Ether" is said to be nine million times denser than matter, and ether interpenetrates all matter and is invisible to us; yet it is the basis of the matter which we see and feel. This is explained fully in my book *I am The Life*.

Everyone of us is united in Spirit, in mind and in substance. As ether interpenetrates everywhere it carries all the different vibrations. You only have to turn on your radio to realise this fact. You can turn to one station and get music; you can turn to another station and get a talk, and from yet another get a song. All these different vibrations are in the ether at one and the same time, yet they never interfere with one another, and a similar thing exists with us. Immediately a thought is generated in our mind it has a tendency to flow outwards through the whole organism. So we see then that our thoughts and feelings affect our mental and emotional bodies and create vibrations of harmony and disharmony in the subtle matter which, in turn, affects the physical body, because they interpenetrate one another.

Therefore may I say again that thinking and feeling cause vibrations in the subtle matter and create corresponding vibrations in the physical matter, eventually revealing a change in the tissue structure. Thus we see how the tissue structure is affected by our thoughts and our emotions and we can see clearly how neurotic conditions are created.

We may say we are affected because we are not perfectly balanced by a thorough understanding of our thought-action and emotions, but immediately we actually begin to know ourselves we become balanced. Thoughts and emotions generated by sensations of any kind enter into the mind and there stimulate the

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mental and emotional action; whether it is of a negative or a positive nature it will tend to react further upon our physical organism accordingly. Some have nervous conditions with pains here and there which may remain a fixture when one does not know the right method to deal with them. These people go from one specialist to another until such time as they are told: "We can do nothing more for you." This is the case with thousands of people all over the world, and many live the remainder of their lives in the belief that no cure is possible.

It is only when we get an understanding of the Christ within that we begin to adjust and understand ourselves, and then by an understanding of ourselves we are able to eliminate these conditions. We become balanced, balanced by spiritual understanding. By understanding that which is real, we know that which is not real. When the difference between spiritual realities and the self-created causes affect the balance of our true mental and physical nature, the effects of these causes begin to disappear when we remove the cause. So we have sensation in the visible physical nature, and emotions in the invisible nearest to the physical, while mental action is primary and responsible for both of them. When thought stimulates emotion it tends to intensify the physical reaction; therefore it is our reaction that counts. The question is then: "How do you react to your condition, your environment? What are your thoughts and emotions?"

Further, scientific experiments have been carried out whereby it has been proved that disease can be detected before it reveals itself in the tissue structure. It can be detected in the vibratory stage which is the detecting of disharmonious vortices of force in the ethereal and physical body before they become visible. We can go further and say that it is possible that this inharmonic vibration has its origin in our mental body, or we can call it a negative mind vibration, or negative thoughts. We are mostly reacting to negative conditions, but by understanding we can counteract these reactions by seeing spiritual realities, thereby neutralising our conditions. Thus our negative conditions can be the starting point for positive action.

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To know that whatever negative condition you have in your lives can be the foundation for positive action, brings about a better understanding, better health and happiness. Sandow,¹ the strongest man in the world, was in his early life a weakling, and it was because he was a weakling that he desired to be strong. This started him on a course of action that built up his strength, and he became the strongest man in the world. No matter how sick you are, if you follow my line of action you will find your sickness and troubles leaving you. I am the guide, but you have to do the work. The majority of people think I have to do the work for them as well, but I set people working for themselves, and when they follow the procedure laid down, results are assured.

When we understand our mental activities, our emotional activities and the activities of our bodies, we are able to direct others into constructive channels so that they can be healed also.

Our senses reveal to us a Universe with everything in vibration, and the only thing that matters to us is the response to these vibrations. Don't you see that it is the way you respond to these vibrations that counts? One person may like cabbage; another may say, "Cabbages do not agree with me." One person may love carrots, another hates them. The one then eats with relish and feels his food is doing him good, while another is afraid it will do him harm. If our mental attitude is positive it will create positive action; if negative, it will create negative reaction. In eating there should be a feeling that every mouthful of well-chewed food is particles of living substance, joyfully finding their way to the cells of your body waiting to receive them. So we see that the main thing that matters is our response to things, events, and people.

Our senses respond to light, sound, colour, sensation and may I say here: by evolution we are responding more and more to these vibrations, we are constantly making adjustments. There are powerful energies in operation of which we are unconscious. We have not yet the capacity to respond to them, nevertheless that is not to say that we are not affected by them, and it is this

¹ See page 176.

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constant adjustment, this evolutionary urge, which enables us to be cognisant of these great forces.

We would have more faith if we fully realised that there are mighty forces waiting eagerly to help us in every way; in fact they are more anxious to help than we imagine. Surrounding the earth there is a rhythm that tends to harmonise all things on the earth plane; it flows from North and South over the face of the earth. This rhythm is continuous and flows through every living being, through animal, plant and mineral plane as well.

With the trees and flowers it moves up through the centre and returns on the outside to the earth. With us it comes in from above as magnetism, passes into the earth and returns as electricity through our bodies back into the atmosphere. We have a north and south pole, positive and negative pole. On the top of the head is the positive pole and below our feet is the negative. The physical body consists of spiritual emanations charging the body with Life Energy, and according to your thoughts and emotions so do we colour these emanations. Thus your thoughts and your emotions affect you mentally and physically.

So we find that physical consciousness responds to sensation, sensation is blended with emotion, and emotion is permeated with thought. What a wonderful Truth! We can now realise how our thoughts create emotion and our emotions create sensation. An illustration of this may be appropriate here. It is common to many people that immediately one talks of fleas or insects some become emotional and feel a sensation upon their bodies as if they really had fleas or parasites crawling upon them. People are sometimes very sensitive about such things. An outstanding case of this kind I had in England.

A woman, highly sensitive, was out for a picnic, and as she sat on the ground some insects crawled over her hands. Her emotion and fear reaction affected her so much that she could not get rid of the sensation or the idea of insects crawling over her hands, and subsequently she would wash her hands many times daily. It was months before she could get rid of the sensation. She scrubbed and washed her hands about fifty times a day until

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her husband brought her to me. When she saw the Truth she was free. Immediately she understood the process of her own mortal thinking and understood Spiritual realities the trouble disappeared, yet she had previously been to many leading psychologists without result.

A sensation may be transferred to a pain; it is not a pain but a sensation that is transferred to pain. Often the emotional state of a neurotic may cause this. This is easily proved. When a person is in a state of suggestibility you can say: "You will have a pain" in a certain area of the body and that person will have it. Again you can say: "That pain is gone," and the pain will be gone. A feather can create a mental reaction known as a dream. If a feather sticks into your cheek while you are lying on your pillow a nightmare can result. A person in a state of self-hypnosis creates conditions through his or her own thoughts and emotions. These conditions are mentally created by one's own self. That is why you must understand the action of your thoughts, emotions and sensations.

In many other ways people feel sensations. They have a sensation in the knee for instance; they become emotional about it, and that emotion is permeated with the thought that they are suffering from some rheumatic trouble. People have a fear of cancer and feeling pain in their body they are sure it is cancer. Their mother or father died of cancer and they have a terrible horror of it. They build up in their minds an image and every time they have a sensation the emotion flows through the body and they become fearful, yet it may just be only a small pain caused by an interruption in the nerve circuit. These cases are difficult to cure by the ordinary means of medical practice, yet they are easy when we understand the basic principles underlying the cause.

Fear enters and adds coal to the fire, and the repetition of this operation very soon causes a condition to reveal itself upon the tissue structure. This proves that thought, emotion and sensation permeate each other. Their reactions are self-explanatory because they are interpenetrating. The very means by which our troubles

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came into existence will be the means by which they will go out of existence. Neurotic trouble is nothing more than a continuation of this mental and emotional state expressing itself on the physical body. Here we see what auto-suggestion can do. (More will be said on this subject later on.)

We will now take into consideration the destructive elements, and will divide these into three sections. Firstly, by our negative thinking, we create, a destructive or adverse vibration in our mental body. Our emotional or ethereal body is affected by destructive emotions such as fear, anger, worry, hate. In our physical body we have the sensation and the manifestation. These three interpenetrate each other up and down the scale, reacting on each other. We have thought, emotion and sensation—and sensation, emotion and thought.

It is possible for many troubles to be eliminated almost instantaneously, yes, even troubles that have existed for years, by applying all the essentials necessary at one and the same time. A young man came to me only today; he had met with an injury to his legs twelve years ago, and ever since then he suffered agony. He had been to many specialists, not only in this country but also in England and America. Yet in the first treatment I removed every sensation of pain. The pain completely disappeared because I used the correct methods of healing such conditions,

The nervous system is like wires through which electricity passes. When a nerve circuit is interrupted it causes inflammation of the nerves, especially those on the surface and sometimes at the root. Immediately the root nerve is reflexed and all the stale magnetism drawn off, there is a flow of life again over the nerve circuit and the pain disappears.

We do not sufficiently realise the importance of making magnetic passes over the body. When you get an understanding of the technique of healing you will see that passes are very essential, especially over the main nerve trunks to carry away the stale magnetism. Life Energy passes through us and tends to create harmony in every portion of our being, but if the south pole is not clear you will find that stale magnetism will

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remain round the lower portion of the body which prevents the clear flow of Life Energy. When the south pole is cleared the magnetism flows without interruption and high tension in the body is released. Our bodies are electrified. Few, however, are aware of this fact.

Now, we see how by our mental state and by our emotional state the physical body is affected, it being the body of sensation and manifestation upon which our emotions and our thoughts manifest themselves.

ABNORMAL FEAR CAUSES IMMOBILITY, PARALYSIS AND MANY OTHER TROUBLES. This fear really is the basis of all our worries. Continued worry causes toxaemia and sets up an irritation in the cellular tissue which reveals itself in the form of some DIS-EASE.

Anger creates sickness, the glands secrete a poison which is taken into the blood stream, and consequently the body is affected thereby. Jealousy, hate and all the destructive emotions set into action the destructive elements which destroy our health through chemicalisation. The cells become affected and are reduced in vibration, below their natural rate, and this results in dis-ease.

There is continuous interaction of the positive and negative elements in cell life throughout the body. If the cells remain positive in a certain area an acid condition and inflammation is set up through chemicalisation. If you have a continuous negative action, the cell structure remains in the static condition which appears in the form of growth or colds or catarrh. When the calcium in the cell remains on the outside and the potassium on the inside, you have the negative condition, and with the very opposite you have an acid condition. Nature causes interaction between them both by continued movement of these elements inwards and outwards, alternately. Then you have perfect balance, but the balance can be upset by our thoughts, emotions and reactions.

If we look at the word “disease” you will notice it has two syllables “dis” and “ease,” but take the “dis” away and what we

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have left is “ease”—and that is just what we want. Therefore let us take the “dis-” out of our lives.

It is not necessary for me to enumerate the many troubles caused by destructive emotions and negative thoughts, because you are aware of them yourself. The most prevalent diseases today are caused by fear, anger, worry. More disease is caused today by fear, anger and worry than by anything else. We cannot get away from fear and worry because of the system under which we are living, unless we understand the Truth.

I always think that the Yogi is one of the happiest men in the world; he gives away everything he has and goes into the mountains. No one can steal anything from him, and what he has he will give freely—such as pearls of wisdom, but most people do not want them. He does not want material things, so he has no cravings. He is not throbbing with anxiety whether a business deal will come off or not. People worry day after day because of the material things they desire, and they neglect the real, the spiritual side of life. Not until we ourselves change can the systems under which we live change, for those we put in power only do our will; they are fulfilling the functions of our desires. Really we get what we want and what we deserve. If we all desired a spiritual state to exist we could soon have it.

THOUGHT AND FEELING REVEAL A CHANGE IN THE TISSUE STRUCTURE

Sir Samuel Baker ² says anger brings on fever in Africa. Sir George Paget ³ said, “In many cases I have reason to believe cancer has its origin in prolonged anxiety.” The great Doctor Snow ⁴ said that the great majority of cancer cases, especially of the breast and uterus, are probably due to mental anxiety. This leads us to assume then that an irritation is caused in the tissue by constant worry and undue anxiety and builds a basis for the origination of the cancer cell. (Gathering together the poisons of the body in the form of a malignant growth.) Thought and feeling vibrate in subtle matter and create corresponding vibrations

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in physical matter, revealing a change in the tissue structure. Therefore, we can say that thoughts and emotions are responsive vibrations having a definite reaction.

Not only have our thoughts and feelings and our physical sensations their vibratory reactions, but drugs and herbs also have their vibratory reaction; it is really the living essence of the drug and herb that counts. Herbs grow in every country as an antidote to the diseases prevalent in that country. I have heard of a number of cases in Africa where Natives have used herbs to cure cattle and horses of troubles that baffled the veterinary surgeon.

Millions of pounds are spent on health today with no avail. Every day people come to me who have spent their life-savings on operations, and are worse off than before, and it is only when they are told that nothing more can be done for them that they seek the true healer. Then they expect to be healed in one treatment. What a mentality! They must be made to realise that within themselves is the healing power; this is their only salvation.

Although I am not in sympathy with dosing the body with poisonous drugs, nevertheless these have their definite purpose. It is the vibratory action of the drug or herb acting upon the vibratory action of the disease which temporarily counteracts as it were, creating a reactionary condition only, helping the mind principle underlying the tissue structure to effect a cure. Chemical analysis of drugs and herbs is merely superficial; when *Materia Medica* undertakes the investigation of the vibratory action of drugs and herbs and the vibratory rates of disease, then only will Medicine make some progress in the elimination of the overwhelming amount of disease in the world today. This disease is mainly caused by wrong living and wrong treatment, because those who have the health of the people in their hands will not recognise natural and spiritual principles.

In this Course it is not my intention to go into a long discussion on the evils or virtues of drugs or medicine; I merely want to place before you certain facts so that you will be able

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to understand yourself, so that you will be able to overcome your destructive and negative condition, created by yourselves through the violation of the natural, mental and spiritual laws.

Is the ethereal body the cause of nervous depletion? The ethereal body is mainly affected by the rays of the sun, by light, ultra-violet ray, colour, and radium. As the ethereal body interpenetrates the physical body, this electronic action is absorbed by the blood stream and nervous system, eventually reaching the cellular structure. I believe that if investigations on these lines were carried out in the cancer research we would probably obtain some very interesting and important information. Now that we are able to control atomic energy, we look forward to some startling revelations.

The sun-rays are absorbed into the ethereal body, and through chemicalisation the physical body is affected. Spiritual Rays from within also affect the physical body through chemicalisation, and our thoughts have a similar action. It is when the ethereal body is weak that our nervous system becomes affected. It is the destructive emotions that deplete the ethereal body. Thus we now see how we lose our nervous tone. Negative emotions deplete the ethereal body, and we lose our nervous tone. It is through the ethereal body that we absorb the universal energy through breathing and meditation.

You must always realise that things work from within outwards. We are really the creators of our own unfortunate conditions, and the sooner we realise this and act in the constructive way the sooner we will be able to control and create within ourselves the opposite to these destructive conditions, which are breaking down instead of building up the whole human fabric. It is the study of how to live healthy lives that is required today, more than the study of disease. Therefore we must know the method of how to live this healthy constructive life, and by proving it we can show others the way; and instead of being a C-3 nation we will become an A-1 nation.

Microbes do not breed in the healthy body; they can breed only when the body is full of filth and waste matter, and a very

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important factor is the food we eat. (Later on, complete instruction regarding this important subject will be given.) Eat plenty of fruit and vegetables. In cooking your vegetables **do not boil them; steam them.** Some boil their vegetables and pour the vital elements down the sink and eat the rubbish that is left. A vegetable is the same as a herb. If you want to take the essence out of a herb you boil the herb and drink the fluid and discard the pulp. Vegetables are similar; the best way is to use a few tablespoonfuls of water while steaming your vegetables, and what juice there is, drink it as well.

Your food should be masticated thoroughly before swallowing. It is then thoroughly salivated and ready for further digestion in the stomach. Starches must always be well masticated in the mouth, as starches begin to digest in the mouth. Proteins are digested in the stomach and the fats in the intestines, so starches and proteins eaten together are not a good combination and should be eaten separately. Acids and proteins can be eaten together but not acids and starches. Fats are not digested till they pass into the intestines, where they are attacked by the bile and the pancreas juices. This is why proteins should not be fried; they are covered with a fatty envelope and cannot be digested in the stomach and pass into the intestines, undigested. In the walls of your stomach there is a mass of blood vessels through which the liquid foods are absorbed, the product then passes through the liver, is pumped through the heart into the lungs where it is oxygenated, then from the lungs back into the heart, and then it is pumped through the arteries and capillaries into the cells of the body.

Water is another very important factor in maintaining health. One should drink at least four pints of water daily. The want of water is generally the cause of constipation. The glands become clogged with impurities. Water is the conductor of the nervous system. The outer sheath of the nerve must have plenty of fluid otherwise one gets neuritis, inflammation of the nerves.

Breathing is most essential. To maintain perfect health we should breathe deeply. To breathe properly you must breathe so

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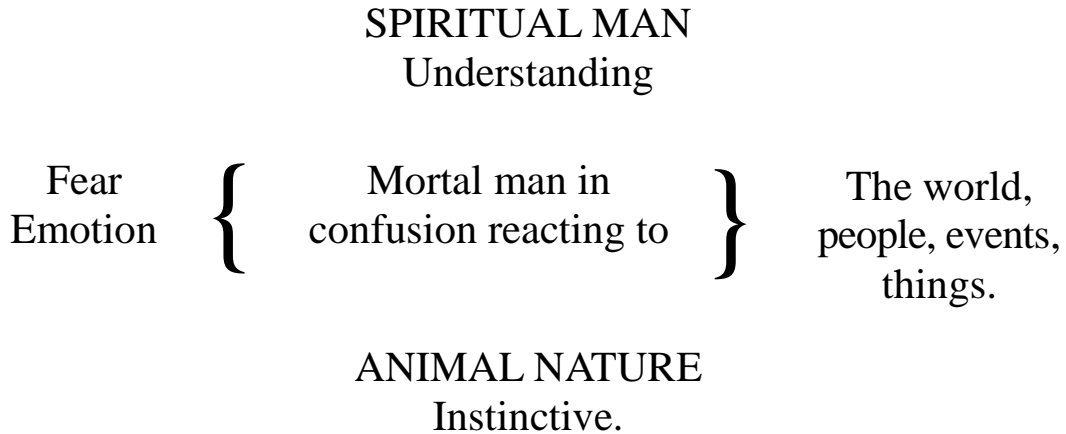
that the diaphragm comes out and the chest expands outward and upward; this breath opens up the tubes. The tubes open up to allow air to enter into the lower portion of the lungs, and the lungs then fill right up to the top. Breathe deeply. If your breathing is shallow you get a little air in the top of the lungs only, and no sooner is it in than it is out again. There is a residue of carbon dioxide in your lungs all the time, and this never escapes unless you breathe deeply. Therefore it is necessary to exhale deeply as well as inhale deeply. Most of you are exhaling less than you should but we will deal more with this subject later on.

Relaxation is the most necessary factor in relieving nervous disorders. You should relax yourself twice a day, morning and evening. Give yourself up completely to the Universe. Your health can be restored only while you are in a relaxed condition; that is why you go to sleep at night to replenish the waste which has been created during the day. (All this will be explained in a later lesson.) It is necessary to relax yourself before you go to sleep, so that you pass into a relaxed state while you are sleeping. Most people sleep all tensed up with pressure in many vital points; thereby they carry over to the sleep-state the tensions of the waking state, which can result only in a breakdown of some kind. The remedy is constructive relaxation before going to sleep and on awakening in the morning.

- 1 Eugene Sandow (Friederich Wilhelm Mueller) 1867-1925. The legendary strongman and exponent of physical culture. Said by some to be the Father of Modern Bodybuilding.
- 2 Sir Samuel White Baker (1821-1893) English explorer and author.
- 3 Sir George Paget (1892-1975), British physicist.
- 4 Dr. John Snow (1813-1858) Anesthetist.

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The following diagram will show our emotional reactions:



Fear emotion in the animal is natural, with mortals it is confusion. With the spiritually developed man there is understanding. On the one side we have the world, people, events and things; on the other side we have the fear and emotions man has with regard to things—how he reacts to them.

When we examine our reactions to life we see what our emotions are and how they affect us. We will consider the mechanism called fear, which is the basis of all our worries, and the basis of all our negative emotions: anger, hate, jealousy and envy. All these emotions have their foundation in fear. There is a basic fear from which all these emotions spring. It is when man becomes spiritual through understanding that he overcomes the confusion which the mortal has when he is reacting to the world, people, events and things. For our own well-being it is necessary that we should understand this emotion of fear. Abnormal fear plays a part in most lives, and the knowledge how to eliminate it is of obvious value to everyone.

Animals act on instinct; it is natural for the animal to act through a fear emotion because that is its instinctive nature. Action follows perception, and a sort of mechanical reaction takes place; that is to say, immediately the animal sees something that is unfamiliar to it, it “perceives,” and in that perception there is a

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mechanical reaction to what it sees or hears; it becomes alert, runs away or moves into the fray; to react in that way is the instinctive nature of the animal. But man's perception is not immediately transferred into action, there is an interval for choice between perception and action, when our imagination runs rampant. It is in this interval between perception and action that fear enters. With the animal's reaction to its perceptions there is immediate response; it either runs away or turns to fight, whatever the case may be. With man's reaction there is a space between perception and reaction; when his imagination comes into play, his thoughts run rampant.

If the event is a great one in his life, then there is a tremendous upheaval before reason can come into operation, and it is the time between perception and reaction when this unreasoning fear takes effect and adds coal to the fire, which seems to become part of the individual. All negative thoughts and images tend to increase the intensity of the basic fear, and it takes some people a considerable time to regain their normal self before they can reason properly. This is mortal man; his imagination runs rampant and creates confusion. It is not so with the true spiritual man; he is aware of a mighty power and is content, knowing that whatever the result he will be unaffected. Sometimes we get understanding through philosophy, but a philosophical way of living cannot be compared with the spiritual man who understands the Truth of his being.

So it is in this interval between perception and action that spontaneous suggestion takes effect, ideas being set up in the subconscious mind unknown to our consciousness. We are unconscious of the ideas that float into our minds. Fear then has taken control, and our conscious control and reasoning have temporarily disappeared. All emotions, thoughts or images that are planted in the subjective mind tend to rise to the surface sooner or later, in some form or another. It is only by understanding that we can escape the effects of our ignorance, thereby creating harmony in our lives instead of chaos. Fear in the animal is natural; in the mortal it brings confusion; but with

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the Spiritual man there is understanding. It is this understanding of the basic fear that we have to know, so that we can eliminate it from our lives and from the minds of the patients or those with whom we come into contact.

Ideas, images and fears created by ourselves take root in our subconscious, where they remain until such time as we begin to understand ourselves. Therefore, whatever effect we feel as the result of the confusion we create in our subjective self, we will better understand what it is *when we know ourselves*. It is to know ourselves, and to become aware of our thoughts, our reactions to the world, people, events and things, that enables us to take the first step on the ladder of spiritual understanding, and then fear and its effects begin to disappear.

Thus we see that ideas are set up in the subjective mind (subconscious) unknown to our own consciousness. We have not brought our reason into action, and a great deal of our mental make-up is the result of this spontaneous suggestion of which we are unaware. Our subjective mind is full of these ideas that we ourselves placed there through our own spontaneous suggestion which has a tremendous power over us.

If a man saw a tiger in front of him, the emotion of fear coupled with the idea that he could not get away may root him where he stands, and there he will remain rooted to the ground until such time as he regains his conscious control. When his reason comes into operation he begins to do the best for himself. So these spontaneous suggestions which we create in ourselves have a destructive element which reacts on our nervous system. Our nervous system must always be the first to be affected; it is not really a diseased condition that is set up, it is more like a disturbance in the conduction of nerve energy, a blockage as it were, but the cells of the body must eventually be affected.

In most cases it is the mind and functioning organism that are affected by these disruptive forces of which we are not consciously aware. When we begin to understand our nervous reactions to people, events and things, we know that they are self-created. Those who live in mortal fear and confusion are unaware of these

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self-created suggestions and negative reactions to people, events and things. If they had spiritual understanding, these thoughts and emotions could not enter into their minds; they would not allow you or anybody else to affect them; but when in mortal fear, they auto-suggest to themselves fear thoughts and ideas created by themselves and others, and herein lies the danger. But immediately they begin to know that they create their own conditions they are no longer affected.

Many, however, cannot grasp the idea that they themselves are the creators of their unfortunate condition; they try to blame it on someone else, and yet it is only by their own reactions that things, events and people can affect them. If you have spiritual understanding you are not affected like one who lives in mortal mind, for naturally he is confused and fearful; he cannot be otherwise, for he lacks the remedy. We now see that much of the neurosis, pains and aches that exist are brought about by our own emotional reactions to things, events, people and the world in general.

PHYSICAL CONDITIONS CREATED BY THE MIND

Disease has three aspects: mental, emotional and physical; but you will note that it has no spiritual aspect, because there is no disease in spirit. Spirit is complete and perfect, and it is through spiritual understanding that man releases himself from all his troubles, his negative emotions, fears, hates and jealousies. Mortal man in confusion disappears. Spiritual man takes his place.

I have already explained how the *subconscient* influences us. The inherent instinctive urge forcing its way through the many millions of years of evolution is active in our bodies, into which the spirit of man is incarnated. The Divine Spirit never was born and never dies—birthless and deathless and spaceless is the Spirit of man. “I am since time began.” We see then that the subconscient is instinctive in nature and reacts naturally through the emotion of fear as a means of protection. But in

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man it is entirely different; for he is really a spiritual being with dominion over all things. "All power is given unto Me in heaven and on earth." Become aware of this and you are free from the confusion of mortal mind that reacts to mortal conditions, which are to a great extent illusionary.

Sometimes a disease is 90 percent mental and emotional and 10 percent physical. When we remove the mental and emotional effect the physical disappears instantaneously. This is one of the reasons for instantaneous cures. The fear of loss, envy, anger, jealousy, hate, are all based on fear, and fear affects you physically whether you like to believe it or not, and the sooner you begin to understand these facts the better.

Pain, as we know, can be damped down by paying no attention to it; it can even be eliminated if our thought is powerful enough. It can be eliminated by a means of suggestion even in the conscious state. I have proved this many times. For instance I can press on a certain nerve in the body and it will give you excruciating pain, but when I concentrate on your mind there is no pain, although I am still pressing on the nerve. The reason is that your subjective mentality has accepted through telepathy the belief that there is no pain, and there *is* no pain. That is a well-known scientific fact: pain can be damped down by turning our attention away from it.

A soldier wounded in battle is often unaware of his pain until the excitement of the battle has quietened down. I have experienced this myself. I remember in the last war I was wounded, yet I was unaware of the fact because of the excitement. I thought a pin was scratching me and paid no heed to the sensation. Then I felt something trickling down my leg, and when I looked I recognised what had happened and *then* I had pain, and that pain was excruciating. It shows you how excitement turned the mind away from pain and how fear intensified it.

Sensation can be turned into pain and the pain into sensation by the mind. Many a pain is not so bad as one feels. Many pay attention to small pains, building up an exaggerated amount of fear about them; the imagination runs rampant, and naturally

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fear increases pain. I am not going to say that all your pains have no foundation, but at the same time when we see things properly and understand we will know that to a great extent we exaggerate pain because we FEAR.

Take a look again at the diagram.* On the one side you have the fear emotion, and if you take that away what is left?—the world, people, things and events, and there is no fear emotion. When our reactions are positive and constructive, the fear emotion disappears. Christian martyrs went to their death singing. Their complete belief in the teachings of Christ was so firmly rooted in their subjective mind that fear and pain were overcome. Some people disbelieve the fact that we live after so-called death. Many uphold the teaching of Christ, yet they are doubtful about survival. One of the greatest events in His life was His return to His disciples after His death.

Most physical scientists today recognise only the physical; it seems to be beyond their realm to investigate further. Sir William Crookes,¹ probably one of our greatest scientists of the past generation and the late Sir Oliver Lodge,² world-renowned physicist of our present age, have proved beyond doubt that spirit return is not only possible but an actual fact, and many more have proved for themselves that it is actually true. There is plenty of evidence in the hundreds of books written on the subject by those who have had the experience. Do not be led astray by those who have no knowledge of the Truth.

In *yourself* is the conviction and the proof of your eternal life. Life alone has consciousness, and Life existed before the body was created for Life's own self-expression, and Life will exist after the body disappears. I know this to be true because I have experienced an out-of-the-body existence and definitely know that we live after physical death and some of you may have experienced the same thing, so get it clearly and distinctly established in your mind that you will live after your so-called death, in fact, death is but an incident in your eternal, existence. This alone can eliminate much of your basic fear.

* On page 177. ¹⁻² See page 186.

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When we have a clear understanding of the cause of fear, and realise that fear is brought about by our misunderstanding, by our confusion in our mortal state, then we lose many if not all of its effects.

One may have a condition of fatigue, or insomnia where sensation is transferred to pain. In a dream, pain becomes sometimes so real that you wake up bathed in perspiration, yet it is only a dream. (Yes, and our mortal state is also a dream.) The slightest sensation of the pressure of a feather in the ear can set in motion a dream that may become a nightmare. The cause is that the sensation conveyed to the subjective mind is out-pictured as a knife passing through the ear. The idea is created in the subjective mind by the sensation and becomes real in the dream state. The individual may feel the effect and pain after he awakens, and not until he can collect his thoughts is he free from the effects.

We will deal with dreams later on, for dreams do help a great deal in eliminating neurotic conditions. But you cannot stereotype dreams; for one person to dream of a particular thing does not mean the same thing for someone else. Many people make serious mistakes in their interpretation of dreams. The phenomenon (in dreams) does not mean the same thing for every person. It is according to what you read, what you think, and what are your experiences and fears. How you react affects your subjective mind and will be revealed in your dreams, very often in symbols, and yet a symbol for one may mean an entirely different thing to another.

But dreams do give us a certain amount of understanding of what goes on in the subterranean part of our mentality and we can by a simple process see the meaning of our dreams. By means of total relaxation the subjective mind can be brought to the surface, thus bringing into operation our hidden thoughts and emotions so that we can release the pressure and understand our own reactions, how we have reacted to different conditions, events, things and people. But this cannot be done properly and with safety without the higher knowledge.

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Does man fear with his organs? When civilised man fears, his organs are stimulated as though it were a battle with claws and teeth. In the process of evolution life has created form, but life itself has no form, but it has created forms for its own self-expression. In evolution, the Intelligence directing the evolution is the same Intelligence that exists everywhere; yet that Intelligence is subjective in the process of evolution and yet is free of the process of evolution itself. Thus life in the process of evolution can be a chemical reaction in the mineral world, selection of the elements in the vegetable world and instinctive in the animal, yet it remains entirely free in the higher levels in the Spiritual man.

In the beginning of protoplasmic life an awareness of the environment was required and a perceptive structure was developed on the surface. The nerve cells started in the skin. During the process of evolution this was gradually altered. The amoeba (similar to protoplasm) has within itself all the qualities of movement, sensation, absorption and excretion. To move, it elongates itself; it feels as it goes, and absorbs into itself the food it wants and excretes what it does not want. Its sensory structure commenced on the outside and not on the inside.

Thus the nerve cells developed on the outside, but during the process of evolution this was gradually altered. The nervous system became more protected, and today we have the nervous system of the human being right in the centre of our body, but we find that the sympathetic nervous system which superintends many of the functions of our body still retains some of its primitive features. Its response is immediate. It is immediately brought into action by fear, pain, rage, excitement. The sympathetic stimulation was originally designed to activate the body of the animal, to increase its power of defence, to resist its prey. Secretion of the chemical substance injected into the blood by the glands is carried along the blood stream, creating a powerful protective agency, stimulating the various organs.

So we see, then, that it is perfectly natural for the animal to have a fear reaction, because its primitive nature is controlled

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by instinct. It is limited in its nature because it does not know that it knows, *but only knows* and acts through instinct; and as the animal acts on instinct, this fear emotion causes chemical action according to the law inherent within it. The glands secrete into the blood stream a chemical substance which stimulates the organs of the body and enables the animal to resist its prey or it runs away.

Now, when civilised man fears, his organs are stimulated as though it were battle with claws and teeth. Nature has a powerful response to fear, whatever its cause, and that is, that it affects the physical body. Man does not fear by intelligence but by emotion. Reason does not come in till later, not until the damage is done. A person under the emotion of fear is like a motor with the clutch out, the engine rushing at full speed using up the petrol. The car does not move, but the machinery is being worn out and the vibrations of the engine cause the car to tremble. So we now see how people refer to their symptoms as disorders in the various organs.

We see that the emotional disturbance leads to preparation in the organs for intense activity. This activity persists because activity has not taken place, and when this continues from time to time, worrying about this, worrying about that, fearing this, and fearing that, no wonder we suffer. So we can safely say that when we fear we are using a primitive defensive mechanism. The animals do not have the complex emotional effect which is generated in man. Their sympathetic nervous system is not so highly evolved.

Fear is an emotion of great strength, and when we reach a certain stage of development we feel it most, though we are not sufficiently developed to control it. It is this stage that most people are in today; they are not sufficiently developed to overcome their emotions and fears, which interfere with the working of their organs. Fear is the result of our reactions to primitive influences. It belongs to the subconscious and was used in the early stages of evolution, so that when we fear we are being influenced by a primitive urge that belongs to evolution. We will learn a little further on how to control and eliminate those destructive emotions.

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A warning here is necessary. If you are a parent do not instil fear into your children in any circumstances whatsoever; do not tell them of bogey-man stories and such-like. If you must tell stories, tell them those that will instil courage and ambition into their hearts. Environment plays a big part in our lives until we begin to know the Truth for ourselves.

Alertness in the presence of danger is normal in the animal but it is apt to be transferred into unreasoning fear in man. How to eliminate this emotion of fear will be the subject of our next lesson.

- 1 Sir William Crookes (1832-1919), British chemist & physicist.
- 2 Sir Oliver Lodge (1851-1940) British physicist & writer.

LECTURE 12

THE BANISHING OF FEARS

In the understanding of ourselves and by the higher development of our minds we recognise the Reality Principle within us, that is, we recognise that we are the individualisation of the Divine Spirit; and by doing so, many of our obsessions and fears are banished. Immediately we become aware of this Divine Principle acting through us, being the very foundation of our life and existence, knowing that there is no other power, it in itself being all the power there is, many of our obsessions and fears are banished. But under certain conditions our control fails and we must have some means of coping with these disastrous conditions.

Under certain conditions our reactions overwhelm our conscious control to a certain extent, and when we lose that self-control we fail to realise and recognise that Divine Power which we possess; then Wisdom, Peace, Power, Love and Harmony are regulated by what our senses reveal to us. Our conscious control for the time being has gone and we react only to what the senses give to us in this mortal world of ours. We react to the things we see and know; we feel what our senses are acquainted with—and these seem to be the only things that most people are acquainted with. Our Divine recognition has been submerged. Therefore we live in a world of fear and illusion created by ourselves.

(See Diagram on page 188.)

The influences of the evolutionary process rise to the surface in mortal man. Mortal man thinks it evil and represses it. Spiritually enlightened man transmutes it. What is above comes down and what is below comes up; man unites them through understanding, and begins his spiritual evolution. Man becomes his own evolution when the consciousness that is inherent within him is freed from the illusion of the senses.

We are apt to react to conditions in our life in a negative way through fear, anxiety or doubt, and we may lose our self-control.

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Our instincts are natural, and this natural law exists in the world of evolution. Animal instincts and emotions are natural in all animal tissue existing upon the earth, including that of human flesh. These instincts exist because of the laws imposed upon the process of evolution by the Great Architect of the Universe. The time will come, in about two thousand years hence, when these instincts will be eliminated altogether, because man will live on a higher plane of vibration, when the body will not be required for reproduction. These instincts and emotions rise from the lower levels to our personal consciousness and we become aware of them. But the majority of people, not knowing the origin of these emotions, repress them and add to them evil ideas. It is then that there is conflict, and fear enters; we fear these emotions and attach evil ideas to them, and repress them into our subjective self, causing all the havoc.

Not until such time as knowledge and wisdom enable us to understand the Truth about life in all its phases are we free. It is understanding the Truth about these things that eliminates our fears, conflicts and repressions. We repress that which is original in nature, thinking it evil, attaching to it the evil ideas which we ourselves create. We have in the subjective self a conflict between the ideas we created ourselves regarding these instinctive emotions and the emotion itself.

We must understand that this evolutionary force is not evil in itself; it is man who sees it as evil, and so man creates his own evil. We in our mortal consciousness react to people, things and events on this physical plane. Our mortal consciousness being ignorant, we create fear, doubt, anxiety and conflict, but when we understand the law of transmutation and the Law of our Divine being and understand the higher and lower levels as well, we are then able to overcome conditions that would otherwise swamp us in our personal or mortal state.

By means of transmutation we transfer the destructive to a constructive, thereby the energy generated by the lower instincts is diverted into the higher channels, because if repression fails we find this energy rising to consciousness by different routes,

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producing painful results. Repressed thoughts and emotions of a destructive nature always endeavour to rise to consciousness, trying to get release, and by releasing them through transmutation you extract the energy from the destructive element and direct it in a constructive way.

Our emotions are natural, but we attach unnatural destructive ideas to them and then repress the emotion with its evil association that we ourselves create. Our emotions being a mighty generative power, we have now attached a mighty power to a destructive idea which we try to repress with disastrous results. What we should do is to attach good and constructive ideas to our emotions and express them—then we are acting according to the law of our Spiritual evolution. It is not the emotion but its evil associations that cause all the trouble. This is the KEY to the analysis of our repressions.

I want you to see clearly what I mean by “transmutation.” The energy that rises to the surface comprises our instincts and emotions which have a tremendous original force. This rises to the surface and desires to express itself. If you repress it and attach an evil idea to it, it remains in the lower level, increased in intensity by the destructive ideas which we ourselves create and will sooner or later move outwards in some other direction. Our personal consciousness, being ignorant of the cause, becomes confused and fearful—and this is the vicious circle. But when we see this force rising to the surface and when we understand it perfectly and know that no evil is attached to it, we *transmute* it in our personal consciousness by the knowing of the Truth that comes down to meet it from the higher level.

This force is not then lost or repressed but is directed into constructive channels through the operation of our Spiritual understanding, Wisdom, Love and Power. When this force is transmuted it is then expressed outwardly in its transmuted form and becomes an energy moving into constructive channels as the mind directs. We change the polarity of the energy through our own conscious awareness and we thus overcome all our difficulties.

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We then see clearly that these emotions are natural and belong to the evolutionary process of life which exists in the flesh. The spirit never evolves, the spirit unfolds, the spirit is birthless and deathless, spaceless and limitless. The evolutionary process of the flesh has within it the mineral, vegetable and animal planes which are included in the evolutionary process so that man, the Spirit of God, could be incarnated in the flesh with dominion over all things.

In the instinctive nature there is no awareness of the awareness, there is no knowing of being aware, there is not the knowing to be known, as only the "I" knows. There is just an instinctive urge that exists in this evolutionary process forcing its way through and fulfilling the Divine design that existed in the mind of the Creator. God saw that it was good, but stupid, mortal man says it is evil. Some will say that by transmutation we would, as it were, replace a negative condition by a positive condition, but as a matter of fact we can never overcome any negative condition by transferring to the positive of that condition, except through the understanding of the Truth.

Positive and negative are relative terms, and the one is just as bad as the other. It is when you know the truth about things, that transmutation becomes the natural means in the changing of the evolutionary urge or principle to a constructive operation in your life. Man is continuously transmuting these forces though he is unaware of it. The writing of a book, the painting of a picture, the singing of a song, the playing of an instrument (even if it is the bagpipes—the Doctor himself plays the bagpipes!) each of these things is all a matter of transmutation. We are transmuting the basic energies that are rising towards the surface into music and song, into words and actions, and though we are unaware of this transmutation it is taking place all the time.

When we are aware of the Truth about ourselves we begin consciously to transmute these forces which the majority of people see as evil; thus we escape the dangers that others pile up for themselves. Steam must escape and the more steam generated

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the greater the energy, and there must be an outlet. Then let that outlet be some constructive action guided by Wisdom and Understanding from above. The emotions of the lower levels is a generative power. We use electricity to give us light, to give us power for nearly every conceivable thing. We transmute the basic principle of energy into all sorts of avenues to serve mankind.

Would you say electricity is evil? Of course you would not. It is energy. So is this power within you energy. Then transmute it into constructive channels of activity to serve mankind also, to light up the minds of others, to the healing of others, to give music and song that will give joy to thousands. Immediately we recognise that harmony is within, we are captivated by it; we feel harmony, see harmony, hear harmony. It rises to the surface of our being; our whole consciousness seems to be filled with it. A perfect state of relaxation reveals the same thing. It is the harmony of the Spirit within which comes to the surface; you become consciously aware of an extremely pleasant feeling, and this feeling is conducive to perfect health and happiness.

DO PAINFUL MEMORIES AFFECT OUR HEALTH? HOW TO COPE WITH THIS DISTRESSING CONDITION

Repressed emotions and painful memories become very often associated with other ideas and emotions, causing a complex, and when one of these ideas or emotions is stirred up the original emotion may be revived, but not the memory; and there is consternation. A complex situation has arisen. The memory is so complicated that it refuses to rise to the surface. A little vortex of energy seems to be hidden away as it were and immediately something that is associated with this memory is registered upon our senses either by hearing or seeing, the message is carried to this vortex (a little bell, as it were). The bell is rung unknown to us and the emotion attached to it fires up through our bodies. It is carried really by the associations. An emotion has been stimulated and our body trembles. We wonder why. What is the reason? "Oh, what is the reason of my troubles?"

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When a memory is a painful one we try to forget it, because every time it comes to our consciousness it creates a disturbance. We do not like to look upon it, and we push it away again, we repress it. We repress it in ourselves until such time as the memory is so repressed within, that it becomes a vortex of energy hidden in our subjective self. When something happens that is similar or associated with that memory and is conveyed through our senses and registered in our subconscious mind (unconscious to our personal consciousness), it may stimulate an emotion attached to a previous painful memory through association. We feel the emotion but do not know the reason for it.

We will take an instance. A soldier has passed through a tremendous battle. A shell has burst near him, and the explosion of the shell, coupled with the noise, has shaken his nerves so badly that he becomes shell-shocked. This experience he does not want to remember; he tries to repress it. He comes home and goes into civil life. A person happens to come along with a paper bag and to bang it off! The old symptoms of the shell-shock return and the sufferer attaches the reason to the paper bag, yet it only revived the old emotion attached to the shell explosion. What happened in civil life is transferred to the memory that already existed, and brings back to him the emotion attached to an incident that happened in the war. This may take place years afterwards.

If, however, we face up to these things every day by our understanding, no matter how painful our reaction or memory may be, if we look it fairly and squarely in the face and examine it, the power is taken from it, the hidden energy is then transmuted into a constructive activity and we are no longer affected by it negatively. The painful memory disappears because we have not repressed it, but examined it consciously without fear.

No matter how painful the memory is, look it squarely in the face and recognise that it has no power of its own except the power you give it. You give it power by your fear, your reaction. The same condition can exist in the lives of two people. One person will be affected by it and the other will not be affected by it at all, for the simple reason that one reacted to it through

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fear and emotion and the other transmutes it through conscious examination and understanding. It is the higher levels that enable us through Spiritual understanding to bring this Wisdom, Peace and Power into our personal consciousness, so when that of the lower level rises it can be transmuted into constructive expression in our personal consciousness; that which comes down from above gives us an understanding of that which comes up from below.

When a memory is a painful one we generally endeavour to repress it, and there is a defensive mechanism set up which has been really created by ourselves—by the desire to forget this memory, and this defensive subjective activity leads us away from the cause of our trouble.

When a painful memory is repressed the desire in mind is to forget it and to keep it forever from rising to the conscious level again. This immediately sets in motion a subjective activity to fulfil your desire. The subjective mind always tends to fulfil what is your innermost thought. But one thing it cannot do, and that is, it cannot eliminate the energy attached to the emotion and memory. So it sets about directing this energy in another direction by substituting some physical condition or a type of neurosis which leads you away from the memory. By this means of repression these emotions set up a destructive disturbance which may attack any particular part of the body, and, as we have not any knowledge of the cause, we become anxious; the more anxious we become the more attention we bestow upon it, and the vicious circle is set in motion.

There is only one way to eliminate it, and that is by knowing the Truth. You may get relief for a short time by other means, but if there is no understanding, your negative reactions to things in general will surely bring back your trouble. The failure experienced by psycho-analysts is caused through their limited knowledge of the whole; they see a darkly lit corner of a room and think it is the whole, thus putting upon it an importance out of all proportion to its real value. The Eastern Masters have forgotten before their breakfast more than our Western psychologists

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have learnt all their lives. It is this real knowledge that I want you to comprehend.

This defensive subjective activity may even cause paralysis, and many people today are suffering from such causes. Because of the fact that a person hates the work he or she is engaged in and is secretly wishing something to happen, a defensive subjective activity may be created with disastrous results, but immediately one realises the cause of the trouble it disappears. Cases like these are quite common. So we see that the cause is ignorance of the truth; ignorance of the process of evolution; ignorance of the Divine Principle that exists; ignorance of the Divine Principle which exists in man's own consciousness.

It has been said that our trouble comes about by the warring of the two powers, but there are no two powers—it is a fallacy to say so; there can be only one power, and the evolutionary process must be one of its creations. As Aurobindo says, you cannot find the secret of the lotus by analysing the mud from which it grows but only by knowing the spiritual archetype that remains forever above.

When the cause of the effect is not recognised fear is produced, and fear is an auxiliary force which further stimulates into action the destructive elements already in operation. As Job said: “What I feared came upon me.” It is like adding coals to the fire, but it is a happy relief to know that knowledge will release us from all our troubles. What a beautiful Truth that is! When people come to the end of their tether, having tried every conceivable means to cure themselves and find all has failed, they try Truth as a last resort. If they could have only realised the meaning of “The Truth shall set you free!”

There is a method of releasing repressions that affect our lives. This method will also help to eliminate our painful memories, a method that we can easily use ourselves with safety, though one is better able to use this method when one has grasped the Truth. When you understand the Truth about life as a whole you can engage in the work of outcropping the mind. Go into a state of complete relaxation, allow your mind

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to wander idly; while you keep your mind's eye on the thoughts that rise to the surface, you will find that each and every thought that rises will be associated with others. As one rises to the surface it brings up another one, and so they come up one after the other, whichever is nearest in the line of association.

If there is a painful one, a feeling of emotion may rise with it, a reaction to something that happened long ago. The painful memory does not rise up until its associates have risen first, but when the painful memory comes to the surface you no longer have to suppress it now, you no longer have to say "I don't want to see you any more" or say "Go downstairs and remain there." You look it squarely in the face and realise it has no power except the power you gave it, and you say to yourself: "What a fool I was to let that memory affect me," and to your great amazement there is a feeling of relief, because the subjective activity which was directing the suppressed energy outwardly no longer has to do this now; it rises to the surface and there is freedom through understanding.

Religion has created a great deal of repressed fear. Some people are afraid to be healed except through their religion, but religion never healed anyone. Healing comes from within oneself. It is the releasing of the Divine Energy from within, to the outer personal consciousness through the realisation of the Truth of being. The Divine Spirit has been suppressed by creeds and dogmas. People are held in bondage and will remain so until they realise that they are to a great extent being controlled through superstition. Ignorance dies hard, even among some of our intellectuals.

We find thoughts cropping out that we had no idea were in our mind; things that happened in our childhood days come to the surface. You will probably find coming to the surface memories which were long forgotten, probably an emotion will be stimulated into action, but never mind that, you will know that it is.

With an understanding of the higher and lower levels mortal man can understand why he is in between them both; he does not then attribute evil to the lower because he understands what

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it is. It is from your higher levels that you get the Truth about the subconscious or the lower levels.

A memory will hurt as long as you are ignorant of these facts but when you reason the matter out you will realise that a memory cannot hurt you. People endeavour to run away, as it were, from the results of the past. If they could only realise that, if it were not for their past experiences, they would not be what they are today! If they were debarred from enjoying or profiting by the results of their experiences they would never advance. They would not have progressed, they would not have the knowledge. Why do you want this knowledge? It is because at one time you have suffered severely, either physically, emotionally or mentally, or you have had an experience you have been unable to cope with, or you may have a desire to help others who are similarly affected. Remember that all these experiences are stepping-stones; therefore do not make them stumbling blocks.

I will ask you a question now. Would you like to have the essences of all your experiences taken from you? Just imagine what that would mean to you! All your experiences taken away from you, to be a mere blank; your memory gone! There are people who don't know who they are or where they come from. You try to light up the consciousness with a memory, but the experience that caused their trouble was so great to them in the personal consciousness that they repress it with all the power they had at their disposal; and by suppressing it entirely, they completely repressed the whole of their life's experience and have become a nonentity, a nothing. Therefore, this knowledge should be known to millions, not only a few. It is your duty to spread this Truth, but firstly you have to know it and understand it.

Well, why worry about a memory? I hope that this will be a lesson to you never to suppress an emotion or a painful memory, but to transmute it into constructive action. Look upon your experiences of the past as stepping stones for the future, and be glad that they occurred to you, because it is the working off of some past violation of nature's laws. If you continually try to run away from the laws of retribution you will not receive the benefits

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of your experiences. Be glad that every event that has occurred in your life has occurred to you. The more violent it has been the stronger you have become by overcoming it. “Thy sins be forgiven thee . . . Arise, take up thy bed . . .”

So I ask you to look upon your experiences as the only way that you can evolve. It was necessary for you to have these experiences. Sometimes we wonder why we must suffer. When we rebel against our suffering we intensify it. If we knew the Truth of our own Being recognising that the higher levels are within us, that the Divine Spirit never was born, and never dies, being birthless and deathless, and as we gaze upon It, It comes forth through the mortal self and floods the mortal being with light, then the Light that existed from the beginning lights our minds and countenance. “And the Word was God and the Word was made flesh and dwelleth amongst us.” The Light existed and the darkness could not extinguish it; in fact the darkness knew it not. Wherever Light came darkness disappeared. With the knowledge of these Higher Levels there come Wisdom, Peace, Power, Love and Harmony, and negative conditions dissolve away. It is understanding that heals and that causes fear to disappear.

DO WE EXPRESS THE WISH RATHER THAN THE FACT?

Our psychic development is so recent that we are puzzled by our environment. Not many years ago, people did not believe that the mind had any power over the body. I can remember, when I talked about this subject thirty years ago, that even intellectual people could not grasp the truth of it, and the medical profession was totally opposed to it. Galileo* was put into prison for saying the earth was round, but it did not alter the fact that the earth is round. And the disbelief of some does not alter the fact that the mind does affect the body. In the last few years millions of people all over the world now know it to be true. They know it to be true but do not understand what is behind it all. Therefore they are lost in a world of illusion, lost in their mortal minds, a state which is nothing but confusion.

* Galileo Galilei (1564-1642), Italian astronomer and physicist .

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Mortal mind recognises mortal conditions. These have no power of their own, yet mortal mind believes them to be true. It feels what it believes and mentally sees its own beliefs, but the Divine knows no disease. Divine Mind knows no disease and never will; and when this light enters, the darkness disappears. Darkness is mortal confusion in man's mind. "But the darkness comprehendeth not the Light." Man's mortal mind does not comprehend the true Spiritual state of man. Man must, therefore, become spiritual before he can comprehend the light of Truth to set himself free.

We are growing so rapidly that we are still puzzled by our psychic environment. Some people cannot understand the effect because they are unaware of the cause; they are puzzled and dismayed, and this confusion makes things worse. We are, however, becoming more advanced every day through our spiritual evolution, and our bodies are becoming more and more affected by our emotions and thoughts.

A disease existing today, which is rampant among nervous people and more especially in the army, is duodenal ulcer. You know how many of these ulcers I have cured in Johannesburg, and many cases are cured after a few treatments. The cause is to be found in negative emotional and mental reactions. The stomach (with its nerves) is the first organ to be affected by your negative emotions and thoughts. If your mind cannot digest the conflicting mental reactions given to it, your stomach is likewise affected. When you have peace and harmony in your mind, it is reflected in your organism. You sit down to have a meal, and you are enjoying it, when suddenly somebody says something that upsets you. Do you no longer enjoy your meal? If so, your digestive system has been put out of order.

Think then of the continuous strain on the digestive nervous system through mental emotional upsets because of the mind not understanding the Truth. Naturally you are going to have an ulcerated condition in your stomach or some other complaint, the worry of your trouble adding coal to the fire. It is nothing more than a negative nervous condition externalising itself in your intestines.

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As soon as the nerve leading into the stomach is reflexed, and the brain and mind come into operation in a constructive way, there is immediate relief and the condition soon passes away.

Yes, we are trying to find a way through ignorance. We fight our environment. We must know the Truth, we must understand things as they really are and not as they seem; we must see the whole, taking into consideration both the Higher Levels and the lower levels and also understanding them. Mortal man himself is like a seed from the Higher Levels planted in the lower levels growing out of darkness into the light above. Through knowledge and understanding we overcome our difficulties. Love, Peace and Harmony come through spiritual understanding.

You are just the great-grandfather passing through the various stages of evolution, continually contacting new forces, and I repeat that our task is to see things as they are, not as they seem. Most people generally express the wish rather than the fact. But we must use our reason, a gift from our Creator, and when we bring our reason into operation we see things in a totally different way. Some make dogmatic statements without making any investigation whether they are true or not. These people are either knaves or fools. If they are fools there is an excuse for them but otherwise there is none. Nature has no justifying excuse for ignorance. The Law does not take into consideration whether the violation is a conscious violation or an unconscious one. Then we hear some people denying certain things so dogmatically and with such vehemence—and yet all the time they have never made the slightest effort to find out the truth or otherwise. These people also are either fools or knaves. Ignorance makes fools and fools make knaves.

“MAN KNOW THYSELF”

That is what I want you to do. KNOW THYSELF. Use your reason, see behind the cause which creates the effect. KNOW HOW TO LIVE. Powerful entities are at work eager and willing to help mortal man out of his difficulties. Therefore, come out of

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the darkness into the Light, that Eternal Light where darkness can be no more. Yours is the supreme task to make this possible for those who are ignorant and who suffer while dwelling in darkness; help them to know themselves.

“Man, know thyself,” know how to live, not how to die. There is a great truth in these few words. **KNOW HOW TO LIVE**, not how to die. Many are preparing themselves for death, the thing they mortally fear, while they miss the glory of living the Eternal Life now. They go through the world seeing evil in everyone. How can one be pure if one’s mind is full of evil? Light does not see darkness; light shines and the darkness is no more. Let us learn how to live now, and we will know the glory of living after we leave the physical body. **KNOW HOW TO LIVE**, not how to die! **MAN KNOW THYSELF. KNOW HOW TO LIVE.** The difference between the publican and the Pharisee when they prayed was that one looked to God, the other looked at man. The Pharisee said he was glad he was not like other men; the other saw God and asked for His mercy and goodness. He that humbleth himself shall be exalted, and he that exalteth himself shall be humbled.

I want you to dwell upon these words and see what message they have for you.

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We have a mass of emotions and instincts rising from our past. Many of our emotions are produced in ourselves by ourselves; our instincts are part and parcel of the evolutionary process. There is the evolutionary process, and there is also unfoldment. These two are quite different and distinct in nature.

The evolutionary process belongs to the lower level, the instinctive plane. The unfoldment of man is the individualised spirit which is incarnated into these conditions unfolding out of the darkness into the Light.

We have a mass of emotions and instincts inherited from a dim past, on which our reason mounts guard, and by the regulation and transmutation of these, the energy underlying them can be used for driving power, much as it is said that the cerebral cortex of the brain exercises control over the grey matter beneath it. It is only the instrument, and it is by the frank recognition of this fact that the reasoning self can increase its control over the unreasoning self. We will see now the meaning of this. To a great extent one's emotions and instincts belong to the unreasoning part of one's self. Instinct does not reason; it just expresses itself. Emotions have no reason; they also express themselves, they flare up through the individual, and the individual is the reasoning entity who must control.

There is a mass of material in the subjective self always surging to the surface and it is this force that we have to deal with. There is a tremendous energy underlying our emotions which belong to the instinctive principle of the subconscious, and not until such time as we recognise the fact and know that this is an energy that is rising from the unconscious and unreasoning self up towards our consciousness can we control and transmute it. When we feel it rising up to the consciousness we must understand it and transmute it into constructive channels. When we do not understand it we repress it. The energy underlying the subconscious is a mighty driving force which we can use to our advantage.

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Some say that the cerebral cortex of the brain, the material substance of the brain, is the controller of this force. It is not so; the brain is but an instrument that responds to the ideas and influences bearing upon the individual from within and from without. The brain is the root of the trunk of the tree of the nervous system, into which flows the magnetic power that drives the machine; it is only the instrument, and it is affected by our thoughts and emotions. When we actually realise this Truth we see that it is essential for us to increase our reasoning power over the unreasoning portion of our mentality. What I mean by the “unreasoning” self is that portion of our mind composed of a mass of material accepted without reason, totally opposed to Truth and the cause of all our strife in the world today. People have accepted a mass of material without reason—mental pills created by individuals who know how to coat them. Unsuspecting humanity swallows these, being ignorant of the Truth of things. And it will always be so till our leaders know the Truth and Live It.

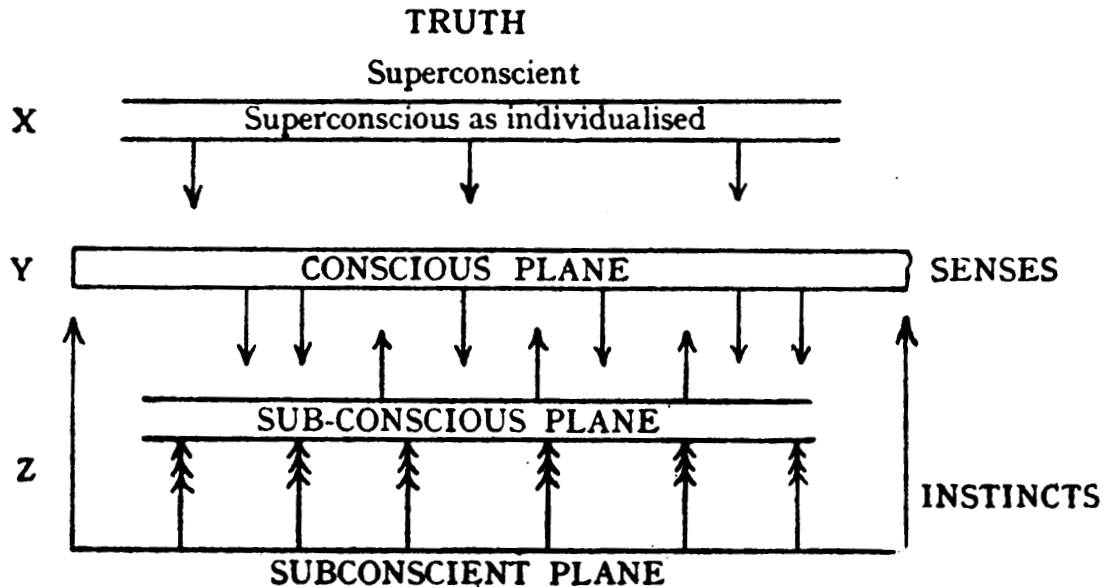
So we have a great amount of material that we have accepted without reason, and the point in my lesson tonight is to make you a reasoning individual, to make you that wide-awake person into whose mind nothing enters until such time as you have given it the O.K.

Has your conscious mind been influencing your daily life—with fears, suppressed memories and negative desires, placed there by yourselves and others, which have not yet been brought to the surface and reasoned with? We know then that we have a mass of material, and that it takes root in the subconscious and begins to sprout and work towards the conscious plane. We begin then to recognise and feel something we do not understand because it has not been reasoned with. When we reason with it and recognise it for what it is, and realise that the only power it has is the power we give it, then this very force or energy that is rising towards the surface consciousness can be dealt with, for when it reaches the consciousness it can be transmuted and directed into constructive channels. The very energy which was

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at one time a negative force can now become positive action. The energy rising as a negative force is used for your own benefit. We cannot destroy energy; we can only change its direction, and it is admirably done through the Law of Transmutation.

(See Diagram below.)



X is not affected by anything, it knows all.

Y Where Truth and error exist side by side requires Reason

Z Has no reason, it acts on instinct.

Positive action with the energy underlying that negative force is used for your own benefit.

Our ideas must change according to evolution. Fifty years ago, if anyone had said to us that we would be talking over the air to someone five thousand miles away without any visible means of communication, a broadcaster's voice being carried through the ether in all directions, you would have laughed and said that such a thing was not possible. We are just the same as the individuals who went down to the river to see that fool, as they thought, launch his iron ship. They went down to see the ship sink but to their consternation they saw it remain on the surface of the water, and now we have great battleships of steel laden with guns and shells floating on the water. What would

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the people of that time say if you told them of what has been happening in modern times with all our atomic bombs and gigantic equipment?

Yet you cannot comprehend what I tell you of that which is to come. Our ideas, you see, change according to evolution. Nothing can come into operation except by the Law behind it, and that Law existed always. Yes, the Law existed from the very beginning, and it has been for man to find it out. We can fly in an aeroplane across skies in opposition to the law of gravity, and the time is coming when we will learn how to use the same Law within ourselves. We will then be able to fly across the sky without the aid of an aeroplane. But at the present time you will say it is impossible, just as people not very long ago said that television and wireless were impossible. Yet you accept these things, when they come along, without reason, without thinking of the Law that is behind them.

We must give up our preconceived ideas, our erroneous beliefs, our out-of-date creeds and superstitions, even if to do so is often painful. It may, for instance, be painful for you to disbelieve what you have been told about your religion. We have been blinded by dogma and creed since we were infants; we have accepted without reason, and now believe, what we were told to be true. We keep on doing this until time will prove to us that our fears and superstitions are wrong. The individual who says, when new knowledge comes along, "I will discard this old material," he is on the way up. But the individual who is dogmatic about his out-of-date ideas, which he had accepted without reason, and who makes dogmatic statements without any investigation whether such are true or not, he remains behind; he is a hindrance to others as well as to himself.

But if we do give up our preconceived idea, no matter whether it is painful or not, the result will be the acceptance of a glorious release from obsessions and fears. Many of our basic fears come from either a dogma or creed, or some system which we are afraid to violate in case we displease some god or gods, or a belief that by doing so we shall suffer in hell. He who sees

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a deity external to and separate from himself is lost in a fog of illusion.

This reminds me that a person came to me only yesterday in a state of consternation and in the course of our talk said: “I am not in a position to tithe, and now I may lose my health or my billet, or something else will happen to me.” I said: “Who put that into your mind? Surely you know that there is only One Living Being in existence. Then put your dependence upon Him. God does not require anything from you; it is for you to accept His gifts and use them in the proper way. But if you believe that if you do not tithe, God is going to punish you, you know not the Truth, and furthermore I say whoever told you that is utterly and completely wrong. You are putting your dependence on material things and not spiritual things.”

This basic fear is even worse than the fear that belongs to pagan religion. I tell people of the Truth about a form of blackmail instituted in the past by the high priests of the synagogue to make their adherents pay money into the synagogue. Their minds were on material things, they wanted people to believe that if they did not pay in one-tenth (tithing) something would happen to them; and some gentiles have now taken it up as a means of obtaining money—under false pretences. The following is an extract from a book written by the author Sholem Asch:¹

“And since the Temple was the centre of their religious life, it naturally became the centre of all their activities, their meditations, dreams and wishes. There was no other life for them. Thus the High Priest became not only the director of religious functions but the ruler, in effect, of the whole people. He was the highest religious functionary, and, at the same time, the uncrowned king. He could send out his messengers to arrest Jews even beyond the frontiers of Judea. And the priesthood was like a leech, sucking the blood and marrow out of the people. The High Priests were bloated with wealth; for apart from the tithes and the first-fruits, payable in kind, they imposed additional

¹ See page 217.

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taxes on the people. With every sacrifice brought to the Temple there was a fee to be paid for the Priestly stamp. When the poorest of the poor came bearing their doves, or a twig of incense, or a jar of wine, or a cruse of oil, or a measure of flour, there was something to be paid to the Priests. And then the meat of the sacrifices! What their God received was a little blood, part of the fat and a fragment of meat; the remainder went to the High Priests. All these tithes went into the hands of a few families who divided among themselves the highest Temple offices. The lower ranks of the Priesthood, members of obscure families, lived in poverty. Theirs was the work—one might compare them to a slave class. There were also, among the lower levels of the Priesthood, rebels and trouble-makers who had a hand in every uprising.”

Get fears and obsessions out of your mind, and get this firmly established: God alone is the Supplier of all things and He is the foundation of your life and lives in you. The fact that you are alive is proof that He is living in and through you. It is your job to put the minds of others right, and it is essential that you learn the understanding of the activities of your own mind before you can show others the activities of their minds.

When new knowledge comes along look at it, investigate it; reason with it and see if it has the freedom of Truth. If it has not, discard it. But no matter what happens in this world, no matter what new invention comes into being, whatever new phase of activity, whether chemical, electrical or atomic, etheric or mental, behind it all there is a Law and that Law has existed for all time. There are also Laws in existence of which we do not yet know, but we can be open-minded and help to bring to mankind the truth and glory of His innermost Being wherein lies the Law of all things.

Our obsessions and our fears we will then see as the bogey, the skeleton in the cupboard. With a thorough understanding we will be able to face these boldly. There will be less sheltering behind our disabilities created by our imagination.

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The same energy is behind all activity, and it is the transmutation of this energy into constructive action, acting up to your responsibilities and not sheltering behind your disabilities, that leads to an ideal life. The greatest men in the world are those who have never sheltered behind their disabilities, but have been fully aware of their responsibilities and accepted these with courage and confidence. The great example of this in the present age is the late President of the United States, President Roosevelt.²

The source of all things, even pain, is within ourselves. As long as we lie to ourselves we are bound to suffer. We must reason and not be afraid, recognising that all things that come to us are for our own good. The destructive elements we will transmute into the constructive. So we will live in laughter and good-will, with faith in the ever-present All Good. This does not mean one day in the depths of despair and the next day in the sky because of current events; not one day full of fear, and the other living in a false paradise. No, you must be an example. How can you teach the Truth if you do not live the Truth. How can you prove to others if you are not the example yourself? Jesus was the true example: "Follow in my footsteps."

Since I was in Tibet I have never been anything but the same, keeping the same even keel. When I was told to examine myself and see every thought and image in my mind, to examine these thoroughly, to be entirely honest with myself, I was told that this would clear the way for the real Truth, which came to me when I shed all my illusions and fears. If you fear someone or something, there is an inferiority complex somewhere in you. An inferiority complex can cause one to feel superior to others, and this is a false state, worse than the preceding one, for, surely enough, that one will come to grief because of the inevitable law of cause and effect. Freedom from fear is obtained only through the Truth; then there is neither an inferiority nor superiority complex. There is complete freedom from all negative emotions and fears, and an even keel is obtained.

By the habit of acting constructively we gain confidence in ourselves, because we transmute all negative emotions to positive

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expressions. If we repress our negative conditions they will still remain in us, even if we think we have overcome them. There is only one energy underlying destructive or constructive action and it must fulfil what it is directed to do; the effect on the outer is but cause in the inner. Therefore transmute this force into constructive channels.

Knowing the cause, we can remove it, and the effect is removed at the same time. REMEMBER that the unseen forces are always in operation. We must direct them in a constructive way, and by our using them in the constructive way continually, the result will be the final elimination of all our troubles.

In a previous lesson we saw that the instinctive plane or the evolutionary process where the mineral, vegetable and animal nature existed, was the condition into which the Divine Spirit was incarnated.

In Genesis, it is shown that these conditions were created first and that man was entirely of a different creation. The whole world was made ready first, and then man was made in the image and likeness of God with dominion over all things. It was necessary to be incarnated in these conditions for man to have dominion over them. The involving of the Spirit took place, and then the unfolding followed, but that Spirit always existed, because the Spirit that liveth in man is eternal. God created and lived in man and that same God existed forever. (See my book *I am The Life*.) The Truth is simple but it becomes simple only when you begin to understand the whole and not only a fragment.

When you can put yourself in tune with the great laws of the Supreme Being, which are wise laws laid down for you to follow, to enable you to climb the great stairs of progress, and when you recognise your position in the Universe, you will have a Power that will banish all fears. Your position in the Universe is eternal and always has been eternal; God is Spirit, the same Spirit incarnated in man. It is this recognition that enables you to know that you know, to analyse and to reason, and this reasoning power aids your unfoldment. Do not limit this by the limitation of your reasoning powers. Divine Spirit is all and is involved, incarnated

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in conditions prepared by itself. The evolutionary process came into existence through Law, but man is the individualisation of the Law.

In the Garden of Eden man knew his true spiritual self but when he was incarnated into this conditioned substance he was involved in darkness just as a seed is involved in the ground. That darkness, however, was the means of his growth and development; so he unfolds until such time as he becomes aware of the fact that he is that Son of God, and then his true Spiritual evolution begins. He becomes one with the Christ with power and dominion over all things. Knowing this to be true, you will get rid of your obsessions and fears through Divine understanding.

When you put yourself in tune with the great Universal laws and recognise your position in the Universe you will have power which will banish all fears. You will react unconsciously to every event in life in a constructive way.

If there is any basic fear in the subconscious mind you will naturally react in a negative way to every event of life. In this state of mind you have actually to withdraw, as it were, away from the negative attitude and force it to concentrate towards the constructive. Is that not so? Yet this operation does not relieve you of your trouble. You cannot change the negative to the positive, for the negative state remains. It is *transmuted* through your knowing the Truth that heals. But when this cleansing process is completed there is a conscious reaction in a constructive way and the conflict disappears.

Evolution demands that our inner bodies be developed to bring us in touch with the super energies. These inner bodies are the ethereal, mental and spiritual bodies which interpenetrate our physical body. An adjustment has to be made to the Higher Levels. We have to adjust ourselves mentally, and it is necessary that we make this adjustment immediately. Our progress in life is a great Universal Science.

When you contact with the great forces you must recognise the fact that the basic principles are Love, Kindness, Happiness,

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and Cheerfulness, and you will find that they will reflect in you and create harmony. You will not worry over things of the past nor worry over things of the future. Your future is safe, you will live in the Now, for it is eternity.

Time never was. We measure time by twenty-four hours in the day and three hundred and sixty-five days in the year. We measure our time because the earth revolves round on its own axis once in every twenty-four hours—the earth is twenty-four thousand miles in circumference, so the face of the earth is revolving round that rate of 1,000 miles an hour and completes the circle in twenty-four hours. The earth is also ninety-three thousand miles from the sun, and it makes a complete circuit round the sun in three hundred and sixty-five days. It is, therefore, moving through the ether called space at the rate of one thousand miles per minute. So you are moving through space at a thousand miles a minute while the earth is revolving at the rate of a thousand miles an hour. The earth is spinning round at that great rate and yet you do not fall off. Why? Because of the force of gravity, which is the law of attraction.

The fact is that materials are drawn together according to the law of attraction within the material; thus weight is the attraction. Weight is the attraction of a larger piece of substance attracting a smaller belonging to the same vibration. Reverse the law of gravity and you would float up in the air. Levitation is reversing the force of gravity through mental power. But people do not believe that yet. Time will come when all will know the Law behind it; then it will be as common as the wireless which was believed impossible. Nothing is impossible. We have no conception of our possibilities, but our disbelief prevents us from fulfilling the Law. The Law fulfils itself when we act on the Law.

We must be simple like the little child lying in the arms of its Mother, looking up into her face with a peaceful smile. We can do the same. We must put ourselves in tune with the great Universal Forces. Happiness and freedom can be obtained only through the law of harmony which unites us with the great Divine

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Principle which is behind all things, including the Universe. We see that the physical body is affected by emotional energies; the emotional body is affected by our mental energies, and our mental body is affected by the Supreme energies which have power to level out all vortices and disturbances and eliminate our troubles in all the lower planes such as the mental, emotional and physical bodies. The secret lies in harmonising with the forces of the Universe and using them in a constructive way for the benefit of yourself and others.

It is the Supreme Being in ourselves which levels out all vortices of energy in the outer realms. When this is realised we find the Law of perfect action. Most people are worrying about external things, while the real truth about life is lost. The Truth is simple, yet narrow is the way. It is the broad way that leads to destruction. “Be one-pointed in regard to Life.”

You are the soul in distress. You want release, and the only way you can have release is to carry out the Law. Your body is not an individuality, neither is your mind; they are instruments of the Spirit. You are the individuality; “I AM” is the individuality. “I AM THE LIFE.” Life organises the body for its own self-expression. Life is the only power there is, and there is no other power. And Life is God and God is Life, and your consciousness is in Life. Your directing power is your awareness of your consciousness in Life. Believe in the one Power which is the only Power there is; then, what you believe in your heart, so will it be unto you.

If I had given you a dose of medicine and had told you that it is an all-powerful medicine and that it would cure your trouble instantly, if you believed it, it would do so—yet the medicine was just coloured water. You would say: “What wonderful medicine!” because you were cured. But the medicine did not cure you; the cure came from within you. You put your faith on something that had no power at all. Therefore your faith was founded upon falsehood. When you know the Truth of Reality, which is always present, then you are on solid ground; your faith is then founded upon the Rock of Truth.

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Your might-power comes through being one with the mighty Divine Power itself; you are the individualisation of it. So work from within outwardly. Tune-in with your own wireless set and gain your heritage, the perfect expression of your Divine Nature.

SUGGESTION

There is a method by which suggestion can be used with effectiveness, and we should understand it. Unless we understand the right way to use the powerful weapon of suggestion we shall do not only ourselves harm but we will do our patients harm too. That is why it is essential to know how to use suggestion properly. In treating by suggestion you would not repeat the patient's condition; you would not say, "This sore head of yours is going to disappear immediately." Do you not see that every time you mention "sore head" you are intensifying the idea of the sore head?

That was the very thing Coué, the Master of Suggestion, tried to show his patients; they did not have to think of their trouble, they had to think of a formula and the formula was: "Day by day in every way I am getting better and better." They had to say this with the body and mind relaxed, not thinking of anything else, picturing the formula in their mind. This took their mind off their trouble; the mind accepted the suggestion that day by day in every way they were getting better and better. I can remember when Coué was at the height of his success; the Press had headlines, "Day by day in every way I am getting better and better." Thousands of people accepted the principle and hundreds of them were cured of their troubles. Our troubles are always paramount, always dominating our minds. The first thing we think of is our trouble; we react to it and naturally we suggest it to ourselves and thus intensify our trouble. We get the reverse of what we want. We want a cure, but the image of our trouble predominates, and thus we intensify our trouble and get the reverse.

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I am going to show you what the suggestion really is. The subjective mind accepts and reflects back again to the consciousness what the consciousness sends down to it. The subconscious does not reason about what you send down to it; it just accepts what you believe, and reflects back again to the consciousness what the consciousness is aware of. The reason why some people got better by repeating the formula was that they found the knack of releasing the image of their trouble and holding the image of the word-expression "Day by day in every way I am getting better and better." This drew their minds away from their troubles, taking them out of their inharmonious vibration and allowing nature to do her work unhindered.

Nature tends to assert herself when given the opportunity. It is natural for nature to express herself according to the Law inherent in herself, and that Law inherent in herself is established from the beginning. Nature always tends to express the most perfect expression of herself. I showed you in a previous lesson that the mineral, vegetable and animal plane existed as a limited expression, complete and perfected by nature, its functions being instinctive. The vegetable absorbs the mineral and forms different kinds of vegetables according to the quality and quantity of the minerals incorporated in the vegetable, combined with oxygen, hydrogen and nitrogen from the atmosphere, and vitalised by the sun's rays. These are all combined, and nature produces the perfect article.

In the animal tissue is the instinctive principle that controls both the mineral and vegetable substance and builds the cells of the body which have within themselves the instinctive power to function independently of each other, yet controlled by this instinctive principle underlying all animal nature. It is this principle that is affected by our images; it is either retarded or helped by what we believe. If left to itself it will perform its function perfectly. That is why I say: let nature do her work unhindered. Coué's method was to allow nature to do her work unhindered. When a person said to Coué: "Do you think, Doctor, that you can cure my trouble?" He would reply "It has been done before, and I don't see why you should not be cured too."

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He formed his patients in dozens and sat them in a ring. He would then take six old patients and six new ones, and the old patients passed easily into a “suggestive” state. He would say: “Close your hands. Now believe that you cannot open your hands!” He would repeat: “You cannot open your hands!” and they would find that they could not open their hands—the more they tried to do so, the more they found their hands were gripped together. He explained that this was the reverse effort. “You believe in your mind that you cannot open your hands, and the energy with which you used to open them is directed to the idea that you cannot open your hands; so they remain closed even more tightly. The same thing acts the other way. If you believe in your trouble and you try to cure it you intensify your trouble. You must forget your trouble and repeat the formula in a relaxed and sleepy state: ‘Day by day in every way I am getting better and better.’ ”

Then Coué would say: “Close your eyes; now believe you cannot open your eyes,” and the more the patients tried to open their eyes the more difficult it was. So he took them twelve at a time—six new ones and six old ones. The old ones just fell into the routine, and the six new ones followed suit. Suggestion had its effect. We are all influenced by suggestion, though we do not know it. Suggestion is a wonderful instrument, and it is necessary that every one of you learn to understand how to use it.

It is not the suggestion that acts, but auto-suggestion. The spirit in the individual does the work. Your suggestion should be to affirm and suggest that which is perfect, to blot out the inharmonious vibrations. By holding off the false condition you allow that which is real to be made manifest. It is education that is required. Cures will follow. Once we are educated to know the Truth and to realise the Truth, our troubles will disappear. Christian Science has swept the whole world because of the belief in that which is real, but Christian Scientists have tended to become more and more dogmatic and circumscribed than all other religions, and that is why they are not getting results today. Spirit is perfect; Spirit is real, and it is the only reality; and it is through this Reality that we are healed.

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There are of course natural laws which must be adhered to. You cannot carry a pail of milk in the one hand all day without changing it to the other hand sometimes. There are lots of things you have to learn, and you will learn them in the physical side³ of the course following the Mental Series.

- 1 Sholem Asch (1880-1957), Russian-born Jewish-American writer.
- 2 Franklin Delano Roosevelt (1882-1945), 32nd President (1933-1945), stricken with polio. Initiated the “New Deal” policy which brought America out of the depression. Considered by some to be the 2nd greatest US President after Abraham Lincoln (16th).
- 3 “Heal Yourself” (1947) Explains the physical side of healing in this series of lectures continuing on from Spiritual & Mental Series as outline in this book.

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When I was in the Himalayas I witnessed materialisation and dematerialisation of great magnitude. The Masters who were operating on the Law said of this secret knowledge the world is not yet permitted to know. The amount of power inherent in the atom is only a tiny fraction of the amount of power that is inherent in man's consciousness. Through the consciousness of man, substance and form is controlled yet he is unaware of this tremendous fact. The atomic rate of the substance that is visible in the material plane can be changed to a higher rate of vibration, and the material we know would just fade out of existence.

Just think of the tremendous energy in man's consciousness. Behind the whole Universe is the great power of creative thought. Form in substance is the formation of atoms operated upon by creative thought-power, and is sustained by the same thought-power, and this creative power is individualised in man. You will realise then the amount of energy that man can control through complete awareness of this fact. My demonstrations to you on the healing nights when I practised controlling the "prana" energies, I went outside and projected the healing power into the hall through the walls and closed doors. That was a projection of the same force, so imagine the tremendous conscious power if you could gain a conscious realisation of the Consciousness of the Infinite behind all Creation.

I want you to think of it for a moment, and then you will see that the story about breaking down the walls of Jericho is not a fallacy but a natural law, the law of vibration. We are creating vibrations in ourselves continuously by our thinking and by our emotions. Negative mental thoughts and emotions and positive mental thoughts and emotions are in operation all the time. The positive ones tend to build up the body, and negative ones tend to break it down.

I have found in my work so many times that a patient will go into a relaxed state followed by a suggestive state, and in this state the mind is easily influenced, provided that you prepare

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the mind for this influence. Just to relax a patient and allow him himself to react to his own subjective influences, whether good or bad, is not the best practice. The subjective mind must be impressed by the Truth. By proper relaxation the subjective influences tend to rise to the surface, because there is freedom of action. In the conscious state there is repression. The subjective mind is where a thought held in the conscious or objective mind is impressed and absorbed. These become whirlpools of energy when suppressed. In a state of relaxation these subjective influences tend to rise to the surface and sometimes you get an emotional strain.

I found many patients passing into a violent state of emotional weeping, and when this is over there is a sense of relief. One would think that the best thing to do would be to quieten them down, but this is not so, I increase and encourage the outburst of emotion because it is a repression that has been affecting the health of the patient. When conscious control is taken away through relaxation, these repressions tend to rise to the surface, and if the patient is in a suggestive state you can release many repressions.

You can also suggest thoughts of health, strength and happiness; you can thus educate the patient so that he will realise the Truth of his own being. He will realise that the spirit is within, and by increasing the knowledge of this fact the subjective mind reflects it outwardly again. The subjective mind not only reflects what the objective mind believes, but also what it receives through suggestion, under certain conditions. It accepts what ideas you send down to it, and it will gradually associate these with others previously absorbed or obtained. These ideas may come into violent conflict with others that have been placed there before.

Positive and negative ideas exist in our minds side by side, and when it is suggested that certain things are going to take place, though in many cases they do, in others no result is obtained, though that person is in a suggestive state and accepts what you say. You can say to the patient: "You cannot open your eyes," and he will not be able to open his eyes. This suggestion

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is carried out, and yet there is no response towards an elimination of his condition as suggested to him. Why is this? A person will accept the suggestion given, and yet regarding his condition there is no response at all. Many who have practised mental therapeutics have asked me this question. Well, it is quite easy to answer. In the subjective or subconscious there are strong opposing ideas that are preventing the idea you have given the patient being transferred into action, because of the opposition of the dominant idea still existing there.

What is the cure for this? Give him more suggestions? Of course not; you would only intensify the condition. The first thing is education, so that a rearrangement of the subconscious can take place. A rearrangement of the ideas in the subconscious must be obtained, so that opposing images and ideas are eliminated.

Sometimes you find a person with a basic fear, generally one who does not know anything about the Truth. You who have been following these lectures, understand to a great extent the real Truth about things. To those who have a basic fear ask: "What religion do you belong to?" and in most cases you will find they belong to a religion that is circumscribed and narrow, based on a fear complex. This tends to create a basic fear, because fear is attached to one of the most important things in life. And if one is afraid of this monstrous God that is going to destroy, burn and punish, naturally they are afraid of everything—because their conduct is based on fear.

When this fear is taken away through an understanding of the Truth, the opposing ideas are removed; they no longer affect the patient. This is why you must educate him along the lines of Truth. There is a big difference between those who use analysis and suggestion and those who know the Truth and Reality as well.

There are many pseudo-scientific psycho-analysts who do more harm than good. I have had thirty years' experience among all kinds of people, and many who have been so-called psycho-analysed have been made much worse. It is like a person with a torch-light looking into the corner of a dark room thinking

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that what he saw was the whole room when it is only a darkly-lit corner. Know then that we must understand the whole before we can understand the fragment. It is not the analysis of the subjective mind that is so important; it is a constructive direction towards acting up to our responsibilities in life and the elimination of fear through the understanding of the Truth of our Being.

All subjective negative thoughts have a basis of fear upon which they stand, and that fear must be removed, otherwise any other idea you try to put into your mind will be weakened by that same basis of fear. So we have to recognise that patients must be educated along the lines of Truth. God is a God of Love, and we must realise within ourselves that He is this Mighty Power of Love. Therefore of whom can we be afraid?

God lives in each and everyone of us, because there is only one Living Being. There cannot be two, and if this God who lives in and through us is the same God that created the Universe and in fact is the power behind all Creation, surely then we can realise that there is no Power external to us greater than the Power within us.

Now we come to the point where we will see that there is no energy external to point greater than the energy behind point, and it is from behind point that I want you to recognise and realise your own consciousness to be the point through which the Divine Consciousness is expressed. This is the secret of the power of the Masters. Have I ever told you to imagine something to be the Truth? That would be erroneous, because the Truth is neither an idea nor an image, nor a sensation, but "I AM THE TRUTH" when I recognise the fact that I am the Truth. I do not create an image in my mind of the Truth; I know that I AM. I create no image; I am devoid of mental images when I know that I AM THE TRUTH. Probably it is hard for you to grasp this Truth, because you have been accustomed to creating images in your mind regarding the Truth. The Masters' secret is to dissolve away all images until such time as one is entirely free, alone on the pinnacle of the spiritual power inherent in his own consciousness, which is behind all thought and all creation, and from that point everything must move outwardly.

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Mind itself has both constructive and destructive influences side by side; good and evil ideas are but images in the mind. One is constructive, and one is destructive. Those who have created constructive ideas build up health, strength and happiness, whereas those with negative ideas do the reverse.

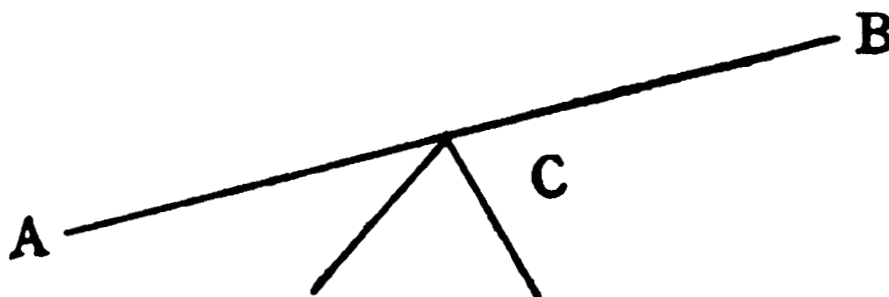
Auto-suggestion and suggestion given by another influence the mind. Most people are influenced one way or another when their minds are open to receive; naturally it is right to show people how they can think, but it is greater, much greater, to give a person an understanding of the Truth of their own Being, for this alone can relieve them from the fear which is the basis of all error in thought.

I have known many practising suggestive therapeutics who could not understand how they failed to cure in some cases, when other similar cases were easily cured; yet it is simple to those who understand the great Divine Laws. Suggestion in itself is not always a cure, though it is a great aid and help to the cure. Therefore it is absolutely essential that we should understand Truth as well as mortal feelings, thoughts and suggestions. What I mean by mortal feelings, thoughts and suggestions are the feelings and thoughts of the mortal man himself who is still living within the illusion of the mortal mind unable to comprehend the Divine plan in operation.

Recent scientific inventions and understanding of the atomic energy have already revolutionised the thought of people throughout the world. They have recognised already that matter is not solid and that energy inherent in matter can be separated, that the particles of energy making up the atomic structure can be directed into other channels making matter itself disappear. We are continually doing the same thing, we are continually changing the structure of our bodies by our own thought. Thinking positively or negatively belongs to the plane of the mind; it is psychological. But there is a higher Truth to be recognised and it is the awareness of our own consciousness, the Divine Power controlling all things, and what is behind all things. That is the higher Truth.

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When one reaches point, one is not affected like those who are at each side of the see-saw, A and B; the one remains at the point C.



When A is down, B is up; and when B is down, A is up. But when you recognise that the point at C is the balancing point, the point at which all thought is created, this is never up and never down, and that is you, the Real you. But at each end of the see-saw are your mortal reactions, your mortal images, your mortal feelings and also mortal suggestion.

Many who practise hypnotism, mesmerism and psycho-analysis think they are qualified because they have degrees. As a matter of fact, I have found that many who practise along these lines do not live a sufficiently spiritual life and have no understanding of the great Spiritual laws. Therefore they are not really qualified to do the work of healing, because of the invisible influence they may create. Only those with a thorough understanding of spiritual, mental and natural laws are capable of using this wonderful science. That is true, and that is why classes are given to you, so that you can learn that even a touch of your hand means a suggestion. No matter how you place your hand on the patient there is a healing effect if you have in your mind the Truth with the desire that this person will be healed.

First of all you must heal yourself. You must heal your own mind. What I mean by healing your own mind is to get rid of the mortal conditions you are seeing before you. One must hold fast to the real which is Divine and already perfect. There is only one trouble, and that is the violation of the laws of life, whether they be spiritual, mental or physical. Thus, you cleanse

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your own mind by recognising the Truth that the Divine Creation must be perfect with no flaw whatsoever. Then you recognise instantly that mortal mind has no power, neither has any mortal body any power, nor has any mortal condition any power. You must cleanse your own mind, so that your mind becomes freed from the mortal conditions you see before you. In many cases healing will take place instantly. I have proved it. Sometimes it will not, because you must first get the co-operation of the patient.

The methods that I have shown you, laying on of hands, instructing patients what to do and how to do it, tends to lead them up towards that co-operation. When the Will of God, the will of the healer and the will of the patient are aligned together in Truth there is healing. That is why I always say every disease is curable but not every patient.

We must also understand the mental reaction caused by “opinions.” What are your opinions? Do you really believe what you see or are you just saying it for saying’s sake, or are you just agreeing with the other person? Do you quarrel with the other fellow because his opinions are different from yours? Do you think your opinions are right and his opinions are wrong, or are you just confused in your mind regarding these opinions? Let me tell you an opinion is a suggestion; the influence is just the same. Therefore the question is, what is your opinion? Opinions held by most people are of very little value because they are based on information accepted without reason or investigation. Many people read without using their reason, and they accept without question, and base their opinions upon, what they have accepted. That which they have accepted may have no foundation in Truth whatsoever. When you see, hear or read anything, you should not let it into your mind until you have applied the law of Truth to it.

Is your knowledge limited? Do you fully comprehend the “meaning?” Do you base your opinions on your limited knowledge? It is better to have an open mind than fixed opinions that are erroneous because they only create a conflict in your mind. The only possible chance you have of getting rid of a conflict

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based on limited knowledge is to inquire fully into the matter. Ignorant man has thought his way all through the ages with limited knowledge, thus causing strife and misery, and this will go on happening until man begins to see the Truth about things. By expanding knowledge and an open mind we are freed from limitations.

In our present age many have come to the conclusion that there is very little left now to be made possible. I may tell you that we have not even scratched the surface of the possibilities before us, even though we have come to understand atomic energy. Therefore let our knowledge be expansive, always ready to receive new knowledge. Do not let opinions become stereotyped, founded on limited knowledge.

We know perfectly well that a great deal of sickness, especially neuroses and mental conditions, are brought about by our unfulfilled desires. Desire may create a tremendous upheaval in the individual. A desire for something, or some person, when the desire is not fulfilled, causes a tremendous upheaval in the system; people have almost gone mad because their desires have been frustrated, because their minds are focused in the wrong direction. We must understand these things; and then we are able to show others the way. Enlightened man is badly needed in this topsy turvy world of ours.

Your opinions have an invisible influence; you may call this suggestion. You are being "suggested to" every minute of your life through hearing, reading, seeing and speaking, one way or another, whether it is positive or negative, but you are the one who has the power to say it shall be or not be. Metaphysical ramblings have caused more headaches among students of Truth than anything I know. The plain simple Truth is the knowing that you are the one who has the prerogative.

There are many people who would like to impose their opinions upon you, but be wary, watch carefully, keep your mind free. Ward off these ready-made suggestions and ready-made opinions that might take root in your mind and influence you in the future. We are getting rid of our dictators now; soon we will

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get rid of our politicians! Ready-made opinions are made by those who want you to accept what they would like you to believe. Mass-psychology or collective emotions are dangerous things. It is wonderful how a thought can begin to grow, and before very long the whole crowd is seething with revolutionary influences and adverse thinking.

You think, and your thoughts materialise as experience, and thus it is all unknown to yourself as a rule that you are actually weaving the pattern of your own destiny here and now by the way in which you allow yourself to think day by day and all day long. It is altogether in your own hands; no one else can involve you in difficulties or limitations; neither parents nor wives nor husbands nor employers nor neighbours nor poverty nor ignorance nor any power whatsoever can keep you out of your own when once you have learned how to think.

We must be free from adverse influences no matter by whom they are created. There are so many unthinking people in this world who accept mental pills, swallow them, and then get a bellyache. It is in the fixing of the mental picture in the minds wherein lies the danger. Be an individual not an automaton. Truth is your watchword. Never allow any opinion or any suggestion of any kind to become a fixture until you thoroughly understand the motive behind it, for this has been the cause of nearly all our troubles in the past as it will be in the future.

Only about two hundred years ago people were burnt at the stake, massacred because they did not believe a certain creed or dogma. These people were killed because their religious belief was different. Here a fixed idea made fanatics of the worst kind. They actually believed what they did was pleasing their God. What a hideous God they believed in! Their opinions were fixed, and this is the cause of war and any other war that may come in the future. People do not know the Truth of the ONE Living God Who lives in all and is the foundation of life and existence; hence we fight with one another.

THE TRUTH OF THE ONE LIVING GOD IS THE SALVATION OF THE RACE.

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A very prominent man came to me the other day, and he said: "We want to build a new organisation, a big organisation that will sweep the world."

I said: "What for?"

He said: "For unity."

I said: "We have got too many of these organisations already and they are only creating more separation; adding another to the number is only to create more separation. You do not have to create an organisation to create unity; unity is already established in all individuals if they would only recognise it. Immediately you create a new organisation everything becomes more personal and less impersonal, the result being bickering, opposition and separation. You want a new religion? You have the oldest one in the world, the simple religion of I AM THE LIFE. It is not new organisations we need; it is the teaching of the Truth to every individual, so that all will recognise that within themselves lies unity. Unity exists in us. We are all already united because the one same Living God is the same in each and everyone of us"

It is this spiritual knowledge that will save the world and save man. It is neither psychology nor metaphysics nor organisations nor anything else. It is Spiritual understanding alone that can save the world, and that Spiritual understanding can be obtained only through Love and service. "Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto Me." Those who do not understand the real spiritual life have no right to hold any responsible positions in the community.

Constructive suggestion is necessary in this life because it enables us to overcome negative suggestions. Let me tell you this again: Suggestion and auto-suggestion belong to mortal mind and not to Divine Mind. You cannot suggest anything to Divine Mind. Divine Mind needs no suggestion. It is only the ignorant mortal that needs suggestion; you practise suggestion on your mortal mind. Therefore constructive suggestion is necessary in this life, and it is good to practise it regularly to counteract the destructive. It has a definite influence upon us; it brings the soul into active co-operation towards constructive action.

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It is activity in the right direction that enables us to do things without effort; and when we learn to do things right without effort, we are using a constructive force working from within outwardly. To do things without effort is the involuntary work of the soul working for us. Calm yourselves, be at peace! God alone does the work; therefore “Be not afraid,” “Lo, I am with you always, even unto the end of the world.” If you believe as I say, go and do, and you will find that God can do a perfect job. For out of the mouths of babes and sucklings come words of wisdom.

The great secret of our whole existence is to understand ourselves, to feel kindly towards all, to expand through knowledge, to have courage and confidence, and to work with perfect faith. Remember that the mind and body are instruments of expression. The body is built up of cells, with a nervous system and organs that complete the whole body. The brain is the seat of all physical activity. Your thinking is done through the cerebrum and it is out-pictured in the body through the nervous system. When you accept an idea in the mind certain cells in the brain become active; the acceptance is the first process; activity and transformation are the second. Immediately you accept an idea in the mind about any particular part of the body, you have action there. Interpenetrating the physical brain, there is the ethereal brain, which conveys to the physical brain the necessary impulses.

I told you before that we are all electrical and that your brain is nothing more than an electrical transformer with the machinery which enables the impulses to be carried to the parts of the body represented in the brain cells. The brain is linked up with the sensory and motor nervous system through the spine, which links up with the particular portion of the body. If I lift up my hand it is simple, but, in the process, complicated machinery has to come into operation before the idea is out-pictured, which is conveyed through impulses stimulated in the brain structure, and this must come into action before my arm obeys my command.

The machinery is controlled by the Intelligence; the intelligence that created the body knows how to run it. The mind

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controls the brain. The brain is the instrument through which physical contact is made, and through the cells of the brain a definite effect is created upon the corresponding parts of the body, thus causing an action there according to the intensity of the active idea. So as we think of a portion of the body, so we suggest to ourselves a particular happening as regards that particular part of the body, and we set in motion the cells of the brain connected with that portion of the body either positively or negatively.

Mind substance interpenetrates your brain substance, and, by the process of ideas, impulses are created in the cell structure of the brain by your mind, activated by the idea, and a certain amount of energy is released in a particular area of your body through the nervous system. Mind interpenetrates matter and controls it. The cell structure (matter) is mind in a negative phase, and the mental principle acting through the brain is of a positive phase, changing the tissue structure of the former, but all is mind. It is the one substance that is formed into bodies; the Intelligence acting through it forms according to what the consciousness directs. No physical brain could create the complicated machine of the human body. It is the Intelligence that is in and through the body which created it and works it.

Life is the creative principle, not the brain, nor the nervous system, as they have no power of their own. They just obey you, **THE CENTRAL YOU.**

It is the perfect idea that is so essential, the perfect idea of the perfect mind that created the individual. That is the suggestion that the mortal mind should receive all the time, because it tends to flood the whole area with the perfect Truth of Being. Whatever the subjective mind accepts so does it tend to out-picture. So we should try and see in our own minds this process of the perfect activity expressing itself through the whole organism made out of the perfect Substance. The Superconsciousness is above and directs the subconscious below; the Superconscious belongs to the Spiritual Life and the Spiritual bodies you are inhabiting, though you are not at the present conscious of them, because you

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are not functioning in them consciously. The superconscious controls all the spiritual mechanism. Your spiritual bodies are beyond and above the physical senses.

The subconscious is that which controls every cell in our body and the function of our physical organism; all are controlled by the Intelligence, the Intelligence which created it for its own self-expression. The mineral, vegetable and animal principles in the process of evolution are known as the subconscient, this subconscient is made subconscious in you. It knows how to go about its job. Both the Superconscious and subconscious are familiar with all the details of our physical and mental organisms, and it is by this means that the realising of the proposed end is attained.

When we realise the proposed end, understanding that superconscious and subconscious are familiar, with all the details of how to bring it about, the proposed end is accomplished. It is only through the proper understanding of Universal Science, which includes natural laws, mental science and spiritual realities, that we realise the complete whole, making our knowledge complete and we recognise the Divine Principle as the one and only principle behind all things. This gives us a complete view of the structure of ourselves and the Universe from all points of view. And it is my endeavour to make everyone in this class mentally conscious of spiritual realities with a complete knowledge of the physical, mental and spiritual laws.

(This now completes the Mental Series.)

“Peace be with you.”

“So mote it be.”

Dr. M. MacDonald-Bayne, Johannesburg