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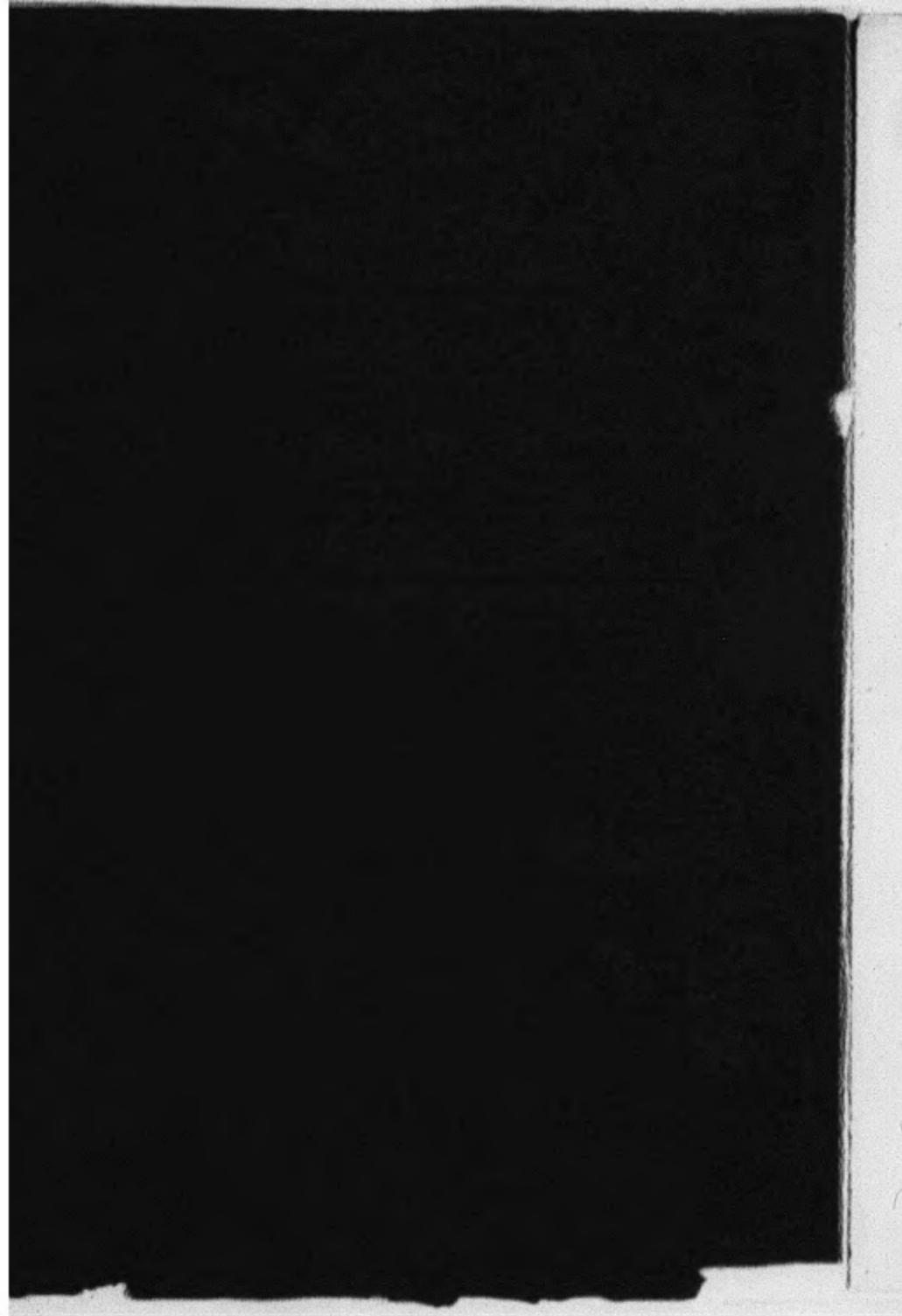
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SELF-CULTURE

Vol. 2

JUNE

No. 6

SELF HEALING

(Continued.)

Metaphysicians recognize three planes of consciousness which will unfold in every soul. They are subconsciousness, the Objective or Waking Consciousness and Super-Consciousness. Subconsciousness manifests *first* in the child, and the orders of life below man are ruled and governed from that plane. It represents Nature's Knowing, and it controls the vegetative and vital functions of the animal and human bodies.

Every living child is born with it. Its impulses have their rise in this subconsciousness. The processes of nutrition, breathing, circulation, assimilation and excretion are controlled by it.

The impressions which come to the child from without, as well as all concepts which it forms in later life, the thoughts it thinks, etc., also become the property of this subconsciousness (or other-conscious) plane in turn. In the measure in which these impressions, concepts and thoughts are true or false, will they strengthen or weaken the subjective forces which control the functions and processes of the body. This is one principle which the Healer or Patient must never lose sight of. It must ever be remembered that it is the nature of consciousness (both subjective and objective) to be or become dynamic. It directs our forces, and determines in what manner they shall work or manifest.

Our conscious thoughts when they have become the property of the subconscious plane, may become the impulses that produce reflex activities we know as subjective, spontaneous, and involuntary, if the thoughts entertained by the mind are repeated often enough. *They are translated into dynamic force.* The ease with which "habits" are formed—both good and bad—proves this to be true.

For example: In a certain house is a low door that communicates between the kitchen and the woodshed

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For example: In a certain house is a low door that communicates between the kitchen and the woodshed

The people that have to pass from one to the other may bump their heads a few times in passing. But soon they will bend their heads *voluntarily* and *consciously*. This after a while is done *unconsciously*. A habit has been formed. *Conscious mental states have become unconscious mental states.*

The musician who has played a piece of music often, will be able to play the same again if the notes are placed before him, even if his mind is busy with other thoughts.

It is the same with the tobacco and liquor habits. The sensations experienced by the use of these articles are impressed on the mind and become subconscious mental states. They are so many suggestions which in time become a subjective force or impulse, that calls for a repetition of these sensations. It manifests as a "craving," or "desire." All impulses have their rise in some form of consciousness, and those which we recognized as hereditary may be the result of a consciousness developed in former lives of the ego, or are simply *transmitted* to us by our parents.

The whiskey topert or tobacco user feels impulses arising from mental states that have become subconscious. Not reasoning upon them he begins to believe in the operation of a force ruling or driving him from without. He believes himself the passive agent or victim that is unable to withstand these suggestions or promptings that come to him he knows not from whence. He may attribute them to the "devil," or to the thing he uses. His apology is: "I cannot help it. *It has gained too much power over me.*"

Now it is a fact that *nothing is able to control a man or woman as long as they exercise their own volition.* If the user of tobacco or liquor yields to his own subjective promptings, it is done with the *consent* of his will. Or if his better judgment admonishes him to refrain, and he indulges in spite of this, he simply fails to use the power which Nature has given him—his Will. If he once earnestly and sincerely makes up his mind to refrain from further use of alcohol or tobacco, and then *uses his will* to remain in that attitude of mind, there would be nothing in

heaven and earth that could force him to yield. His salvation then lies in the cultivation of a *wakeful Consciousness*, and in the proper Exercise and Development of his *Will*.

Only USE can develop either. He must associate with people who will give him helpful suggestions. He should read good books, and make proper affirmations or auto-suggestions as often as possible. In this way he develops a new Consciousness, which will become a subconscious mental state, and the cause of new manifestations in the man's mental and physical life. A new objective and subjective mentality will in time translate itself into dynamic force, which will neutralize the old impulses, and the patient gets cured, morally or physically, as the case may be, or both.

It is when the patient begins to experience this new power that is welling up from within, that he often relaxes his efforts, thinking now the battle is won forever. He allows his new consciousness to go to sleep, and this gives the old one a chance to come to life again. Or he will associate with his old companions before he is capable of perfect *Self-Control*. Then there will be a "Relapse." In this as in all else, "Eternal Vigilance is the price of Liberty and Perfection." The Bible student will remember the allegory of the enemy who came and sowed tares while the husband-man *slept*. Once that freedom from disease or bad habits has become a fact, we must remember that it is only through the exercise of a *wakeful Consciousness* and an *active Will* that we may hope to remain Free.

Only quite recently a patient of mine whom I had cured of a bad case of Rheumatism years ago came back and wanted treatments for the same ailment. He told me that he thought himself quite immune from his old enemy, and that he could not understand why he had to suffer again. When he told me further that he had thought very little along the lines of thought that once cured him, since that cure was effected, I understood *why* that relapse had come. Of course physical disturbances may be wholly due to physical

causes, and may make their appearance any time such causes become active, but when the proper positive mental and moral conditions are observed, their influence is considerably lessened.

I repeat once more, that man is a trinity of Soul, Spirit and Body. The three planes of his being correspond with the Psychic-Mental, Spiritual and Material realms of the Universe. Each part of man's being is subject to the laws which operate on that plane within and without. For example. If we go out naked at a time when the thermometer is way below Zero, we are sure to freeze to death, if we remain out long enough. A proper positive mental attitude would make us capable of resisting the conditions without a little longer, perhaps, but it could not prevent us from freezing.

Likewise, if we habitually indulge in thoughts and emotions of Fear, Anger, Worry, etc., or keep ourselves receptive to the suggestions of others, we will most surely bring trouble upon ourselves, no matter whether we are otherwise good Christians and observe proper hygienic conditions, though the latter would naturally lessen the effects of the former to some extent.

Remember that USE develops our faculties, good and bad, and non-use weakens (and finally *may* destroy) them. It is for this reason that many thinkers believe in what Occultists call, "the Second Death." If individuality depends upon the proper USE of Consciousness and Will, then their habitual suppression naturally may tend to undo, or weaken the individuality.

Consciousness and Will are then not fixed quantities. Either may be changed, increased, or lessened by the individual. If we possess a Consciousness which interferes with the orderly operation of the law of Health and Harmony, it is in our power to change it. If the will has served us perversely until now, we can by proper culture change it into a splendid power for good. It would be wrong to suppress it altogether if it has manifested in undesirable ways, just as it would be wrong to kill a colt because it is

untrained, for the will is our motive power, and those parents who start out in the business of "breaking" the wills of their children, unfit them to cope with life's problems and temptations. This is why so many children of "good" people go wrong, or remain failures in life. The one power that could make them a success has been systematically paralyzed from infancy.

Consciousness and will act and re-act one upon the other. That is, Consciousness ever tends to become dynamic. It generates impulses and stirs the Will into activity. The Will, on the other hand, may control your Consciousness, or, more correctly speaking, *you* may, through the power of your Will, determine in what direction your Consciousness shall function.

God, or Nature, then has given you all that is necessary, to cure yourself unaided of most of your physical, mental and moral weaknesses. You also possess inherently all the powers and capacities which you need in your further growth on all planes. Most people fail in using their powers and capacities, because they are ignorant of the fact that they possess them. Others fail in *using* them, because of a lamentable lethargy in the use of their Will. And this last is the reason why so many fail in realizing their higher ideals, even when they possess the requisite knowledge. Knowing without doing will advance us very little materially. In a financial way one would not and could not hope to be successful if he knew ever so well *how* to make money, but failed to transmute his knowledge into action. KNOWING and DOING must go hand in hand. He who is looking for good Health, Strength and Success on all planes must *work* for them. If he does, he will find that Nature, or God, will meet him half way on the road, and that repetitions of every effort in the right direction will become more pleasant and easy.

Do not read this letter once only. Read it often and think over what I have said. Thus a wonderful meaning will open to you, which you cannot get by reading this once and then laying it aside. Affirm the following often:

"My enlightened Consciousness will hereafter make my will active in new directions.

"My Will shall henceforth rule my own kingdom—body, mind and soul.

"Through the Will I will not only learn to control *myself*, but my Environment and my Circumstances also.

"I, the Ego, the Self, am the ruler by Divine right. My Consciousness and Will are my servants. Instead of allowing them passively to control me, or to be controlled by others, *I will control them.*

"I now realize my divine right of Mastery, and nothing shall wrest it from me, or hinder me in my evolution God-ward."

Use your own words if you like. Change or augment these affirmations to suit your individual needs, and there will develop a sense or feeling of POWER within you, to which you have been a stranger heretofore.

FOURTH LESSON.

Force acting in harmony with creative law is always CONSTRUCTIVE. If it acts at variance with this law it is destructive. Every careful observer of Nature's operations will inevitably be led to the recognition of these two principles, the one which is Constructive, and the other which is Destructive in its effect upon organized matter and life. He who desires to perpetuate his existence (physical and spiritual) must then seek to evade the operation of the destructive principle, and seek to come under the benign influence of the Constructive forces. More especially is this the case with those who seek to restore health and harmony when the same has been disturbed. Life's great problem is *then how to overcome the action of the destructive principle, and how to come into a reasonable adjustment with the Creative, Constructive and Corrective forces.*

Our present-day scientists are becoming more optimistic with reference to Man's Control over the forces active within him as well as without. We notice this in the utterances of such men as Virchow, Charcot,

Metchnikoff, Weissman, Loeb, and others too numerous to mention. Virchow tells us that we are within measurable distance of such perfect control and adjustment of the life forces, that death will be no longer inevitable. Charcot informs us that "Man no longer dies, unless he commits suicide." Metchnikoff declares that life depended only on the maintenance of an equilibrium of the forces of man's organism, and that this is entirely within his power. And lastly comes Prof. Charles Sedgwick Minot, M.D., of the Harvard Medical School, and makes some astonishing remarks in a paper read before the American Association at Pittsburg. His subject was "The Problem of Consciousness in its Biological Aspect." He says:

"The Universe consists of Force and Consciousness." . . . "As all the acts of Consciousness are manifested through physical force, it must be able to change the forms of energy, and is itself neither a form of energy nor a state of protoplasm." . . . "As Consciousness, by our hypothesis, can initiate the change of the form of energy, it may be that without Consciousness the universe would come to absolute rest." In other words, Consciousness is the first Cause, or primary factor. It is Consciousness that arouses force or energy from a latent condition, causes it to become active, and then guides it in the accomplishment of certain ends. So far as man himself is concerned, these ends are the building of an organism through which it (Consciousness) is able to manifest more perfectly than through other organisms, the direction of all the vital functions, and the restoration of the balance, equilibrium, or harmony, when this has been disturbed. That this form of Consciousness is in the main below the plane of the every-day waking consciousness, does not alter the facts in the case. But every scientist also recognizes the disturbing or correcting influence of the ordinary waking consciousness upon the vital functions and processes, as well as the fact that the waking Consciousness in turn becomes a subconscious mental state.

The Professor says further: "The function of consciousness is to dislocate in time the reactions from sensations," which means, that it is able to correct disturbed physical conditions.

He declares that "Consciousness actually affects the vital processes," and what is more, "there is in my opinion no possibility of avoiding the conclusion, that Consciousness stands in immediate *causal* relations with physiological processes."

He also declares that conscious actions are primary, but that oft repeated conscious actions in time become *reflex* or subconscious (involuntary) actions. For example: The child makes its first steps while exercising an intense consciousness and volition. It is true that the nerve paths which communicate the impulse to walk to the proper muscles are there, but the energy within its body becomes obedient, and flows along the nerve channels only after repeated commands have been given to do so. Finally the efforts made consciously at first change into reflex actions, which may be initiated by a conscious effort of the will, but require neither the permanent exercise of consciousness or will to continue them. The creation of habits is another illustration of how conscious actions always tend to become subconscious or reflex in time.

There are not wanting scientists, biologists, and psychologists, who believe that the functions of breathing, digestion, circulation, etc., have at one time in the evolution of living organisms been under the control of consciousness—not a complex consciousness like man's, but the simple consciousness of the lower forms of life. Prof. Roark of the Kentucky State College says in his work 'Psychology in Education,' "Acts or states that are now habitual may once have been partly or wholly under the control of the will. It is possible, for instance, that the action of the heart, now wholly automatic in man and the higher animals, may have been, in preceding life forms, consciously directed. Such automatic actions may be called *organic* or *life habits*." In another place he says: Even *moral* conduct becomes *reflex*."

In fact, the evolution of lower into higher life forms was possible only through this tendency, whereby conscious actions (and states of consciousness) become subconscious or reflex. In the first place it was necessary that what had once been gained should not be lost, and in the second place, the higher evolution of mind was possible only after most of the purely physical functions had become reflex. Otherwise we would be obliged to give so much attention to the physical system, that we would be unable to attend to anything else.

All habits are due to activities which have become reflex by repetition. Bad habits may be corrected, 1st, by forcible suppression, and 2nd, by the creation of a new habit which neutralizes the old. Very few people may be able to overcome bad habits by a sudden suppression, but all normally endowed people may, under proper conditions, overcome them by the gradual creation of new habits.

Diseases may be overcome by a conscious exercise of the will and mind. We all 'inherit' certain mental, moral and functional tendencies from our ancestors. Some of these are active at the time we are born, but most of them become active later on as a result of the exercise of consciousness and will. We are able to, 1st, change latent tendencies into actual conditions, 2nd, to suppress those which we recognize as undesirable. Suppose that I have been born with a tendency to kleptomania. Through an exercise of reason and will I am able to suppress or overcome this tendency. On the other hand, I may cultivate arts or sciences which none of my ancestors have followed. In this case I develop new tendencies and habits. Again I may encourage tendencies which already exist.

All this is very suggestive, and if you exercise your own mind on what has been said, and grasp the underlying principles, you will be able to apply them practically in the correction of much that is undesirable in your physical conditions, character, etc., and become the arbiter of your destiny as Nature intends that you should. If you ally yourself with her destructive forces by indulging to excess in otherwise normal appetites,

by idleness, by overwork, by indulging in destructive thoughts and emotions, or by allowing others to control your mind (Consciousness) and will, then she will hustle you out of existence as quickly as possible. But if you encourage those tendencies which are in harmony with her Constructive forces, she will develop you into a magnificent individuality, and success, health and happiness will be the results.

A normal exercise of all our appetites is in line with nature's intentions, and so is an indulgence in the beneficent thoughts and emotions. The kind mother has given us our faculties, capacities and powers for use—a *normal* use, and not for burial, abuse or over-use. Normal use always leads to Development, which means Construction. Thus you have it not only in your power to make of yourself what you wish, but you also determine by the shaping of your destinies those of your children. Can God confer a greater power upon man than this power to create? The possession of power confers also-responsibilities which none of us may evade without disastrous results to ourselves and others. It becomes a DUTY, a most sacred obligation, to USE our Capacities and Powers in harmony with the Constructive forces of Nature. The wisdom of the ages is contained in these few lessons if you rightly understand them, and no man or angel could teach you anything more valuable than the proper use of your powers and capacities.

Although the vital functions of our bodies have become involuntary or reflex, the possibility exists to gain a control over them to a degree unsuspected by the masses. There are those who can "lay down their life and take it up again," that is, suspend animation in the physical system completely for days, and then re-animate the body and come to life. This I *know*, but as discussion of this topic is foreign to the scope of these lessons, we will not enlarge upon ultimate possibilities. The channels for communicating impulses to the various vital organs from the brain exist in the nerves. As a matter of fact, such impulses are often communicated from the brain to these organs. You see some appetizing viands, and immediately your mouth

begins to water. Why? You have received a suggestion that you are in the presence of food, and this fact is communicated to the salivary glands, when they immediately get ready for business. Recognizing the fact that the vital processes go on day after day without any conscious assistance on our part, further than to breathe, drink and eat, we seldom try to assist them when their harmonious activities are interrupted or interfered with. Unconsciously we often do assist them, when, for example, we indulge in pleasurable emotions or entertain pleasant, hopeful thoughts. On the other hand, we often interfere with their proper activities by entertaining destructive thoughts and emotions. In fact, our discordant mental and emotional states produce physical disorder and generate poisonous secretions that vitiate the blood, nerves and tissues of the body, which in turn manifests in disease and may end in death. The sight of something disgusting often causes vomiting. Anger and fright often cause paralysis or sudden death, and in most instances where death is not the immediate result, there manifest functional disturbances. Worry interferes with proper nerve action and digestion. Fits of anger also poison the mother's milk, so that the infant partaking of the same may get the colic, cramps, and in some instances even dies. The bite of an angry man or beast often results in blood poisoning, and so I might go on indefinitely citing cases illustrating the disorganizing action of the destructive mental and emotional states. But time and space at my disposal forbids. I will only refer to the many cases of stigmata that have resulted in sensitive persons from prolonged contemplation of the wounds of Christ. The student is also referred to the investigations and experiments of Prof. Elmer Gates, formerly of the Smithsonian Institute at Washington, D. C., which prove conclusively that the negative, destructive or immoral mental and emotional states produce different poisons in the human system, as evidenced by an analysis of the blood and the sweat taken from persons while they were laboring under such mental and emotional states. There are undeniable

cases on record which prove that death even has resulted in consequence of a firm expectation or belief that it would come.

I have seen with my own eyes blisters raised in the hand of a boy by a cold silver dollar, while the boy was in a hypnotic condition in which he was made to believe that dollar was hot. The cold metal evidently did not produce those blisters, but the forces within the body of the boy, stimulated and directed by his imagination did it, under conditions which did not permit an element of doubt to enter the boy's mind.

If the wrong mental and emotional states may be productive of such great harm, then, truly, the good mental and emotional states will be productive of good results which make for health, longevity, success and happiness, because they are in line with Nature's Constructive principle. The ordinary man seldom thinks of controlling his appetites, passions, emotions or imagination, unless forced to do so by external influences. It seldom enters his mind that he CAN control them. But we know that they can be controlled by making persistent efforts in the right direction. Nay, more; we know that it is both desirable and NECESSARY to control our minds and bodies. Nature has made Self-Control the only condition through which we may not only get health, success and happiness on earth, but upon which even our future existence (or persistence as a human entity) seems to depend. Self-determination, Self-ownership and Self-Control, are literally the way to "Heaven," both here and hereafter.

Consciousness in activity produces Thought. Thought or Consciousness focussed on one point, or idea, is Concentration, or Attention. Every intelligent physician now recognizes the fact that thought concentrated upon a certain part of the physical system, especially if done in the attitude of *Expectant Attention*, or under an emotional stimulus, will produce physical results, which may be harmful or beneficent to the body, according to the nature of the thought or emotion, and the degree or the intensity of the concentration.

It has been demonstrated by actual experiments and measurements that a steady concentration of attention upon any part of the body increases the amount of blood and the degree of heat therein. Wood says: "It is a physiological fact, that when thought, for any length of time, is concentrated upon any part of the body, it causes an increased flow of the circulation in that direction, and abnormal conditions manifested by the body are always (?) the result." These conditions are not always abnormal in the sense of being harmful, because Consciousness and Will rightly directed will produce good and beneficent results, however *un-usual* such might be under the circumstances.

To sum up once more: Nature has given you all the forces and capacities necessary to develop and exercise a wise control over mind and body. She has given you all the means to become healthy mentally and morally. She has done her part. It is your privilege and duty to **USE** the powers and capacities which the good Mother has given you for your own good and that of your fellowmen.

I have tried to give you as clear an understanding of these powers and capacities as possible within the limits of a Correspondence Course. I have also told you in this and the foregoing lessons under what conditions your forces are exercised for your personal advantages as well as disadvantages. The Intelligence that controls (or CAN control) the vital, as well as the mental and moral conditions, is within you and at your disposal. The nerve channels that communicate the impulses generated by your conscious or subconscious will to the various parts of your body also exist. Involuntary though most of your vital functions may be carried on, you can learn to send your commands to the organs along the proper nerves, and so suppress undue activities, or stir into greater activity those that have become sluggish.

Yours now the task to make the proper **EFFORTS**. It will be my endeavor in the next lessons to acquaint you with the best methods to accomplish good results, and give you such further suggestions as I think will

be necessary to enable you to apply the principles underlying all Healing.

Meanwhile, try to remember what part Consciousness, Thought, Concentration, Attention, Expectation, Imagination, Faith, the Emotions and the Will play in the drama of man's Self-Conquest and Self-Government, which includes the maintenance of Health, or the re-establishment of the same when disturbed. A proper study and investigation of your forces will inevitably, if carried to the proper lengths, give you that FAITH which Christ proclaimed as all-powerful to move obstructions in your march towards Victory and Redemption, physical, mental, moral, and spiritual. The Master spoke from absolute knowledge and not from mere guess-work, and it will be well for us if we also try to gain that faith which moves mountains. Christ constantly declared that it was the means which cured many of his patients, and surely we would not presume to go behind his words and seek for some cause other than that which he named and recognized. "He that believeth, the works which I do, he shall do also." Can we doubt it and call ourselves Christians?

FIFTH LESSON.

We are now coming to the practical application of the principles discussed in former lessons, and in order to give you a clear understanding of the Modus Operandum, it will be necessary to refer once more to Imagination, and Attention, or Concentration of Thought, which are states of Consciousness.

1st. Imagination (to image or picture) is the formative faculty in Nature and Man. Nature fashions her creations in accordance with the patterns in the Universal Mind, and Man works in accordance with the images and ideas in his mind, no matter whether these ideas and images are held consciously or subconsciously. Whenever we try to do something new, we try to get the idea of how to do it from somebody else, or we exercise this constructive faculty of Imagination independent of outside help. All artists, inventors, poets, dramatists, novelists, etc., have very active Imaginations. This wonderful gift is God's, or Nature's legacy

to Man. But Imagination unguided and unbalanced by Reason becomes destructive rather than constructive in its results. For, be it remembered, all states of Consciousness tend to become dynamic, that is, they furnish the impulse as well as the pattern for the activities of both Nature and Man. Nature, if not interfered with, works in accordance with her own patterns, which make for health, growth, and development always. With reference to man's physical and spiritual organisms she always strives to maintain a healthy, harmonious balance. But woe unto him or her who exercises the faculty of Imagination contrary to her constructive Principle. Thereby they will neutralize the efforts of the latter to maintain balance, equilibrium and harmony. Through the indulgence in a destructive imagination we arouse also the negative and destructive Emotions like Fear, Anger, Worry, Jealousy, etc., and Nature strives in vain to keep us healthy and happy, until we assert ourselves, and banish these destructive Imaginings and Thoughts, with their resultant Emotions.

If you wish to heal yourself, you must, then not only suppress all destructive Images, Thoughts and Emotions, but you must cultivate and encourage the positive and constructive Images and Thoughts, which incite the more beneficent Emotions. The latter stimulate the healing forces to greater activity. They also neutralize the effects of former undesirable Thoughts and Images. They are directly in line with Nature's Constructive Principle. As many diseases are the direct results of wrong mental and emotional conditions, so there are thousands of cures made every year through the cultivation of the right mental states and emotions. This wonderful force is made available and serviceable in the cure of physical, mental and moral diseases through
2d, Attention or Concentration. This is nothing more than the conscious and intentional CONTROL of Thought and Imagination in harmony with Nature's Constructive Principle. It means Self-Control through the exercise of Reason and Volition. It leads on all planes of man's being to Health, Harmony, Success, Mastery and Happiness.

I have already stated that the temperature and the quantity of blood in any part of the system may be materially increased by focussing the Attention on that part. As the result of the Attention directed to a part of the body, there is an increased flow of blood and nervous energy, and it is just this which will remove obstructions existing in the form of waste matter, or disorganized matter. It also will bring new life and new matter to the parts where these are needed.



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