

Complete Course of Two Hundred Lessons

DUTTONISM

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Duttonism is the name given a very peculiar force discovered within the nature of man, and experience in the physical system of Prof. R. E. Dutton, who is naturally endowed with certain powers that are simply a wonder to mankind.

In this complete class course of 200 lessons which I have prepared to teach my science, I make a special study and explanation of my powers, basing the fundamental principles of the Science and Art called Duttonism. The peculiar forces of Hypnotism discovered by the man, Mesmer, took the name of Mesmerism of old.

Long since Mesmer has passed to Spirit Life, and this Spirit appears to me and communicates upon these all vital questions, day by day, and brings me direct from the Heavens and life, beyond the higher development of every man.

It is the purpose of this Class Course, of 200 lessons, to teach these facts and develop these peculiar, yet natural, forces in the student, which means health, Spirit Communion, Magnetic and will power and every manly element for life's enjoyment.

Since Mesmer passed to Spirit Life he has a THOUSAND TIMES multiplied and unfolded the powers of his being.

Now through a certain natural law, everything equalling likeness and fitness for the welfare of each other being in Spirit Life, will be brought by the attraction of this law together, just as the lodestone in the North attracts the steel head of the compass.

Man and wife are in Spirit united under the same law. Even mortals on this plane, who have cultivated Personal Magnetism attract their Spirit companion from the other side. And there is NEVER a mistake in this LAW OF GOD, in making these an all blessed and eternal, happy union.

This same free bondage of Inspired Life, I myself, though but a mortal, am highly sensitive of and controlled by this True Law of God every moment of my life.

By this Infallible Law, this man Mesmer, in Spirit Life is attracted to me for the unfoldment of this law, and I act as his medium in teaching it to the world, of course there are many more spirits aiding me, even those sages and Seers of Bible times.

These bands of Guardian Angels have developed my physical organization, so chemically composed and different than the ordinary human being, that my being is replaced with powers, the same in every respect as that of the Medium and Healer, Jesus Christ. The blending of the Spirit Magnetism of Mesmer and host of Angel friends, with the Psychic force of my Psychicque and natural Magnetic Healing and Hypnotic Powers, and this new order of things placed on its present

Scientific Basis, I can only give it the name of Duttonism.

This power, in the light I present it, is doing such vast good for humanity that it is raising a profound sensation among educated people all over the world.

Its elements of Hypnotism fascinate and charm, while its elements of healing erect the old frame, dissolve pain and soothe the mind. Its spiritual elements rob the grave of its dead, and bring back the sorrowing mother's child, and releases the insane mind of its horror of death and the grave. In every respect my science gives the spiritual food that Christians have so long been pondering in the dark for with nothing but a hope.

I demonstrate the truth of our being, power and hereafter, in my science, from the earliest down to the history of the prime advancement among gifted Psychics of modern times.

My science is the path of the final, rapid, progressive road that soon leads to the second coming of Christ. I feel that I have overcome ignorance and annihilated the ignorant trash that puts stumbling blocks in our path.

I call this the final way up to things that leave us upon waters of smooth sailing, and now I shall expect the student to get right down to study and master the following 200 lessons, without a whim or complaint, for his personal powers will act as a magnet in attracting to his aid the Spirit Bands and Guardian Angels, and this study will become most inspiring to you.

The student will have confidence never equalled before, and ability to understand all things in a new light. You will have a finer and more pure knowledge and worth in yourself when you finish these lessons than you could get by a complete college course, in all the institutions in the land. My students will be graduated under the new order of things, and a finer diploma by far, awarded them than the largest schools and colleges of this land afford.

LESSON NO. 1 - Duttonism is that peculiar force in the nature of man experienced by Prof. R. E. Dutton, personally, and his science and system of the force in relation to all occult science and the operation of this law, under which he personally experienced, is that power which connects his hypnotic powers with Spirit beings, and is called, in one branch of his study, "The Hypnotic Control of the Spirit."

This new physical experience is similarly experienced from the Spirit as those hypnotic powers. The founder of the original Hypnotic Control, Mesmer, called it Mesmerism. The Spirit conjunction and new experience of this power, worked out by Prof. R. E. Dutton, is called Duttonism.

LESSON NO. 2 - Mesmerism is that power similar to Duttonism, only in the material condition and in the original state from whence sprang Modern Hypnotism and Magnetic Healing only that Mesmerism was yet more of a spiritual and psychic power and was much more used in the development of Clairvoyance than either Hypnotism or Magnetic Healing. Mesmerism is the original system of Healing, and Mesmer was, in earthly life, inspired and guided by Spirits who were disciples of Jesus Christ.

LESSON NO. 3 - Hypnotism is a mathematical means of producing that peculiar state of sub-conscious control, as in Mesmerism of old, Braid, the founder of

Hypnotism, with his inventive turn of mind discovered that method and means of overthrowing the balance wheel in the human mind which would cause a state of mind in which the directing power of the will of the subject was abstracted and unable to bring the most familiar events in comparison with one another and consequently by suggestions were made a blank and ready to be filled with hallucinations which could not be broken away from by the victim, and as the mind was rendered lucid every suggestion was received with that faculty which made it appear as a scene in nature. Thereby the subject was thoroughly victimized and at the mercy of the Hypnotist who guided his faculties as so much machinery.

LESSON No. 4 - Spiritualism is the only true religion that EVER EXISTED IN ANY HISTORY OF MAN. It is that occult of charms and wonders and insight into the world hereafter, the veil being rent in operation and obedience to that natural law, and only means (so far discovered) similar phenomenally experienced by the medium, who is a hypnotic subject for Spirit Suggestions. In spirit mesmeric effects, it comes as physical manifestations and healing. As Duttonism it comes with modern advancement and independent chemical control of the elements in mortals and produce every evidence of independent spirit visitations, also real materializations.

LESSON No. 5 - Psychicism is that force similar to personal Magnetism. It is the refining of one's personal magnetism to that extent where Spirits can control and use this force. Thus you feel them touch you, you feel a drawing in your arms as if you had hold of a galvanic battery. This is followed by independent Psychic and Static Electric Currents which form, and are controlled by spirit batteries to have that same snapping and popping atmospheric audible sound, as of the spark of electricity generated from the battery causes. This force is taken from that person who has these susceptibilities developed and they are called a PSYCHIC.

LESSON No. 6 - Magnetism is that power which is as various in nature as the electric current in a live wire. In the horse-shoe magnet, there is magnetism, and in man a personal magnetism. It is in the lodestones in the north and attracts the needle of the compass. This law of attraction, although unseen, as the atmosphere or Spirit world exists between one planet and another. It binds the universe together. It causes gravitation while in another form, as electricity passing through the earth to the sun and planets, it is the motor power of the universe that revolves worlds in space. This is governed by a higher power, thought. Thought is governed by a still higher force that we cannot account for, because of not being able to grasp things above the power of thought, which most of us only possess. As soon as we advance and develop ourselves to a condition where we use that higher power, then we will use the power of thought as electricity in compelling engines to run and act.

LESSON No. 7 - The higher Psychic attainments is our being developed, through Spirit aid, to use this magnetism in various forms as we mortals can do electricity and the Spirits have machinery which they operate with the currents of thought the same as we run cars with the currents of electricity. This is all in the power of the higher sense to understand and study. This natural law of thought currents as we observe ocean currents controls the effect of that force exerted by the moon on the ocean tide. In astrology we study the natural play of these laws and their effects on humanity. The weather prophet studies the effect of this law on the weather. The astronomer the action between the planets, and geologist its effect on the earth in the time past. No one with any education can deny these truths.

LESSON No. 8 - The Occult Origination of Duttonism is in the Spirit knowledge of these acting laws in the peculiarity of temperament, which when broke into as a stranger testing some queer mineral looking stone, found unexpectedly conditions throwing light on the old religion in altogether another light, which is yielding wealth of health and happiness as a rich gold mine.

When the spirits began to inspire me to unfold their development and give that knowledge to the world, "Lo and Behold" they sound in me the mere acorn, the tree of a new and peculiar Oak that has never before been discovered. This science as it is unfolding to the world, is simply a wonder to mankind. Every day it dissolves the problem of fate, or diety, of conflicting force in nature called Satan, which could not be quenched by the Christian religion. Then ignorance would ask, "Why don't God kill the devil?" My science explains that problem of killing all crime and disease and ignorance on earth.

Dutton-Therapy, Healing and Psychic Attainments.

LESSON No. 9 - Dutton-Therapy is the new science of healing through the psychic powers developed in that person known as a Psychic. This person, the psychic, has aid in his healing by Hypnotists and Healers in Spirit life. This force they store as we do electricity in a battery. The power is taken into the spirit machine as electricity is carried through a battery from a dynamo to be stored at last in a storage battery. This machine is so delicate of spirit constructure that our thoughts are as currents of electricity passing through the coils of our material battery. These currents of thought as electricity encircling the coils of an electric bell, render the poles in the horseshoe of the bell, magnetic, this draws the material in the connecting links of mortal and the alarm rings. Instantaneous Healing occurs. This can only be accomplished after you become Psychic and the Spiritual Healer prepares this spirit battery for this work.

Abasent "Psychic Treatment" is accomplished in the same telegraphic manner of transmitting the Psychic fluid. The latest and most improved spirit methods being by means of transmitting that force by what we in earthly life begin to know as wireless Telegraphy. This is the science and healing known as Dutton-Therapy.

LESSON No. 10 - My Original System of Self-hypnotic Healing is that means of the Self Applial Hypnotic Control, one by certain methods is enabled to produce in themselves. This system is a self Artificial Sleep brought on by WILL. Concentration and a control of the mind that a sane person of either sex has. You perform a feat of healing as a result of this control of the mind which you create, that has the power to fasten you in a state of suspended Animatitation in which condition of the Sub Consciousness is yet awake and obeys your desires and triumphs over the situation of its power to control the involuntary organs and feelings as you control the voluntary. As there is no disease but which, can be suspended, the Sub-conscious Mind in this state very quickly lifts the troubled organ of its nervous and sub-mental worry, as to its faculy which is seated in the mind and holds organic office in the brain. If the organ is impaired in any way, orders are given to the architect King in the spirit to its defected room in its earthly mansion and a new organ is spiritually designed, and the workman begin reconstructing the old organ. If you can only induce Self-hypnosis you are as sure to improve from that time on until perfect health insues as it is sure that the sun rises and sets.

LESSON No. 11 - The difference between Self-hypnotic Healing and Magnetic Healing is in the fact that magnetic healing is a magnetism exerted upon a patient by the Healer and Self-hypnotic Healing is that Self Artificial Sleep in which from a results of natural laws of that released state of body which maintains full life, generate a magnetism for self-applial and an unseen material. The Sub-Conscious Mind used in the reconstruction of diseased and worn -out tissues. You may here inquire if these things are real facts and for me to prove it. I repeat EMPHATICALLY they are facts. Thousands of people have self-proof (which is the strongest proof possible) for they have been healed. You will only by convinced of the foregoing as you develop these powers and no sooner, for argument, philosophy and science cannot demonstrate anything beyond the self-experienced evidence.

LESSON No. 12 - Self-Hypnotic Control is that hypnotic condition a hypnotist obtains over a subject, only the subject becomes enabled to induce the same state without the aid of a hypnotist, and consequently when he performs his own manipulations he cannot become less unconscious than to pass into a state of secondary control by some mysterious Spirit presence, and the consciousness is quickened instead of subdued and the spiritual sight of the self-hypnotist is opened. He loses not his balance. To illustrate, Soldiers have been known to sleep as they marched on to battle. Their minds were relieved by this same untangible power which by a natural law of attraction, is at the relief of any mortal who is compelled to undergo abnormal conditions. With this power no fatigue can occur, a man is perfect first to last.

LESSON No. 13 - Love and trance is a condition that simply sets on fire the atoms of the anatomy with that Devine oil that can never be quenched. It ever burns evil from them as chaff. It keeps our soul ever lighted and filled with the pure oils from the fountain of youth and love and of character, and will even create new worlds. New worlds made by new souls. This trance love is inspired within us by very loving, powerful and magnetic spirits of the opposite sex, when you have buried yourself in that deep hypnotic sleep.

LESSON No. 14 - Trance Clairvoyance. Talking and Walking in sleep. Sleep talking and walking in children is universally known and experienced in all families. A child will, in a rather peculiar tone of voice, attempt to talk in an unconscious excited state. They will often arise from bed and go about, and the next day remember nothing of it at all. This is a condition of Trance Mediumship and Clairvoyance in its early and undeveloped state, as manifested in the child by that natural faculty which is born in every living person.

This is the best evidence in family experience possible that Trance Clairvoyance is a fact, for many a child when asleep have forseen events and have saved many a home from an awful fate. This is caused by an Angel transmitting the message to the child in a dream. Everyone should eagerly encourage the development of this faculty in their child by questioning the child, and not, as I have seen, parents to whip the child to stop it. By cultivation and a little encouragement by suggestion you might soon have a child whose powers to prophecy would be of wealth unequalled, to the parent. Often a child in spirit, a member of the family is endeavoring to send a message in this way.

LESSON No. 15 - Disturbed nerve action causes children to talk in their sleep and when they arise and walk and perform strange feats you may make up your mind that they are in reality only hypnotized or controlled by a spirit. Sometimes when a restless utterance is heard and unpleasant look on the face, that is a

sign of bad health, perhaps an overloaded stomach, but if a joyous look is experienced they are inspired by a loving Angel. If a fierce act for duty and lower expressions with an unpleasant control, it may be a spirit of ignorance who controls the child and you must embrace the child in your arms and the low spirit will be driven away.

LESSON No. 16 - Somnambulism and Sleep Walking. Sleep walking is an automatic obedience to a suggestion or thought of someone who has power to enter the sleepers resting machinery of the body, as it were, that catches the conscious mind off the seat of duty, and the machinery of man is set going by another operator, which is very crudely handled as you sometimes notice in the speech of the sleep talker.

If a mortal by thought arises this motion of the machinery in the sleeper he will very likely receive a message from a spirit who will quickly mount the throne and use it as the instrument to transmit communication. A Guardian Angel of a developed medium guards them day and night and protects the medium that no one enters thereupon a throne not his own, which is a crime and injustice done the sleeper to have repulsive despised spirits, or mortals to enter their psychic surroundings.

LESSON No. 17 - Clairvoyance and Somnambulism. Clairvoyance is related to the Somnambulistic state. Clairvoyance is the sole eye of the subjective mind. You receive clairvoyant visions often as a faculty to dream at will with your eyes wide open, and in a perfectly conscious state. You are in what is known to me a Conscious Somnambulistic or sleep in which you control your dreams at will, for as you think the eye of the sub-conscious mind sees the scene. Involuntary events of happenings of remote distances are often photographed upon the vision of the subjective faculty as a flash light and instantaneous effects of a stereoscopic lantern.

LESSON No. 18 - The Sub-conscious mind is that involuntary self-acting mind within man which controls and takes care of the involuntary and self-acting muscles and organs of the body as the heart, the lungs, pulse circulation of the blood etc. This involuntary mind is as independent to act and to protect man from certain things as it is to prevent the voluntary mind from stopping the blood from circulating or the heart to cease to beat. We are born into this world with two sets of faculties, as doves are paired to mate and given life by the same mother. Our two sets of faculties bear the same relation to each other as man and wife, and without this system of natural mating and pairing in life there could be no progression, no motion, no life, no law, no man, no world. This continual matrimonial revolution is the law of being, existence, and the very identity of being. As long as man lives a life of perfect love, will, and character and these two minds are harmoniously united in wedlock, the germ of youth will be the product of our thought, and, as we think so we are. We cannot hold the thought as Christian Scientists suppose. But hypnotism teaches us that thought can hold us. The thought cannot be held but must live its life, leave its effect as to its character and tenacity in the body. For eternal health, happiness and physical immortality the two minds, male and female, must give birth to thoughts of health, strength, love and joy.

LESSON No. 19 - Self-Hypnotic control is that mystic spell of fascination produced in a subject by a hypnotist the same psychic bodily condition the hypnotic subject experiences when self-induced and caused to effect you similarly by the act of your own mind. Thus you concentrate your mind in a silent room to have an imaginary sound, voice or music become real audible as actual sounds, yet to others, they are unheard. You likewise have mental visions, and later feel the psychic physical sense of the mind's desires. This is Self-hypnotic control, you in this have conscious involuntary dreams at will and visions as you choose to experience.

This is a real state of Self-hypnosis. You are yet conscious and serve in choosing your suggestion to psychometerize on as both hypnotist and subject.

LESSON No. 20 - To obtain self-hypnotic control. I give the method in this lesson. Go into a closet, shut the door rightly to make it close, compact and extremely silent from atmospheric conditions. Be comfortably seated a while and make your feelings restful and passive. Concentrate your mind on the psychic sense of hearing. Finally you will go audibly relaxed to a realm of audible sounds, visions and psychophysical experiences. Your body will feel the thought force as readily as your sense of hearing received the audible sounds and music, or the "mental vision" of the mind. At the same hour each day practice this. You will soon gain control of your psychic senses in this way, and will have perfect self-control when any sense is experienced that you concentrate your mind on. Thus you can imagine you have a pain, or hunger, or smell an odor, experience a chill or fever, or any psychic condition as a hypnotist can experience great and strong, and almost unmanageable pains or pleasures at your will, that are switched into effect and revised at will. This is self-hypnotic control, as a carpenter reconstructs and erects a building. There is NO DISEASE on record that will not yield readily to the self-hypnotist.

LESSON No. 21 - The ability of Somnambulistic control is very near like hypnotism only that a person first goes to sleep naturally and after asleep he is aroused to a state of unconscious action just as one is aroused from a hypnotic sleep to see imaginaries.

My most successful method for this is to place the sleepers hand VERY gently into a pan of cold water so as not to awaken him. Then go back in the corner of the room and begin talking over some event of the day which you know most interests the sleeper. Talk as you would if he was awake, and finally he will respond and will follow your suggestions and be well hypnotized. Then you have made a hypnotic subject. Post hypnotize by telling that hereafter when he is really awake that you can hypnotize him instantly by a snap of the finger, and the next day you can do anything with him that you wish. Remember that it is not necessary to awaken the sleeper but allow him to go back to bed and he will awaken the next morning not knowing a single thing he did the night before.

You acquire this ability in yourself by giving prayer to the Angel world to arouse you to perform in this same way you inspired your subject. These performances conducted at the same hour each night for a period of time will enable you to cause your subject to arise at your will, by thought transference, and the habit will grow until he will arise voluntarily and be controlled by spirits and you will have made him a wonderful Trance Medium.

LESSON No. 22 - The sub-conscious mind of a person when asleep is the faculty that carries out the suggestions. It also received thought as a telegraphic instrument. Strong thought is the best method for arousing sleep walkers. You enter a room where a person is asleep and are very full of perplexing thoughts and you think and think. You will invariably notice the sleeper will get restless, his muscles will twitch and he will stammer in his sleep. If you are a spiritulist or medium who brings spirits around at your mental call, you will notice the sleeper being controlled by one of these spirits. If you hold these "silent sittings" at the same time for 30 minutes each evening with your sleeper, who is not aware of your plans, you will soon see him controlled and accomplish all sorts of acts, and your thoughts and the spirit friends will play the cords of communication so that he will even speak in an unknown tongue as he will be controlled at times by spirits who are foreigners. He will prophesy and reveal past, present and future events.

This experiment will grow so interesting to spirit friends that when you sleep the same hypnotic exhibition will be made of you, but they (any mortal) will not control you as the spirit will never allow that of their medium.

LESSON No. 23 - The ability of Clairvoyance in natural somnambulism comes as a dream. Scenes in nature and events are seen in your dream. Angels minister unto you and warn you in a dream often. You control the dreams as you wish. This is done through self hypnotic control in the foregoing lessons. But you control the dream in the unconscious state by making a strong and "love prayer" and request for the spirit world to show you things you desire in your sleep. This prayer also acts as an Auto-suggestion in burying its meaning in the memory of the sub-conscious mind, and as a result of natural law you will dream of those things you choose to. In this lucid sleep your spirit has voluntary action to leave the body and pick up such knowledge about the country you seek.

LESSON No. 24 - The ONE GREAT CAUSE of children talking in their sleep is due to the fact that spirits so love children that they seek to develop mediums of them and as a natural result of nature they are more easily controlled. You can greatly aid the spirit by talking to the voice that speaks through your child. The spirit is merely using the child's vocal organs in order to communicate to mortals, and poor ignorant parents often seek means to cure their child of these blessings that would aid in the success of that child all through life, if it were allowed to develop. Now parents I want you to never, never drive away the spirit. Let them develop mediums of your children. It will be the greatest blessing that could visit your home. You will have child mediums in any home where the parents will send out mental thoughts to the spirit world inviting the Angels of God in.

My original method to develop children is by using the long mesmeric passes with the hands from head to foot, and have the head of the bed turned to the north so that the iron in the blood may be attracted toward the brain by the currents of the earth's magnetic action. After making a couple of dozen passes leave the child to the spirit and leave the room.

LESSON No. 25 - The powerful method this lesson gives for controlling yourself in the unconscious sleep talking state is to talk and see Trance Clairvoyance, that passes you into the lucid state and proves the existence of life after death and how death can be produced without pain, viz., lay upon a bed, flat upon your back, close your eyes and think of nothing but a spirit. Imagine you see off in the deep dark sky and see the stars shining, finally you will see the light. The spirit and you must conscientiously hold this mental vision, at first your mind will wander, but finally you will have no trouble of holding any thought concise and clear as long as you may wish as a mental vision seen. This will pass you into a deep sleep. If you imagine that you hear spirits conversing you will sleep in that inspiration and be inspired to speak the wish of a spirit from your deep unconscious state. If you watch in mental vision a dying man you will pass out. The nature of any scene of feeling you take, the psychic sense when entering this sleep, that you will receive in physical and mental conditions even after awake. If you fasten your mental vision of health and strength and Angels of love you will awaken that way not matter what the ailment was when going to sleep. After once inducing this Psychic Sleep you will never say to yourself that you doubt the existence of a hereafter. You will develop conditions of self-evidence within your being that cannot be driven out by any one's philosophy.

LESSON No. 26 - The powerful method this lesson gives for developing a Divine love intense and strong to control you into sleep and trance that makes one happy and free from disease and pain, as the Angels in Heaven, is accomplished in the same psychic way as in the foregoing lesson, only you after being able to call up mental vision and convince yourself that your giving away to psychic condition you again call up in spirit by a telepathic thought, sent out to see the ideal spirit of your loves asperation and hold him or her in your mental vision with your keenest sense of love sent out until sleep insues. This causes to take place in the system of the sleep the Trance Love that you will awaken from as happy and free from care, worry, sorrow, and disease as the Angels in Heaven.

LESSON No. 27 - The strong method given in this lesson for the development and acquirements of the promises are as follows: Perfect Self-hypnotic control of the system is required for the feats of this lesson. The mind can either be unconscious or conscious as you will, you make it as per methods in the two foregoing lessons. You must now gain Psychometric control, as you in the two foregoing lessons had more of the Clairident and Clairvoyant control you gain this by resolution. You imagine that you feel the chills of the winter winds until your body re-transforms to that condition of chill. In your thorough concentration of thought force and "Mental Vision" see yourself at the fire trying to warm and you imagine yourself to get a burn from the heater and sure enough you will feel a great pain and actually a blister will arise. When you get this control of your feelings it is called Psychometric Control, as the system is handled exclusively upon the live wires of thought. You can at will then make the heart to cease beating, the circulation of the blood to be retarded and the pulse fall to a frightfully low condition. Then in one arm the pulse will quicken independently of the other, if you turn the battery of thought to the rising temperature of that arm, the pulse will quickly rise to a high point while that of the other arm is low and near the death point. You can believe yourself receiving inspired life without the raise of breath in the lungs and the tremorous condition will come over you and the spirit will aid you here in a successful experience of imitated death, without breathing or pulse, or heart to beat, all your friends will think you dead. You will pass from this state into a deep sleep and gradually come back to perfect condition and sleep off the spell in a few hours and awaken greatly refreshed. But remember, when going into this condition not to forget to think of awakening at a certain time, and don't make the fatal mistake of wishing that you would never waken, for these experiments are controlled to the letter by our thoughts, and you will awaken at the very minute you desire.

LESSON No. 28 - Magnetic control is the ability and power of thought to guide the currents of magnetism as they pass through the nerves to emanate in parallell lines away from the body to join as a circuit at the end of a certain space as a current of electricity obeysthis same law when passing over the wire.

With this method you throw off, at will, from each hand the opposite currents of magnetism that form within a circuit at the desired scope of the will. You produce this magnetism by thought. It is always present in your body, but you start its action by thought. When the current starts the tips of the fingers will tingle. You to cure disease by this magnetic current must press the hand upon the afflicted part and the other hand opposite it and drive the currents through. Magnetic conditions of love vibrations begin at a state of intrancement in self-hypnotic healing when you, in "Mental Vision" watch the face and form of a lovely Angel you fall into the condition of Self-hypnotic healing, and your prayer for health on awakening will have been aswered in almost a miraculous way. After going through the Magnetic Sleep you will be a new being with peculiar psychic adaptibility and your mere

thoughts will penetrate to the end of space and your psychical decay will stop and your body will not experience the wears of age. Time and destiny will have no control in bringing old age.

LESSON No. 29 - The most simple, powerful and rapid method will be given in this lesson for Self-hypnotic healing. Lay or seat yourself comfortably and hold before you a common slate as if trying to see into it as a mirror. After a while your concentrated thoughts will become lucid. You will see moving pictures in that slate as if holding a mirror before a hall of moving people, you will notice that the same will be of the nature you desire and your thoughts will be seen as per the scene you think of, in this slate mirror. These scenes will be vitally impressing to the physical conditions and if you choose health you are to bring up scenes in this slate of great forest trees, and large, huge, strong animals, and such beasts as manifest great strength and health. Disease and health are two things that are catching. If you mingle with unhealthy people and thoughts you will become unhealthy. If you mingle with persons of great health and strength and large appetites and live in those thoughts you become likewise. The spirit will often cross your senses and put involuntary scenes of some real happening upon this slate mirror as a condition of Clairvoyance, and you will be astonished with the accuracy of these doings. In this way you will receive lovely communications from your spirit friends, and there is no better way for developing Clairvoyance.

LESSON No. 30 - The system of this lesson and the method given to produce self-hypnosis is so simple that a child can master it. At the same hour, each day, lay or seat yourself in a very comfortable position, one that is conducive to sleep, holding in one hand a coin or bright object, about 6 inches in front and above your eyes so that when you look at it your eyes will be turned upwards and in the position of one asleep, concentrate your gaze and attention by the continuous outlining of the object and think of nothing until you begin to feel very drowsy and almost asleep and your eyes will shut without your knowledge and you will pass away into a state of audible dreams, which you will see your spirit friends and visit their homes as your spirit will be freed from the body for a while. You in one event will awaken in a very few minutes with the feeling of being dead, or having been asleep for a number of years. This feeling is experienced when your spirit leaves the body and you were only asleep a few minutes. Again you will fall into the regular hypnosis and will sleep for several hours, when you awake you will not be able to realize that you have been asleep at all, or it will seem as only a few seconds loss of consciousness. Again you will feel very thirsty, this is a sign that you passed into the magnetic sleep and that you are developing the phase for materialization, and later you should sit in a "cabinet". Practice this method for several months with the same article to gaze at, and you will be able to go to sleep instantly and hold spirit communications in your own home day by day. This method develops you into the higher Psychic attainments. From this sleep the spirit will arouse you to speak as a hypnotic subject and this is Trance Mediumship in you, and your ability to see Clairvoyance in this hypnotic state is Trance Clairvoyance. Then when you go to bed at night you will be inspired to Clairvoyant Visions and speak in your sleep as a trance Clairvoyant of natural sleep.

LESSON No. 31 - The method of inspired thinking is so simple and easy that anyone but a fool should master it. It is this:

Thoughts of some one else that are telepathically communicated upon the subconscious mind and comes up as voluntary thought. If you stop your own thoughts

by a resolution not to think you will presently find your mind is filled with voluntary thoughts, coming to you without effort and forcing you, as you will at first believe, against your desires to think. It is this inspired thought always, when people complain of not being able to keep from thinking. At least two-thirds of the thoughts of the ordinary being, schemes and plans are inspired. They come to you suddenly and you think you just struck a plan. It is a thought forced into your mind by a spirit, you may get a few thoughts from others as mind reading, but it is only about 10%, while the thought from spirits are about 60% and your real thoughts are about 30%. This seems queer, but it is a fact that more people are sort of dreamers and inspirationalists than otherwise. This close study of, "Thought in 'Absent Treatment' Clairvoyance, Control of Mind, and Physical effects" is my branch of science called Dutton-Therapy.

You develop this phase by closeting yourself all alone in a silent room and allowing your mind to be voluntary. You receive healthy inspirations from good thoughts sent you by the spirits and this development leads up to the higher psychic attainments of mind and body to give you perfect and lasting health, and free you from the drug habit.

In this way a healer is able to treat patients at a distance by telepathy.

Your loving spirit friends will greatly inspire your feeling, will vibrate the nerve fluid of the body, will touch veneration and send a divine electric shock from the top of your head to the soles of your feet as if listening to a great ministerial band. They will free you from every disease and trouble if you will earnestly pray unto them for their love, inspiration and help, as you do to God and to Jesus Christ.

LESSON No. 32 - The powerful and rapid method this lesson gives for the development of Duttonism in attaining peculiar psychic magnetism and spirit gifts as follows:

Lay flat upon your back on a bed and practice inducing the extreme passive physical condition of the body and especially the hands as follows: Close the hand tightly as possible and with the arms uplifted rotate around each other for a couple of minutes. Commence gradually and increase to a rapid revolving of arms around each other, or rather fists around each other. This is in a hypnotic action generates a current of animal electricity. The arms soon become tired, then let them fall lifeless to your sides for a few minutes in ABSOLUTE MOTIONLESS REST. Repeat this every few minutes for half an hour each day. As the arms rest, the hand must be unclenched and lay lifeless as possible. You will notice a great magnetic tingling and probably when you go to raise them you will be powerless to do so for a minute. Then you will notice yourself unable to stop the rotation, this is a hypnotic condition of the muscles and it is the developing currents of magnetism that compels your hands to act voluntary of your will, and this is the magnetism you are developing for the purpose of healing. If these experiments are kept up regularly for a number of days you will notice an involuntary twitching in the hands and muscles of the body and a second control by the power of a spirit, finally your hand will be picked up by this unseen spirit, and will be put into motion. When you sit at a desk it will be compelled to grasp a pencil and the spirit will write messages upon subjects and regarding things you never knew.

This development will require several months of earnest practice, but when it comes to you, you have a sure means of earning good wages for writing advice by spirit power for others. This will give you the psychic force to heal at a mere

touch, and the muscles all through your body will vibrate and twitch of this power when you treat the sick and you will cure disease in a very short period of time. This is a phase of development and psychic power of the physical system I experience and call Duttonism. Through this power you will receive messages from your loving spirit guides day by day.

LESSON No. 33 - The method this lesson contains for bringing this magnetic force into higher psychic connections is, for the student at a certain time each day, to sit in a room and place the palms of the hands flat and tight upon the wood of the bare table, walnut wood is the best. The best time to sit is at dusk, between sundown and dark, when the room is rather dark to see to read. As you sit here a few minutes each day for a few weeks you will notice lights like little stars floating about the room and your arms will be controlled to write messages from spirit friends, you will feel tremendous magnetism at times and the spirits will come and make their presence felt in ways altogether unexpected to you to prove that it is not imagination. When you experience these results you will know your magnetism is coming in rapo with the psychic currents of the spirit and this is developing into the higher psychic attainments when you will feel the streams of psychic currents leaving your finger tips like a flow of water and you will be enabled to heal any disease, to heal even at a touch and you will hear a popping and snapping current in the air about you which is controlled by the spirit to do instantaneous healing. You will feel your spirit float out of your body as if dreaming and your body will be used by another spirit and the battery will become so strong sometimes as to lift you right out in mid air.

LESSON No. 34 - This lesson's method for developing a determiningly strong and wilful magnetic force for controlling others without a word, action or suggestion, is in practicing concentration of mind by learning to think of but one thing to the seclusion of all others for any desired time. This is accomplished by simply thinking of the person you wish to influence with absolutely no thought but the mental picture of that person before you. You think of the person and if the thought takes effect you will see the mental picture of the person begin to move and act restless, this is a certain sign that you influence them and if you stand and make passes in the air as if throwing the magnetism of your hands into this mental form and make the passes from head to foot, and when returning the hands throw them outward and repeat the pass with the inside of hand covering the face of the mental form and passing downward to feet you will find that this hypnotizes the absent person. You awaken the subject by making passes and mental suggestions to awake. These experiments are invariably aided by spirit friends, if you are a medium they are sure to aid these experiments.

LESSON No. 35 - In teaching you how to develop your magnetic force into psychic force of psychism, a fluid which is simple a mixture of spirit magnetism with mortal magnetism. I want you to obey the system of practicing physical passivity as method in foregoing lesson of laying flat upon the back and then to raise first one and then the other arm, also the foot and practice letting them drop as dead weights. Take long deep breaths and then let them go with a rush to make the body as passive as possible. Make your body as passive as you can at certain times, corresponding each day of the week and hour of the day. Before this practice give yourself in prayer as you do in church when you pray to God in earnest, you can never develop Psychism without spirit aid, and they will always aid any mortal and heed his prayers if they are made in TRUE FAITH.

The only difference between our magnetism and psychicism is the chemical result as a blending of mortal with spirit magnetism. The old mesmerism and

powers of Mesmer in Paris, France, when he healed thousands of people, was a psychic force more than it was mere animal magnetism.

Now the New Psychic forces of myself are the result of that blending of my material magnetism with the spirit and sole psychic forces of Mesmer, given to myself by the Spirit forces of Mesmer, given to him from the Spirit spheres above and God.

The chemical consolution of these powers with mortal power I call psychicism. The science of this system of development and the power, experience and system for teaching I call Dutton-Therapy.

The power, itself, I have to control circumstances, heal the sick, etc., I call Duttonism, because this power of spirit magnetism of mortals makes a force composed differently, chemically, from any other force of the same development in others and no one can honestly call his own powers anything different from the "ism" after his own name, because a universal name will not stand for forces similar, but different in a degree of power and character as there are difference in temperaments, talents, and characters among the many people who develop.

LESSON No. 36 - The system and method this lesson will give for the development of the new force psychicism is PERFECT FAITH and prayer offered unto the spirit at certain set periods, say twice a week, or as often as you choose and you are to magnetize a black cloth large enough to cover you over when sitting in a chair, you must always use this cloth, covered over your head when offering your prayer because it acts as the conductor of magnetism and you develop far more rapid if you use it. Your merely sitting under the cloth (which must completely cover you) and the prayer and mental force sent out will thoroughly magnetize the article and the spirit can come closer to you when using it. Never pray for more than twenty minutes or stay under the blanket for a longer priod of time.

The blending of your magnetism with your loving spirit friends will be similar to my magnetism blending with that of Spirit Mesmer's, that develops and enables you to talk direct in magnetic vision with the spirit and you can see then with the eyes wide open, but the hot currents of magnetism will make them burn severly at first.

This magnetized cloth method is the powerful method of this lesson for the developing mediumship. The prayer must be given in strong faith and the strength of the method depends upon your belief and strength of Faith. In this way you develop stronger than the ordinary method, and if you "sit" in total darkness you will finally have the cloth lifted from your head by a spirit, who will stand revealed in a luminous light, and then after that you can talk to them upon the street, face to face as you would any friend.

LESSON No. 37 - A medium when under control is hypnotized by a spirit the same as a subject is hypnotized by a mortal only the force which does it is distinctly different. A mortal hypnotizes a subject mainly by suggestions, and some forces of mind transference, while a spirit hypnotizes a mortal mainly by thought transference and in some cases by magnetic currents turned on through a spirit battery. If the subject falls unconscious or asleep and is awakened in the hypnotic spell to speak and without a muscular twitching it is evident that thought transference has done the work, but if convulsion is experienced then the spirit battery was used. Thought transference is the best blending force between spirit and mortal in hypnotizing, as a mortal can also hypnotize with thought transference,

If he knows how to think. A spirit can only think and transmit the thought better and has better results. You hypnotize, or mesmerize, in this way and induce the clairvoyant state upon susceptible people while they are passive by thinking a vision or scene into their brain as if your mind was inside of their brain, and you think in very strong, and they will think and see that thought as a vision and not know where it came from. They will thoughtlessly act on your thoughts and that is a state of independent hypnosis when the subject does as one thinks and is not asleep or unconscious.

This is Clairvoyance and mediumship in the subject and the spirit uses them as you do. In this way, by thought, you can turn your subject to the control of spirit and they in the same manner turn them back to your control again by bringing you into their thoughts that is transferred into the subjects mind when you will be in his mind to control again. In like manner you think into your subject of any mortal or spirit whom you wish to control the subject and that person can control of another mortal or spirit by telling your subject that he will obey that person.

LESSON No. 38 - Hypnotism is different from mesmerism in as much as the hypnotic state is induced by suggestions and the latter by magnetic passes and is a result of magnetic state of the nerves and mind, while in hypnotism it is a controlling force that is generated in the mind of a subject to control every feeling and thereby make the subject unconscious. Mesmerism has the same effects only of a higher phase as it was inspired feelings and thoughts and the magnetism of Mesmer, which always brought about the higher phenomena that hypnotism seldom brings on. Hypnotism is the positive and blunt thought force to create new physical conditions by the strain of mind produced by the hypnotist, while Mesmerism is the passive, the natural psychic mental condition induced, in ease and perfect peace, to drink at the fountain of inspired health and youth.

LESSON No. 39 - The carnal principles of Duttonism is taught in the various lessons of this course. Duttonism is a force and power to control human destiny and influence people similarly to hypnotism and mesmerism only it is an exalted psychic force that Dutton has developed through spirit aid and the interblending of the Spirit magnetism of Mesmer or Spirit Mesmerism with Duttonism. This change and chemical action of the personal electricities and forces of a mortal, the other a spirit, and gives off a force that is of the highest psychic attainment, and this force is Duttonism.

My original method of "Cabinet Sittings" for the development of this peculiar force in your body consists in the following discipline. You take a closet, a few feet of space to sit in, this is better than building a cabinet. You must line this closet with dark brown cotton flannel with the fleecy side turned in toward the center of the closet. Line the walls and ceiling thoroughly, place a clean carpet on the floor, and keep this closet perfectly clean.

Now keep a certain chair in that closet which is covered with dark cotton flannel, never use anything white, or have anything in the closet. At 8 p.m. Mondays and Thursdays, go into this cabinet and close the door and "sit" for 30 minutes in total darkness and profound silence, you will soon develop to hear spirit voices, receive spirit electric shocks and see the spirit in full form. When this is developing you will often see lights, hear sounds and music in the extreme silence, will experience warm magnetic and inspiring shocks, then chills and electric shocks as the spirit force is developing with your magnetism. When this development is accomplished it will be a peculiar psychic force in your system that in blending with your peculiarity of temperament will be different from

all other people developing in the same way, and will deserve its name of the "ism" after your own name. This development can never be accomplished without invoking the aid of the spirits, and this is the reason that you must sit at these appointed hours, so the spirit may know when to be with you for this development. Don't make the mistake of trying to develop too fast, it requires months and even years with some people. Don't try to practice all the methods at once, but study these lessons and suit yourself as to the best method and means that gives best results.

PART SECOND.

LESSON No. 40 - Duttonism. The similarity and development of this power with various great men had its characters and aspects among the nations of antiquity, under various names, as occults and religions of by gone days. In tracing the pages of Biblical history you can plainly see that without this occult there could have been no religion, without this power Christ could not have worked miracles.

LESSON No. 41 - The chemical solvence of the one power in respect to the peculiarity of various temperaments and people developing it depends upon intensity and activity and genius of that being. The power will be used with one that has the faculties of construction largely developed for inventions, with acquisitiveness to make and hoard money, with memory of history and science, with love for art and beauties in nature, with human nature for character reading and spirituality for mediumship, etc., as many different faculties as Phrenology delineates for the mind.

LESSON No. 42 - In the varieties of this power under various aspects did sages and seers of old, in their practice and profession in truth and effect so many practical hypnotists, clairvoyants and mediums in this manner hold communications with certain spirits supposed to be God. God was their name for the spirit who acted as their guide and in reading the Bible you will see that there were many Gods.

LESSON No. 43 - In explaining this power as manifested all along that paths of centuries, I can only refer to Abraham Lincoln, George Washington, U.S. Grant and Queen Victoria as being spiritualists and many others, also relating to the hypnotic powers of Roosevelt, and the intuition of Dewey, and the will power of Napoleon, and to the founder of Mesmerism, and then into the pages of Biblical History and life of Christ.

LESSON No. 44 - The identity of Duttonism with other science has its similar effects and the transitions of the material effects of hypnotism and mesmerism into the higher psychic conditions and spirit force is the advancement and development of the old forces which now build up the new power Duttonism.

LESSON No. 45 - Bringing into practice the systems of Mesmerism and Hypnotism is the result of facts and developments of new power and discoveries and methods of demonstration, which has given the present scientific footing for Duttonism. These discoveries and methods are given throughout the course of lessons in detail.

LESSON No. 46 - My first experience of my powers was shown to me in a dream, by the angels when I was a child. The experience was that by merely laying my baby hands upon people with the sick headache they would be instantly relieved, but no one knew the wealth of these powers. I remember distinctly the messages brought to me in dreams by the spirit when I was but four years old. As I grew older I began to experiment with my powers in the way of charming snakes and animals of all kinds. Later in life I took up the study of mesmerism, then hypnotism and magnetic healing and spiritualism, and developed these mediumistic powers now known as Duttonism.

LESSON No. 47 - I developed my psychic powers through Self-Hypnotism and "Cabinet Sittings" by aid of spirit powers. They changed the chemical composition

of my blood by attaching the spirit electroids to certain nerve centers and turning in a spirit fluid which felt like a continuous mild shock from a medical battery for hours at a time, on certain days of the month. I took the field as a psychic scientist, teacher and developing medium in 1900, when I arose rapidly to fame, and now have the name of knowing more of the forces of the unseen powers that anyone in the profession. I studied hypnotism and fascination of animals when a boy, and had the power to charm and catch wild birds. I could heal. These are the discoveries that lead to my attainment and celebrity in this cult.

LESSON No. 48 - After discovering the fact that I possessed the power to charm and capture wild birds I studied mesmerism and hypnotism, then I "sit" to develop my mediumship. I found I was then possessed with a sense of strong psychic force that left my hands like electric sparks from a battery and that my thoughts would hypnotize people. I discovered that this power always worked to heal and develop others and that made no difference. Experience proved that I could really develop many people into great mediums by having them, here and there over the country to be passive at an hour when I would send my force and spirits to control them. In this way those sitting at appointed hours became great psychics and mediums and healers.

LESSON No. 49 - A powerful method for developing power to see clairvoyantly and to hear clairoudently is to go into a barn where doves can be scared up, and as they fly out into the air listen intently to the flap of the wing and vision of the bird in the air as you quickly look at a space in the blue sky, you will yet see the imaginary bird flying and can hear the imaginary flapping of wings. You can sight a tree, or windmill, or house on the horizon and then look off into the blue sky and you will see it in the air. This is a very powerful method for developing and other scenery will do to imitate vision on as well.

LESSON No. 50 - To cultivate the mind as in the foregoing lesson and then practice to see any object when the eyes are shut that you think of and to continue this practice until every thought you produce upon anything will make a mental picture, clear and strong, in your mind is the true and proper power of thinking and is Clairvoyance and is the quickest method for becoming a professional psychic.

LESSON No. 51 - My personal experience at becoming a psychic was to learn how to think. Then I went about my daily pursuits with every thought as a vision, and mental pictures I could not think of any body or any place without seeing it in my minds eye as reality. If I would think of pleasure I would have beautiful and charming visions, and the psychic ability of the system soon developed so I felt JUST as I THOUGHT and that thought was always accompanied by a vision of the thought or thing thought of. I would see trouble if I thought of it, I would feel troubled, I would see the glories of good thoughts and feel the effects as well. Thus I healed my disease.

Having explained in a foregoing lesson of inspired thoughts and mind reading you can now guess what Clairvoyance is. Clairvoyance is the vision of a thought coming from other minds, persons and spirits. Follow this method and your development is rapid and certain.

LESSON No. 52 - The Mesmeric Method I developed by for you to use, is as follows: Lay flat upon your back on a couch. Close your eyes and turn them inward and try to imagine that you see a spot on your forehead at the place where the hair begins. Keep the mental picture of this thought firm in mind for some time and suggest to yourself that sleep is coming, and you will grow very sleepy.

Then imagine the couch turning and tumbling in the air with you and that you are finally sailing away out in a balloon, and as you sail away imagine yourself falling and are frightened and you will feel yourself controlled by the sub-conscious mind to spring to your feet and you will try to hold yourself, but the sub-conscious mind will refuse and will raise you upon your feet and save itself the sensation of the fall. This method might be called Self-Mesmeric Control.

LESSON No. 53 - The development and peculiarity of such thought power you can guide as waves in controlling the minds and thoughts of others and personal effects of such power will deserve no other name than the "ism" after your own name, which you can teach as a science, practice as an art, and earn yourself fame and fortune.

LESSON No. 54 - The Dutton-Therapy method for generating and retaining this psychic force to develop its perfect identity in your system with science we read of under other names is by a Mental Drawing intention of force about you to attract it as you make your mind a perfect blank and without effort or strain you rapidly load yourself with this force as a storage battery.

LESSON No. 55 - Realize the unseen forces of nature, see how glass is transparent to the eye: a wire acts as a gaspipe, that water passes through, for the current of electricity to travel in at a speed of 188000 miles per second. Thought travels at an incalculable speed. Wood, iron and earth is as transparent to spirit and thought as the window pane is to the sun's rays, so spirit worlds and material likewise transparent and unseen to us as the atmosphere.

The method of GREATEST POWER for bringing you in rapo with the various degrees of this power for centuries is to sit as passive as possible and give yourself in deep and profound thought upon the unseen powers and the possibility of Spiritual things and a universe filled with things unseen. In this way your mental and Clairvoyant sight will become plain and you will see more things in nature than is realized in your fondest dreams.

LESSON No. 56 - The "Psychic Circle" and members and students of my school have set aside the hour commencing at 7:50 a.m. and 8 p.m. to "sit" for Psychic Development. You must "sit" 30 minutes in a comfortable quiet place at these VERY hours, taking your own standard of time, as the earth revolves the "sitters" in all sections of the world will keep up a continuous thought current that will encircle the globe and do great good to each "sitter" in his development as his particular hour arrives.

LESSON No. 57 - To varify the conditions for the various characters and temperaments of students to develop your intuition and psychic senses you must adapt yourself to the method of these lessons most suitable for your development. You must use your genius and skill in inventing methods and means for bringing on the clairvoyant sight by trying to form mental pictures of the things that you deal with most during the day. What your occupation is, is the easiest thought to mentalize upon and produce these visions. Your tasks and desires and genius will call out the mental picture for you, as one person mentalizes upon landscapes easier, and another upon forests, etc.

LESSON No. 58 - To bring your mediumship in report with various nationalities and characters of old can be best accomplished by the reading of such life and history as create the thought and brings them to you.

If you try imitating a foreign language the psychic will soon get a foreign spirit to control him and cause him to perfectly speak that language. A thought

for one's relations in spirit will usually bring them to his side, a thought for Jesus Christ brings many loving and inspiring angels. The power in a thought sent out brings one in rapport with those spirit hypnotists and seers of old whose duty it is to control and educate mortality.

LESSON No. 59 - The chemical change in your blood which takes effect as a result of "sitting" with the "psychic circle" is due to the two magnetic currents of mortal and spirit. The orrio thrown off from your body when entered into by the orrio of the spirit develops and produces the chemical change in character to your thought and temperament and the new force will be in kind entirely different than the developed psychic force of any other mortal. You also develop differently with different spirits owing to the peculiarity of their temperaments and characters.

LESSON No. 60 - My original method for the development of the power mentioned in the foregoing lesson is as follows: Sit with the "Psychic Circle" at the appointed hours, in a foregoing lesson, and as you "sit" place a watch on the wall and listen to nothing but the ticking of that watch with the concentration of all your mind to hearing that ticking. In a little while you will grow sleepy and the ticking of the watch will be heard no more, you will settle back into a restful and inspiring sleep, and your mind will wander away in the mental currents of the psychic circle, and you will awaken in a short time with the body charged as a piece of steel with magnetism after being passed through the coils of a battery or near the magnetic poles of a powerful dynamo. This new power in you will be that peculiar psychic force that develops different in every individual and can only take its name as the "ism" after your own name, as with Mesmer is mesmerism, etc.

PART THIRD

LESSON No. 61 - Dutton-Therapy is a science and mental appliance of Duttonism and the psychic ability in the cure of all disease. Hypnotism demonstrates the psychic control in the subject. Self-hypnotic control in the subject, the self evident fact and experience of the power brought into self. Duttonism is the power of manifesting its powers and recording its effects upon the physical conditions.

Dutton-Therapy is the science and control of the mind in using the psychic force of thought at will to effect any physical condition. Health in Dutton-Therapy is brought about by the choosing of the will to think the desired results as psychic thoughts or thoughts in other words which are seen as mental pictures, is heard clairvoyantly by the psychic sense and is felt in physical control psychometrically. This is Dutton-Therapy and Psychic Thought system, or effecting real physical effects and to heal.

LESSON No. 62 - Psychico-Therapy in all culturic arts. As a man thinks in the bottom of his heart so he is. This is Psychico-Therapy for when one thinks one thing to the exclusion of all others he is practicing the art of Psychico-Therapy, because psycho is a condition of thought that becomes lucid, to be seen by the soul as clairvoyant vision and to be felt by the soul in physical conditions as psychometry and the method and system of thinking is Therapeutic and to result systematically in effecting bodily results in Therapathy, or psycho-therapy, because the thought brings physical results as recorded by will from the soul.

LESSON No. 63 - Hypnotic Physiciculturic Therapy is a system I have invented

by which the physical conditions of the hypnotic subject can be cultivated and improved and effected instantly through post hypnotic suggestions which effect the subject in this way: you control a subject by sleep suggestions to effect hypnosis, you then can control him by suggestion to act, and experience any psychic condition. You awaken the subject also by suggestion, but before awakening him you post-hypnotize him by impressing upon the psychic sense very strongly that when he is awakened you can hypnotize him instantly by a snap of the finger. This you can do to the subject when awake and at any time. So if that person is sick thereafter you can hypnotize him instantly and make a few suggestions and awaken the subject, sound and well. I have tried this hundreds of times and have yet to meet with my first failure. See lessons further on, on Hypnotism and how you control and hypnotize.

LESSON No. 64 - Magnetic Hypnosis is the stage of self induced sleep out of which you awaken intensely thirsty and it is the sure sign that the spirit is generating you into a magnet whereby force has been used to effect materialization and you should "sit" or sleep behind a curtain, or in the "cabinet" or closet where black heavy curtains separate you from the "circle" and in time forms will begin to appear to the "circle" in full view while you sleep.

LESSON No. 65 - Thought transference is the ability among people to think thoughts that travel too and affects some one in coming up in their mind as thoughts which they will invariably act upon as their own. When one acts upon such inspired thoughts, whether they be sent from a mortal, or spirit, he is in that event hypnotized, in a conscious state and is a mind reader.

LESSON No. 66 - Suggestive Hypnosis is where you effect ones mental actions, to control his feelings merely by speech or suggestion, and to hypnotize one you carry this means to the extent of compelling him to do your suggestions. You effect this frame of mind first by getting a person to agree to it and then tell him that you are going to put him to sleep. You do this by making him shut his eyes and think of nothing but sleep, and you will intensify the coming sleep and hurry it up by telling him he is getting sleepy, then more and more sleepy, giving him time to feel sleepy, and imitating the NATURAL PROCESS of sleep as near as possible. Your skill as a hypnotist simply depends upon your putting him to sleep, and when you see he is asleep you control his dreams by telling him to see one thing and another and he like a sleep walker will act and do as you suggest. You then awaken him by telling him he is waking up in the same way as you put him to sleep by telling him he was getting sleepy. This is all to do in hypnotizing, and as you become skilled in this feat you accomplish anything a professional can. Remember, sleep is the very act of hypnotism which anyone can accomplish. Other methods are used but only to produce this same sleep.

LESSON No. 67 - Suggestive therapeutics is that system of treating persons by suggestion, the same as you had them hypnotized by making them passive and receptive to you and the control is similar only not so intense as where the subject is put into the sleep.

LESSON No. 68 - Magnetic Therapeutics is the magnetism of thought force that goes with suggestion. The suggestion serves as the natural means of making the subject passive as in Suggestive Therapeutic treatment and then the psychic powers of the healers thoughts and magnetism goes straight into the passive nerve system, which often enables the spirit guide to gain complete control of the subject being treated and a miraculous feat in the healing art is effected.

LESSON No. 69 - Magnetic Psychopathy is the system of treating diseases by bringing on the psychic control by the old magnetic healing methods of making passes and magnetizing the head of the patient and also afflicted parts by the laying on of the hands. The hands of the healer must vibrate with the magnetic waves to produce the magnetic psychopathic control in the subject. Thus the subject will fall asleep and will imitate the magnetizers movements and act on his thoughts.

LESSON No. 70 - Psychratism is a new name for hypnotism and is understood as the hypnotic control of the soul, and not the senses. It develops the spirit of man. It deals more in so-called clairvoyant healing and is simply the elevated and spiritual hypnotic control of the subject.

LESSON No. 71 - The higher laws of Hypnotic and Phyciculturic science is in the similar effect of hypnotic physical culture that is brought upon a higher and broader scale and deals in exalting and developing the spiritual faculties and the love and learning of the body to escape the blues and various other mental debilities.

LESSON No. 72 - Mind and body. The body is the visible form of the mind. The thought and their characters develop the mind and the mind gives physical expression to its characters. Thus it is that phrenology maps the organs of the brain, the faculty of the mind, the development of the brain, and nature, and physical build. The signs of character in the physiognomy of the face, palmistry in the hand, etc. Health in the complexion and strength in the development of the physique.

LESSON No. 73 - Thoughts and Things. Thoughts are things, we see the thought, we feel the thought, we taste the thought, we walk by its guidance, we plan and do all our work by thoughts dictation. Even more with the psychic, he sees the thoughts as ocean currents and clouds in the sky, and knows it to be the finer essence of life. We live and our physical and mental statutes grow by breathing in these thought fluids, as a tree takes its substance to build its mighty strength, not from the ground, but from the air. This is demonstrated fact, or why does not the earth about the roots of great forest trees never sink in, and why is the tree not minerally composed. It would be if it used the substance of the earth in growing. No, it is the unseen forces in nature which are the substances of all growth, and so it is in man. Man does not grow of earth's food but of psychic and spirit food. The great ethereal thought is universal substance as much as atmosphere and every mind is a share holder of that great ocean of knowledge which I call God.

LESSON No. 74 - Mentalism and Materialism. The earth and its substance acts as the ground battery of mentalism on which it is given material expression. Mentalism in the physical is the medium of force, as thought is similar to the current of electricity in the live wire. The soul is as magnetism in the stationary form as horseshoe magnet. It being placed in the body as magnetism, but it is grounded in the spirit planet and things there we call mentalism. Our bodies are the stationary batteries for the interchanging forces of soul and spirit and through telepathic transference of mental currents our souls are kept open and in communication with the spirit world. When a child is born, that is the natural result of this law and the real, mind-currents and soul, and consciousness of the real being come into that child as it grows to manhood. Never is it that the soul is in the breathless growth of that child before birth, but the instant of birth, telepathy and mind transference commences in the new battery. The real

soul of man being at all times in spirit because soul is spirit. This is my presentation of mentalism in relation to materialism. It is only the magnetism of soul forces in our bodies which we think is our spirit. When one's soul is fully brought into control of the earthly cell, of body we see manifestations, at once, of infinite power. A man of perfect psychic development can simply work wonders and get the world's last breath.

LESSON No. 75 - Mental Therapy and Clairvoyance. Clairvoyance is the ability of the senses to see by spirit power and the aid of these currents of mental thoughts as "mental vision" and can be termed Mental Therapy.

Mental Therapy is the scientific system of thinking and the mental Therapist always SEES every thought as its spirit relation to material things and this system of thought and the power and force can be classed in with other occult sciences as mesmerism and hypnotism. It can be called Mentalism in being applied to others.

LESSON No. 76 - "Mental Vision" can scarcely be distinguished from real Clairvoyance, only I term "Mental Vision" psychically seeing at will while clairvoyant vision comes more as inspired thought currents and records of things we see. An involuntary flow.

LESSON No. 77 With "Mental Vision" you see in the mind's eye at will and is caused by the conscious and voluntary mind. Clairvoyantly you see from a receptive state. The visions are involuntary and are produced by the act of the sub-conscious mind and involuntary control.

Claircidence comes as a result of the psychic sense of the mind to hear thoughts as if spoken.

Psychometry is the psychic, or soul sense of feeling such thoughts and conditions of others.

Inspiration is the inflow through the psychic sense of the mind to think the thoughts of others.

Intuition is the psychic sense of thinking and is received from this fountain of inexhaustible knowledge.

LESSON No. 78 - Each of the psychic senses mentioned in the foregoing lesson harmonizes with each other and are as natural as the five physical senses. It is this psychic ability in one through which a person is enabled to communicate with the spirit and this adaptability is called mediumship.

LESSON No. 79 - A sure method for producing "Mental Vision" in a slow sluggish minded person is as follows: Look at a blazing fire for a moment, or a lamp and then close the eyes and if you repeat this for a few times you will see your object as "mental vision." Look at a gorge, or house far away and shut your eyes again and you will have mental vision of it. Watch a running horse, or some moving object and shut your eyes and you will see in the mind's eye its movements. This practice soon enables you to see any object thought of and the movements will be as real as life. Look upon the wall and think DEEP in your mind of a moving train and you will see it pass upon the wall as an Edison Moving scene.

LESSON No. 80 - "Mental Vision" is the power of the mind to look out and see through the mental eye any thought at will. Thoughts are things, and the mind can see the absent person as he is clothed in these thoughts. But when his mind is a blank his spirit will often manifest to the mental vision as a voluntary

thought. If the person of whom you are not thinking is seen in your mental picture it is because that person is thinking of you, and the vision in this vision in this event is real.

Clairvoyance. As a man thinks, so is his mental visions. Great inventors as Edison. In thinking of an invention will see the thought and this thought reaches out to that ocean of thought knowledge and brings them in rapport with the elements they need to complete the invention, and then the inventor will receive a train of involuntary thoughts and visions of the real machinery of the invention that he wants to make. When the complete machine is shown him it is evident that it is the invention of a spirit and is being transmitted to the inventor. In this event it is a discovery.

LESSON No. 81 - The method for discriminating between the voluntary and involuntary thoughts, the voluntary and involuntary visions are as follows: Think positively of a thing. That thought and vision is voluntary, and is produced by you. Then cease to think and become passive then the thought and visions coming up without effort and seeming to force their way in are the involuntary and come from another mind, a mortal or spirit.

LESSON No. 82 - The method for developing the Clairvidence of the sub-conscious faculty is in the act of becoming extremely passive and concentrated on the function of hearing audibly. In this practice the thoughts of others will flow through the sub-conscious mind as audible and real as vision in a dream and you will to that extent clairvoidently act as a dream in perfect consciousness. To develop this new faculty alone is worth thousands of dollars in all trades and business relations.

To receive the thoughts of others in this way you must sit passively and concentrate your mind upon hearing them in this audible conscious dream state.

LESSON No. 83 - A natural law with the sub-conscious mind is to act as a receiver for transferred thoughts and spirit messages. It acts just as a sounder on the instrument of the machine in wireless telegraphy. Thus thoughts are received from any mind, in any quarter of the globe, whose sounders in the sub-conscious mind are in tune to one another. This is the natural law of spirits messages to mortals.

LESSON No. 84 - The mediumship of the psychic obeys that natural controlling law of "mental vision" Clairvoyance, Clairvidence, Psychometry, Inspiration, and Intuition in relation to the spirit as the five physical senses are to the mortal and through these psychic senses the spirits hold communications and a mortal is a medium who can communicate likewise.

LESSON No. 85 - Sound and feeling also greatly aid in producing "mental vision." This is the method of so much power. If you sit passively with your eyes closed and suddenly drop your hand into a cold pan of water with a splash you will be surprised to see what a vivid mental picture you will have of that water as a result of intensified suggestion brought about by sensation and sound. If you sit with your eyes closed and hear the sharp thrill of a whistle of an engine you will see, at once, in mental vision, the engine and steam and smoke flying. With this practice you become so sensitive that you have a mental picture of every sound or touch, and a sound and feeling connected with every "mental vision" is the higher stages and is clairvoyance, and as you psychometrically diagnosis a disease by psychic sense you will see it Clairvoyantly, also in advanced

development even clairoidently hear the friction and unharmonical action of the afflicted organs.

LESSON No. 86 - Mentalism is that physical and material condition of spirit that goes to show the mind and body are as one, the physical form, the visible expression of the mind. The physical conditions are controlled for health or disease by the mental powers. To demonstrate you think and you see the vision of the thought. The vision of the thought is accompanied by the audibility of sound to the psychic sense. The vision is heard and also is physically felt by the psychometric sense of touch. In this a thought is visionized, is psychometerized and audibly impresses the sense of hearing and so completely controls in matter as to present the fact that body and mind are one.

LESSON No. 87 - To develop the psychometric sense of feeling you watch a child at play and you see it tumble and fall, your sympathies go with it and this makes you passive and you feel the sense in your body even before the child reaches the ground. You go into the dome of a high building and look out and think about falling, and you will immediately feel the sensation. You start to eat anything very sour and you feel your mouth water before you taste the substance. Many such instances as these are powerful methods for developing the psychometric senses. In this way you realize that thoughts are things by the physical results. The power of thought to the bystander is unseen but to you it is seen, felt and heard. You know it is a real thing when you find it recording permanent results in the physical body as disease, weakness, health or strength as in relation to the nature of thought.

LESSON No. 88 - To control the body to health and perfect soundness by the thought substance, you as an adapt of the foregoing lessons scarcely need more instructions. I want to state that thoughts are as currents set in motion by each others mind and form in a wide circuit as the orbit of the earth and its path in the heavens, on its annual journey around the sun. If a number of people, in all parts of the world set aside a certain time of the day for sending out health thought there will be formed a "thought circuit" of health and strength as the earth revolves in space and as the hour of the day arrives for the patients of the various standards of time to "sit" the current will be perpetual. I have many thousand students engaged in this in every section of the earth. At the noon day hour each in his different earth sphere will devote 5 minutes in sending out these thoughts for each others mutual benefit. You can "sit" in the silence and privacy of your room or think your thoughts and send the currents when at work. If you fasten your thoughts on me in hope of relief and the power will relieve you.

LESSON No. 89 - To develop the personal power of President McKinley one must train confidence and perfect faith and belief in his ability to do anything. You must above all, lead a perfect Christian life and love your enemies. Say in McKinley's dying words "Forgive him for he knows not what he does," Jesus Christ said, "Forgive them, they know not what they do." When enemies prosecute you for honoring the truth, be forgiving. I know as well as anyone how annoying and vexing it is to have enemies trying to do away with the truths I present. The old schools of the medical fraternity dispise my system of drugless healing, as they do a snake. The old doctors of Divinity dispise my system of Godless salvation as they do satan, and persist in their attempt to compel the people to believe in an everlasting hell fire, as the doctors insist in the ministering of their poisons, notwithstanding that as you think so you are, and as Christ stated, according to thy faith be it unto you.

LESSON No. 90 - In a foregoing lesson it is taught that all there is in hypnotizing a person is simply to talk him to sleep, to frame his dreams by suggestions, to produce hallucinations by making him perform unconsciously and to awaken him by suggestion. The skill of the operator depends upon his ability and method of producing artificial sleep. For this purpose I present my original bull-dog method for putting the hardest of subjects asleep.

Ask your subject to be seated, step behind him and taking him by the head and shoulders incline him backwards and looking over into his face command him to fix his gaze upward at a survey angle on your eye. After looking steadily into his eyes for a minute and you see the pupil dialating greatly command him to close his eyes, while you rub the eye lids down, command him to keep his eyes turned upwards as ever only the eyelids closed, while you make a few sleep suggestions as follows:

Your eyes are very tired and heavy, you feel very sleepy. Your eyes are so heavy and tired, you are sleeping--the lids are tight and fast and you CANNOT UPEN THEM. Try! Try! Try! At once snap your fingers after saying this and shout ALL RIGHT they are open. At first the hard subjects will fail to hold the lids closed, but several trials will begin to prove a success, and if the proper stress is put upon each trial, with deeper empathasis, you will find the results rapid and certain. Each time you increase the time for making sleep suggestions until at last the eyes will not open, and the subject will sleep. Raise an eyelid and if the pupil is greatly dialated and the light causes no contraction and the eyeball lays turned upward in the natural position of sleep you will know positively that hypnosis has been induced. Then if you raise an arm and tell him he cannot put it down he will be unable to do so, then tell him his chair is hot and he will feel it burn and jump off from it as from a hot stove.

Imitate this method in selfappliance and self-hypnosis will be induced. In practicing this method of gazing people in the eye with intense and concentrated will power you will develop the nerve and hypnotic power of a Roosevelt, or will of Napoleon. With this power one becomes richly endowed with person magnetism and the influence of Angels to guard you from accident and danger.

LESSON No. 91 - Become passive to strangers coming into your room and imitate and take on the expression of their face, this will enable you to psychometerize their very feelings, and their character will be reaveled to you as a flash. This is the best method for character reading by impression. Through this faculty of intuition you will be warned by Angels in dreams of coming troubles. This power guides one's welfare, and by the public is called luck. All successful business men are guided by the angel in this way, and there is no such thing as luck.

PART FOURTH.

LESSON No. 92 - In the adaption of stage "A", and realization of this power called Duttonism one must physically realize, feel and hear, and see the thoughts he thinks. He must become in rapport with the things which he mingles with as a result of thought about such things, and these thoughts of the adaption of stage "A" are physical conditions. You go among healthy people, animals of great strength, and think of health and strength and you will be healthy and strong.

LESSON No. 93 - The adaption of stage "B" requires the true unweakening and healthy habit of seeing as mental vision, every thought which is accomplished by learning to think of ONE THING AT A TIME and to think that thought perfectly, clearly, and healthily. In every event think with undivided attention and when you learn to think you will be an adept of stage "B".

LESSON No. 94 - The adept of stage "C" has perfect voluntary "Mental Vision" to see any thought as he pleases by simply thinking with a determined will to be collective and concentrated on that thought. By will power you force your mind to hold a thought before your mental eye and this is the adeptic force of stage "C".

LESSON No. 95 - The adept of stage "D" has an involuntary train of "Mental Vision" and reversed condition in perfect consciousness the same as a hypnotic subject. You produce the involuntary "mental vision" after going through stage "C" of voluntary control by becoming passive and allowing thoughts and visions to wander through your mind as at a stage of dreaming upon entering sleep. Thus to the adept of stage "D" he will dream at will as one thoroughly awake and yet he himself consciously asleep receiving rest and refreshment of mind at his daily toil.

LESSON No. 96 - With this method the adept of stage "E" has involuntary visional control, or clairvoyant vision of people's thoughts, by simply becoming passive and imitative of their looks, expression of face and action. You are an adept of stage "E" will experience no trouble of becoming passive at will to people's looks and expressions as hypnotized by their thought, magnetism and feelings to experience every mental thought of theirs as visions and sounds as if you heard them talk and psychometrically diagnose their bodily conditions.

LESSON No. 97 - The method for the adept of stage "F" for entering the independent Clairvoyant state in which the soul separates from the body and sees the eternal things of the heavenly home beyond is in the thought force of his psychic thought in prayer as a call to a spirit to aid in hypnotizing him and to hold the life force in the body while the soul travels out. Then like any hypnotized subject on returning and coming back to consciousness again will not remember your excursion, unless you ask the spirit hypnotist to give you a suggestion to remember, and then you will.

LESSON No. 98 - This method, the adept of stage "G", will be of use in bringing him into the mediumship of development and sub-mental faculties for spirit control. As you already have the psychic power of thought bring your sensations of being in relation to thinking and feeling the thought that spirits were touching you and speaking to you, and as you think, so you are. You think the spirit

touches you and you feel it. You hear them speak and when the real spirit visitation comes your hand will be controlled. The muscles of the body twitch and your voluntary thoughts will be subdued by their powerful magnetism and you will speak his language, etc. You will write their knowledge and feel a new thrill of life. This is the self-evident fact of the spirits return that comes to the adept of stage "G".

LESSON No. 99 - From the region of visions and spirit control stage "H" brings the adept of visionary thoughts independently to the one and extreme condition of the psychic sense of hearing.

Clairvoyance. This, as before taught, is the hearing and receiving the sound of thought. You sense the spirit presence by hearing the sounds of the strong thought waves sent you. To do this the adept has merely to wish for the presence of the spirit and its visitation will come to the psychic sense with a sound and a rush as a coming visitor of one in earth life. This is the development of stage "H".

LESSON No. 100 - The adept of stage "I" by concentration of the mind upon the function of hearing the sound of motion connected with "mental vision" will readily hear the sounds real and distinct, as he becomes passive. This is classed as Clairvoyance.

LESSON No. 101 - The adept of stage "J" for passing from the region of audible sounds and voices from a mental plain becomes passive to the presence of spirit as to a mortal and you will receive the words coming from the spirit as merely involuntary thoughts and this is an early stage of development of Clairvoyance and Inspiration, set forth in a foregoing lesson. In stage "J" the adept, with methods of training thought concentration will become so very sensitive as to hear the thoughts of mortals as spirit voices and real voices of mortals by development of his psychic sense of hearing.

Method-Train by trying to hear thoughts you think as your own thoughts and then you will readily hear thoughts as sounds that are involuntary and coming to you.

LESSON No. 102 - In stage "K" the adept passes from seeing and hearing thoughts to psychometerizing in which you feel in your own body the good, or bad, thought as physical sensations. This stage is not difficult to develop since the method required is the ability to self-hypnotize yourself to the feelings of others. To do this you hold someone by the hand and let yourself become very passive to him and imagine you are the other party, and just as soon as this is done you will feel his thoughts and feelings just as he feels them.

LESSON No. 103 - The adept in stage "L" is helped by my aid of "Psychic Treatment," at 20 minutes past 12 o'clock at noon. You receive through transmission, to be held 20 minutes, the spirit power to control these psychic powers in you, to cure you of absolutely any known disease, or bad habit. You must commence these "sittings" at any time that you feel ailing and continue them each day until cured. The spirit force of my battery is always ready to heal.

LESSON No. 104 - Stage "M" is produced through "psychic sittings" to develop the spirit chemical transformation of nerve force and blood and the Psychic Orrio, or odic, force that gives spirit power to control your muscles as a current force from a battery and to generate this force for independent and automatic spirit writings.

To do this enter the Psychic Mental Vision state of mind at the hour of 7:30 p.m. At this very hour spirit bands will be formed to develop in you the higher powers and you must continue a series of "sittings" in order to develop. The average person requires from six to nine months. The psychic sitting is not like common sitting as you sit in the psychic frame of mind and you develop much more rapidly.

In stage "N" the independent unseen method of the spirit world are exercised upon you, as a result of "Physic Development" and you feel involuntary twitching of the muscles, raps and jerks close in the air next to the face, feet, within the shoe, or about the body, apparently between the clothing and body. In this development real electric popping can be heard and felt.

LESSON No. 105 - As a result of development from the "Psychic Sittings" you will develop in from 4 to 7 months to enable your spirit friends to etherilize, to communicate face to face with you. This method of development is spirit power and you receive the development as a result of "Psychic Sittings."

In from 12 to 15 months sittings you will be taken into the invisible independent spirit control. You will develop unconsciously when at sleep to even speak in many languages and to prophesy, this is stage "O". We often see symptoms of this power to speak through sleeping children.

LESSON No. 106 - Stage "P" develops as a result of "Psychic Sitting" in from 21 to 27 months, but the sittings should not be held over twice a week.

Stage "P" is the power the spirits develop in you when they have you in the "psychic trance" to generate magnetism and force enough to materialize in full form to be seen by those who are not the least bit mediumistic. The spirit apparently appears clothed in flesh and blood. An investigation will find no hypnotic dilusion whatever about this phase of spirit manifestation, but that it is genuine.

LESSON No. 107 - In stage "Q" the adept follows this method: Controlling yourself in the lucid state of mind to see, feel and hear thoughts you use this power systematically in thinking for yourself the certain physical results you wish to obtain. Think health and you have it. You send these lucid thoughts to your friends and it effects them the same, and in this way you are master of health for yourself, family and friends, and you will never be compelled to call in a physician, as long as you live.

LESSON No. 108 - In stage "R" as a result of about 3 years "psychic sittings" a complete physical development in the chemical change of nerve and blood and fresh composition is effected and you can at any time feel the touch of spirit hands and see the form and the power will never leave you. In this development your spirit friends act as magnetic healers in curing your troubles, and with your power heal others without your knowledge, and give "Absent Treatment". They are the only powers that can successfully give "Success Treatment" and cure poverty and misfortune.

LESSON No. 109 - As a result of about 5 years of "Phychic Sittings" with dull hard people to develop, they in that time will develop the Odic force and will get independent slate writings, that is spirit writing between closed slates, and with the force can hypnotize persons when you merely shake hands with the. This is called stage "S".

The most powerful method to acquire this condition is to hold the "Psychic Sittings" in the "Cabinet," this reserves all magnetism.

LESSON No. 110 - Stage "T" as result of development from "psychic sittings," which can be obtained in about a month's sittings by spirit power you are hypnotized and put into a deep trance. You go into this trance by simply closing the eyes and laying back with the intention of sleeping one, three or seven days, and will know no more until the hour arrives to awaken you in good condition. At first practice sleeping a few hours, then a day and gradually cultivate yourself to this stage by several months practice. To be hurried always have a window into the ground and have a friend to watch you so that if you awaken they can dig you up, have an air tube and an ordinary bicycle pump will serve for a friend to replenish your coffin with fresh air. By the representation of some physician the authorities of most cities will permit the experiment, and an admission charged the curiosity seeker will earn you a rich harvest, you will also receive, through the press big writeups and unlimited notoriety, and when you awaken you can earn big sums of money by exhibiting yourself and teaching others the art.

LESSON No. 111 - Stage "U" as a result of about 7 years "Psychic Sittings," and with many people much less time the spirit will be able, when you go into the grave and are intranced, to materialize your spirit, forming like a cloud, to assume the form of a man over your grave.

The grave must have an intense black shadow thrown upon it, by the background being closed by a black curtain and the crowd to look upon the grave in front of the curtain at a distance of not less than 10 feet. The spirit will often materialize a head then the body, as if coming out of the ground, and will disappear in the same way. This will cause a panic among the onlookers.

The spirit should never be touched as it is liable to kill the trance medium. This is the greatest feat known, as it proves the resurrection of Jesus Christ to be possible. It will bring you vast sums of money.

LESSON No. 112 - In stage "V" the adept discriminates between the consciousness and unconsciousness of the mind, and this is called self-hypnotic control, to act yourself the parts of hypnotist and subject. To do this you let the sub-conscious mind become first controlling and take the position of the conscious mind by concentrating the attention upon the function of psychic hearing. At your "Cabinet Sittings" to do this the spirit will control this faculty and you will be controlled to speak involuntary and yet be conscious, but will simply lose control of the vocal organs and they will speak of the spirit. The spirits will use their own methods to produce the Odic Force which will cause materialization to you in complete consciousness. They will use the sub-conscious mind in this event as the generator of this force by the same process that we generate electricity from a dynamo. The same use of the sub-conscious mind as the dynamo to generate force for materialization for the adept of stage "V" can either occur consciously or unconsciously to the medium of this stage.

LESSON No. 113 - Stage "W" with the adept is attained in this way. In the foregoing lessons you learned the physical effects of Psychic Thought and how to think. This is the method by which the adept of stage "W" controls the sub-conscious mind perfectly. You formerly knew that the spirit uses the sub-conscious mind as a dynamo to materialize and generate odic force with. By Psychic thought you generate real physical force and magnetism, and this is positive, or control of the voluntary mind. The act of becoming passive creates the involuntary control

of the sub-conscious mind and it has motive power now to generate its own force, as you by psychic thought have just finished charging the storage cells of the sub-conscious mind, and enables it to act of its self when you become passive after exercising the psychic thought upon the system. In this way you have produced perfect control of the sub-conscious mind and it is not acting of inspired thoughts of spirit control. This way you generate the material force to heal, and while the sub-conscious mind so acts you can not be positive or send this force but it is taken to the absent patient and applied by spirit aid. In this way you can give "Silent Treatment" without the patient's knowledge and the potent force is administered in "absent treatment" by spirit aid. With this knowledge of Psychic Power of Thought you or your friend need not suffer 24 hours from any disease or bad habits. With this adaptibility you will never meet accident, or misfortune, for the spirit can guard you. You can also see the path of your own future and things to avoid.

LESSON No. 114 - The adept of stage "X" with the following method clothes his atmospheric surroundings with an Electro-Psychic Magnetic condition to receive the voluntary voice, the outward Clairident and Clairvoyance to compare with the inward Clairidence and Clairvoyance. This is accomplished with this method. "Sit" at about 25 minutes past four o'clock p.m. Continue these sittings for two or three months daily. Sit for 10 minutes each "sitting." The outward and inward psychic senses come as a result of the conscious and sub-conscious mind in the act of psychic vision or hearing as follows: To concentrate the attention at these hours when spirits are present you will notice at first before sub-consciousness is reached, the coming on of involuntary thoughts and sounds, which seem to be inside of the brain. This is the force of the power of the conscious mind. Later when the sense is well passified and the sub-conscious mind comes in predominance the sounds will go from within the head, and seem to be out a little from the ear (you must "sit" for them in a silent room, and concentrate your mind on the function of hearing) as the control becomes more profound the sounds will become louder and further from the head, and will develop into voices. This is called outward clairidence. When in the head it is called inward clairidence.

Clairvoyance is the spirit faculty for seeing, and in the same way the visions are inward by force of the voluntary mind. In the latter vision it seems almost identical with natural vision, only you see clairvoyantly. In this state you see and are visited direct by the spirit who can manifest. After coming from this state the reaction of psychic force will cause an Electric snapping and popping in the atmosphere about your face and the generated force will be used to cause tables to move and spirits to rap.

In this way you receive the self-evident fact of the spirits return which will remain with you as a fact for all time.

LESSON No. 115 - In receiving and implying the foregoing lessons and methods the adept of stages Y and Z develops and brings out in him the new born faculty and powers of occult realization and becomes as keen to the psychic senses of man as the five physical senses I will compare with as follows: The method for development is making your thoughts by concentration and will power forcible and clear, to be held in the control of the five physical senses of understanding.

No. 1. Clairvoyant sight attained by perfect and clear thinking to produce the vision of the mind compares with the physical sense of sight and is the psychic sense of sight, by which one sees the spirit.

No. 2. Clairident hearing developed in the flesh by the concentration of the mind on hearing the commotion of vision, or thought, becomes the real psychic sense of hearing the spiritual and is compared with the physical sense of hearing.

No. 3. Psychometric sense of touch or feeling developed in the flesh by concentration of the mind on the function to feel the thought, vision, and sound as created in the mind is the Psychic sense of spirit touch or feeling and compares to the physical sense of touch or feeling. It is the psychic means of sensing the touch or presence of the spirit.

No. 4. The psychic sense of taste, is the spirit faculty to taste, which compares with the physical sense of taste. You develop this in reaching for spiritual food by a concentrative desire for spiritual things.

No. 5. The Psychic Scent. This is seen in the faculty of the hound to track animals, it compares with the coming faculty of scent and is an exalted and cultivated faculty attained by the concentrative who continues practice in one to sense so-called imaginary odors and is easy to cultivate. It is simply the more spiritual faculty of smell. A hypnotized subject has this faculty when he is placed in an imaginary flower garden.

No. 6. Intuition is developed by training to become involuntary in thought and is the spirit faculty to think and is much higher than the physical manner of thinking as thoughts come in flashes and visions and one will receive as much thought in one second as is acquired in hours of deep meditation as commonly grasped. This is the psychic faculty of thought.

No. 7. Inspiration, acquired by the passive condition to read the thought of others which inspire him as voluntary, is the psychic faculty of receiving communication and is used instead of common oral speech.

No. 8. Telepathy and mind reading are the psychical means of communication among spirits which compares with our oral method of communication. This is also accomplished by mortal and is voluntary to the adept of the foregoing stages.

The student after studying these lessons must write me a letter and describe in "Mental Vision" the way he sees my offices situated and if it is right I will know him to be an adept, and will pronounce him a graduate and issue to him my beautiful diploma free, only send ten cents in stamps to pay postage. It has to be placed within a large mailing tube, by rolling, and costs just a ten cent stamp.

The diploma is large and elegant and contains my beautiful gold seal and signature, and is a fine piece of art when framed to decorate any office or parlor with. And besides, it keeps in the minds of your friends your wonderful attainments.

PART FIFTH.

HYPNOTIC DIVISION.

LESSON No. 116 - Hypnotism is a state of artificial or induced sleep in which the subject's mind becomes a perfect blank and in a condition to act automatically upon any suggestion given by the operator. No one else can cause the mind to act as it is in a state of reverse abstraction in which it is perfectly occupied with the one thought (the operator) to the exclusion of all others. A hypnotized person can think of but one thing at a time and has no faculty in bringing one idea in comparison with another so any thought given by the operator, no matter how foolish, is seized upon by all earnestness of his being and is acted upon by the subject as in a dream, and for the time being, is unable to shake off the yoke of tyranny. He is released from the control by a command and comes out of the spell as one recovering from an exciting dream. In most cases the subject has no remembrance of his performance because the change from one state of consciousness to the other is so great that the memories of the two states of mind is unable as a result of lack of control to compare notes. A hypnotized subject has two continuous minds, one for the thing he does when hypnotized and the other for events of the conscious state.

Hypnotism is a condition on which the directing power of the will which compares one idea with another, is suspended. The governing faculty of intention to do as you feel conscious to do is surrendered to the predominance of another mind. The hypnotic mind is without intention. Partly without consciousness and totally without the directing power of the will and must do as is suggested because he cannot refuse any suggestion for his faculties of execution are voluntary to act and the directive power of the will is suspended. In this condition one can be compelled to do anything, to murder, and to commit acts against mortals and woe be unto the hypnotic subject if it were not for the higher psychic control and guiding Angel who stands by to break control and restore the subject when evil suggestions are made. If an evil guide controls the subject, an evil suggestion could be made to take effect, but usually the spirit friends of the subject will be strong enough to prevent it, and yet there is a higher natural law that will prevent criminal practice on most subjects.

LESSON No. 117 - To hypnotize a person you must be able to abstract his attention from the world about him and compel him to give individual attention to what you say. Attention please! Attention! Without attention you can do nothing in the way of hypnotizing your subject. With profound attention your subject's mind becomes abstracted from the things about and as a result of close attention his faculties are rendered entirely controllable to your suggestion, and you have him hypnotized for in this he loses the directing power of the will and becomes your automobile to act as you suggest.

This is how to hypnotize. You need not necessarily suggest sleep. If you can hold the attention of anyone in any way so fast that he becomes abstracted from what is going on about him, you have him fascinated, charmed or hypnotized and this is the way by which animals and birds are charmed by the snake and in this way, if you become skilled in abstracting the attention of wild birds you will charm them for the governing faculty of the will to rightly control their movements will be suspended and the harder the bird tries to escape and that effort and motion is exerted will only bring it closer to you.

In a foregoing lesson I taught you that all to do to hypnotize a person was to put him to sleep by suggestion. Now the sleep comes very quickly upon anyone who gives his attention to you and does not resist. Secure perfect agreement with your subject as to hypnotizing him, and he will not resist. Then with undivided attention of the subject and yourself, you give your sleep suggestions and you will soon have his mind in a state of reverse abstraction, in which the mind will be a perfect blank and in a condition to receive any suggestion and act upon it as dreaming.

LESSON No. 118 - You awaken your subject from the hypnotic spell in a reversed way from which you hypnotized him. In hypnotizing a subject you put him to sleep by sleep suggestions, when asleep you framed and controlled his dreams by suggestion, you awaken him by the same means, by suggesting to him that he is waking up. It can be done instantly by a snap of the finger and a shout to awake, but it leaves the best result in the nervous system of the subject to awaken him slowly. If in extreme cases a subject should not awaken, you allow him to lie down to sleep with the understanding that he will awaken in a few minutes, he will soon sleep off the effect and awaken.

If a hypnotic subject is left idle, without a suggestion to employ his mind the subject will in a few moments drop into a light dream and natural sleep and will awaken at once. A hypnotic mind must be employed to hold the spell. All subjects will sleep off the hypnotic spell if left to themselves, so there is no danger in being unable to awaken a subject. The main difficulty may come from cross hypnotism in which another mind takes control and that person must come forward and awaken the subject, or again the subject must be left to sleep it off.

The greatest adversity and variety of phenomena comes in the attempt of a medium to hypnotize, because invariably their spirit guides will get the subject from under their control, and the subject will be controlled to act by spirit power, and the operator will not be able to control the subject. The spirit will release the control when asked to do so by the medium.

A hypnotist will get himself into the greatest mix up when he attempts to hypnotize a medium for then the medium will invariably be taken from under his control by the spirits and the psychic force may be generated by the spirit, controlling through the medium, to hypnotize the hypnotist, himself and against his will. So if the operator is not willing for the experiment he had better omit the hypnotic experiments upon the medium.

LESSON No. 119 - A post hypnotic suggestion is a suggestion given to a subject hypnotized to take effect at a posted, or set time, at some future date in a week, month, or year after the subject is awakened. The subject has no remembrance of the suggestion but when the set time arrives he will act upon his impulse without knowing what caused him to do something and that something will be that you told him to do a month or a year ago when you had him hypnotized. He can not refuse to do the suggestion if you plant it deep in his sub-conscious mind by repeated and strong suggestion when you have him hypnotized. To give the suggestion you positively request him to do a certain thing at a certain time when awake, telling him forcibly that he will at that time have no power to resist. Repeat it two or three times. You can tell him that at another time he will also do another feat, etc., as you wish it done and impress it as above stated. You then awaken your subject as usual and he knows nothing of what he is to do until the time arrives he will simply be controlled with a desire to do certain things and will have no power to resist. This is what post-hypnotic suggestion does.

LESSON No. 120 - To hypnotize instantly, you first hypnotize your subject in the common way and then when you have him well hypnotized and can compel him to obey your slightest wish you simply give him the post hypnotic suggestion in a very forcible manner telling him repeatedly that when he is awake at ANY future time if you should snap your finger and say, go to sleep that he will become instantly hypnotized, also that he will have no power to resist and will not care to, and then awaken the subject. Should you meet him at any future time upon the street, among crowds of people or anywhere, you have only to snap your finger at him and shout to go to sleep and he becomes instantly hypnotized and under your control.

If you suggest that the presenting of any method effect him instantly you can hypnotize him in many ways instantly, by any means you choose to affect him, by a wave of the hand, a glance of the eye, and your audience will regard you as having some supernatural power.

LESSON No. 121 - To hypnotize at any distance, you prepare the subject first by post-hypnotic suggestion, that at a certain time he will become hypnotized, will see certain imaginary things and will execute certain performance, that he will hear you calling him through your thought transference and that he will immediately come to your home. This the subject will really do. He hears your thoughts calling him by the means of post-hypnotic suggestion. You can effect certain stages of post-hypnotic phenomena, without hypnotizing a person, unconsciously by giving them strong suggestions and similar results are obtainable. Thus the healer in "absent treatment" send strongly written suggestions and directions to the patient who passively reads the letter and is effected post-hypnotically at the hour set for treatment, the patient will feel the transmitting currents of your thoughts, this is the unvarnished plain way in giving "Absent Treatment." Wonderful spirit aid comes to the psychic and adept in treating disease, but to the common healer it is mainly effects as above stated. The post-hypnotic system effects sure results in any person.

LESSON No. 122 - To hypnotize by telephone, telegraph and by means of magnetized paper at a distance and by mail. You accomplish all of this by post-hypnotic suggestion. Tell your hypnotized subject that tomorrow at a certain time you will call him up by the telephone and when you say sleep he will be asleep and hypnotized. Tell him that when he received a letter, (and show him a slip of paper) with that slip of magnetized paper the instant his eyes rest upon it he will be asleep. In this way you can hypnotize a person by a thousand different methods, and it will give \$1,000.00 to the man who can prove that this feat cannot be done.

LESSON No. 123 - The following method is given for hypnotizing your subject and in hypnotizing him instantly.

To bring on the hypnotic condition sleep must be the final result. You can request the subject to be seated, or lie on a couch, imitating the natural process of sleep is best. Lay your subject flat upon his back and in a comfortable position, one that is entirely conducive to sleep, stand back of his head and hold a bright object, or ask him to hold it, about six inches above and upwards from the eyes so as to tire the eyes quickly. Tell your subject that nothing unusual will occur that it will be just as natural as any sleep he ever enjoyed. Tell him to look straight at the object, and not look away under any circumstances, no matter who comes in. Now keep on looking at the object and do everything I say, but no more. Soon your eyes will become tired and sleepy until you will close your eyes and sleep. Keep on looking straight at the object and listening to everything I

say, but nothing else. (Keep up a plain oral routine of suggestions as follows) in a few moments your eyes will become tired, your mind drowsy, and you will pass into a natural sweet sleep. You will notice nothing unusual about this sleep for it will be natural, the same as you always enjoy. (Give time to allow the subject to get sleepy, that will be more natural, and if you are not a master imitator in producing artificial sleep, you will never become an expert hypnotist.) When the eyes grow sleepy and begin to wink, say these words: Your eyes are almost closed now, they feel so sleepy, etc. You are feeling so sleepy, sleepy, etc., and speak in a way to indicate that you yourself are sleepy and almost ready to sleep. The eyes will grow very tired and you say, your eyes are closing, they are almost shut. See, they are closing, closing (the eyes shut) and you repeat, sleep, sleep, sleep! in a low yet firm masterly tone of voice and prolonged. The subject will soon settle back with a sigh and be asleep. Then repeat, you are sound asleep from head to foot, see you are fast asleep, you can hear no one speak but me, no one can awaken you but me. I am going to raise your arm, but you will not wake up, you can not wake up until I tell you to. Raise one of his arms and say, "I have raised this arm and it is becoming rigid, rigid, rigid as a rail, you cannot take it down, you cannot take it down. Try with all your might, try! try! try!" The subject will be in profound hypnosis and cannot take it down. You say, now you can take it down, and he can. You tell him he is in a boat and it is upsetting and he will scramble and make desperate strides at swimming. You change him from one act to another by changing suggestion. When the subject is well controlled he is a fit subject for post hypnotic experiments. You now tell him, "When you are awake and I come up to you and say sleep, you will fall asleep instantly, you **cannot** resist and you will have no desire to do so." Repeat this suggestion two or three times and say, "Do you understand?" If the subject says yes, awaken him and rest assured that your command to sleep will effect him instantly. The subject will remember nothing, more especially if you tell him, in his sleep, that he cannot, although he can be made to remember, if you tell him while asleep that he can. In an hour try your suggestion by approaching him with the command to fall asleep, and the subject will again be in the hypnotic condition. This method used upon subjects at entertainments gives great results and earns the hypnotist the reputation of having great unexplained powers, but do not tell your audience how you manage to hypnotize instantly and then they will attribute it as being some God given power and you can control their imaginations, earn big money or do anything you wish.

LESSON No. 124 - Observe the fact that no one can hypnotize another against their will unless by post-hypnotic suggestion, or thought transference, and the latter means without the knowledge of the subject. To prevent hypnosis, restore in yourself perfect confidence that you can close the magnetic orbit by becoming positive, by closing the jaws when you feel someone trying to hypnotize you, also clinch the fist, if sitting cross the legs. This creates the adversed auto-suggestion and magnetic current and repels the control of either spirit or mortal. In the hypnotic control of the foregoing lesson you learn how it is possible for a hypnotist to make the subject sign over papers and obligations and how that acts against morals might be committed. Take this precaution from a hypnotist: Never allow them to hypnotize you privately, always have friends or relatives present. This insures safety.

LESSON No. 125 - Through post-hypnotic suggestion you can permanently cure any disease that ever existed. One post-hypnotic suggestion given every 24 hours for 2 months will leave no trace in the patient of the hardest curable disease in the world, for the medical profession. You treat all ills in the same manner. Suggest to the subject that on awakening they will feel much better and in a short time they will have no troubles at all.

To cure tobacco habit, alcoholic habit, or any vice, suggest that on awakening they will have no appetite for such things, but will have horror and disgust at the very sight. This suggestion can be given in various ways. I told a drunkard that when he raised the glass to his lips he would see my face before him bidding him not to drink, and sure enough the suggestion took effect at the set time, and the man could not drink, and to this day is free from that habit. Through this means I have cured innumerable cases. I effect cures where all physicians fail. Such is the power of this science.

LESSON No. 126 - Now comes hypnotism as a profession. No better and attractive exhibition can be given than hypnotism. It always fascinates the public, it never gets too old to draw a crowd that will fill the largest opera. One who gives comical hypnotic exhibitions in the cities can be wealthy within a few years. As a hypnotic exhibiter go to the city, secure the finest opera house to be had, place a large ad in the evening papers and post a few bills, and the word is spread. You will get crowded houses for weeks as a result of comic performances, scientific tests, and demonstrations of free healing tests. Carry out your entertainments and demonstrations and the city will never get tired of your entertainments, but will be more and more anxious to go each night to learn the newly presented truths. The foregoing lessons will give you the idea of how to carry on the performance. Operate on 10 or 20 subjects, and you will never meet a failure. You can post-hypnotize your subjects and they will always be on hand. You can demonstrate your powers to hypnotize instantly, to heal, to perform painless experiments and the cataleptic state and in succession a thousand other feats too numerous to mention. I will not need to tell you what to do with the money. You can compel the subjects to perform all sorts of things by suggestion, taught in the foregoing lessons.

LESSON No. 127 - To induce the cataleptic state, hypnotize your subject in the usual manner, stretch him out and suggest that he is becoming as rigid as iron from head to foot, repeat the suggestions very strong, and at the same time fan the face and shake the muscles with the hand. Your subject will really become as rigid as a rail, and when suspended in the air, sustained at the feet and shoulders by padded benches, the subject will have the rigidity to bear up very heavy weights placed upon the body. Even the weight of a large horse is not beyond the power of the cataleptic state to support. You release the control by suggestion and command to become limber or awaken.

LESSON No. 128 - Most feats of hypnotism are performed by the control of oral suggestion, although a sign or expression is often taken by the hypnotized and acted upon. A thought of the operator is often received and transmitted by the subject and is acted upon. To make the subject so weak that he cannot raise a mere book from the floor, you can accomplish by a sharp command that he cannot, and he cannot. Reverse the suggestion by telling him that he has such strength as to lift that 100 lb. weight straight out from the shoulder by one hand and your subject will do it. These are feats that prove the genuineness of hypnotic phenomena, especially that of lifting unusually heavy weights. No simulator can imitate such performances.

LESSON No. 129 - To produce suspended animation and death like sleep in your subject so as to enable him to sleep over long periods of time, and to be buried in the usual manner, you must hypnotize by the mesmeric method. Lay your subject, whom you have hypnotized many times, upon his back. Tell him you are going to put him into a deep sleep in which he will sleep until a certain date. Stand back of his head, looking him in the eye as he looks up into yours, press the fingers upon the forehead with thumbs directly between the eyebrows or over the phrenological

organ of individuality, make pressive and magnetic passes down over the temples from this point with the fingers, and suggest that the eyes close and the subject is passing into a very deep sleep.

The temperature of the face will fall several degrees as the sleep is completed and you suggest that he is in a very, very deep sleep and the subject will appear lifeless. In this condition the subject sleeps until the set hour to awake. It is always best to give the post-hypnotic suggestion when to awake so if the hypnotist should expire, there will be no danger with the subject in awakening at the appointed hour. In this state successful experiments in mind transference can be demonstrated, as for instance you stand at the foot of the sleeper reach over him with a magnetic pass and a will to raise a limb, the head, or the body you will find it possible by attraction to cause the subject's limb to raise, the head or the body the same. The sleeper will often go through certain motions as you will and also do it when you are in another room or several blocks away. At any time the subject will awaken at your command, but never by the command of another person, until the set hour arrives.

LESSON No. 130 - The method for awakening the subject from a trance is by reverse friction on the forehead from that of the passes and put him to sleep. The downward pass produces sleep, the upward one awakens. Swift rubbing of the limbs awakens and starts the blood to circulation. To tell the subject that you put something very sour in his mouth and that it will awaken him, the mouth will start to watering, the blood to circulating and the senses will return. Mere suggestion to awaken is sufficient, but suggestions that will excite the nerves, the taste, the smell, the vision as a delusion in great action and sound are the hypnotic arts to awaken hard subjects by raising the temperature and circulation. The post-hypnotic suggestion will never fail to awaken the subject at the appointed hour, and if you wait until then the subject will awaken of his own accord.

LESSON No. 131 - In brief I have taught you hypnotism from A to Z. In summing up the hypnotic condition the student will be surprised to learn that such tremendous results can come from so simple methods and system. However it is a fact, that those make greatest hypnotists who regards the science as simple, and you become expert as an operator by extreme confidence and simplicity of the thing. To think that you come in contract with a giant when coming in contact with hypnotism is to fail. To believe in its simplicity and to operate in a simple and easy way is the road to success. You must secure an easy subject, one who has been hypnotized before for your first experiment, or operate upon strangers as confidence in the subject is what you must have to succeed and for this reason do not try your friend at first, as they have never seen you hypnotize and have no confidence in you. After you have hypnotized a few and have a diploma to show that you are a great master of the art, you will gain the confidence of all and then you can hypnotize your friends as readily as strangers. You should never give up the attempt to become a hypnotist at a few failures, as the best of operators have failures. The imagination and confidence of the people have most to do with making themselves susceptible to the control and you want in this profession advertising and reputation, above all things.

I have gotten up an elaborate diploma I issue to students for this purpose. When it is framed and hung up in your room, no one reading it will doubt your powers to hypnotize. It is a large, finely engraved diploma and requires special rolling and packing within a large paste-board mailing tube and costs just 10¢ in stamps to carry it. Anyone promising to frame the diploma upon receipt of it, and provided they are graduates under me, may have it if they send a 10¢ stamps to pay postage.

The diploma tells the public that you are a graduate of my school and also an accomplished healer and professional psychic and master of the art in the highest attainment. Do not fail to receive my diploma and have it framed and hung up. It is free, 10¢ to pay postage. You can do nothing without this advertisement. It means lots for it tells the world that you are a graduate of the greatest College of Psychic Science in America.

PART SIXTH.

HEALING DIVISION

LESSON No. 132 - My original system of self-hypnotic healing is of my own discovery and is doing more for suffering humanity than anything else in this world. Self-hypnotic Healing is accomplished through self-hypnotic control. To attain perfect self-hypnotic control you must gain control over the involuntary self. The self that controls the involuntary acting organs and muscles of the body. To do this you must connect the directing power of the voluntary, or sub-conscious mind. The sub-conscious mind is the faculty of mind which is never at rest. It never sleeps. It is the voluntary action of the mind in dreaming. This involuntary or sub-conscious mind acts just as the involuntary organs and muscles of the body acts. The involuntary mind controls the involuntary organs and muscles in their action in as much as the voluntary mind controls the voluntary muscles. The involuntary organs of digestion, the action of the liver, and ideneys, the heart, the circulation of the blood, and the action if involuntary nerve control by the involuntary mind is the ONE GREAT AND ONLY LIFE FUNCTION OF MAN.

Hypnotize a subject and you control the involuntary mind directed to obey you, while the voluntary mind sleeps. Hypnotize yourself, and you give predominance of the sub-conscious mind to act voluntary while you sleep. Now this is what self-hypnotism is. As before stated the involuntary mind controls the ONE GREAT FUNCTION OF MAN. It is the explicit duty of the involuntary mind to reserve and perpetrate the health and youth of man, it only fails to do so when controlled by the voluntary mind to let in conditions of disease. If the involuntary mind was always free to act in true accord to its natural law there would never be sickness, and the on coming of old age.

Now to explain what self-hypnotic healing is, is to simply give predominance to this all wise and lawful owner of the ONE GREAT AND ONLY LIFE FUNCTION OF MAN. This is done simply by self-hypnosis in which the predominance of the involuntary mind occurs over the voluntary mind, and while the voluntary mind sleeps the involuntary mind gains complete control of these life principles of man and he is healed. So you see that self-hypnotic healing is the only lawful and natural means by which a sick person can recover health. This is my original discovery by experience.

Self-hypnotic healing is unlike magnetic healing, because similar results are obtained by the appliance of magnetic force by the healer. Self-hypnotic healing differs from hypnotism because it is where you cure a subject by suggestion. In the latter, and in the former it is self-applied and under a more natural law, for the involuntary faculty naturally restores life as its office of duty, when given the opportunity as in self-hypnosis.

LESSON No. 133 - Now in order to perform anything in the line of a cure upon yourself you have simply to follow out a simple method of producing self-hypnosis, with the belief and faith in the power of your sub-conscious mind in curing you, which greatly assists in the self-healing art. Follow out a method as heretofore given for putting yourself to sleep. This sleep when self-induced at will is self-hypnosis and the benefits of the sleep is self-hypnotic healing. To produce this sleep, lay flat upon your back as if going into a temporary doze, become as passive and restful as possible, think of nothing except listening in silence to the monotony and induction of sleep which will be operating from a result of abstracted attention to induce sleep, and leave the voluntary mind a blank and the system under perfect control of the voluntary and organic mind to restore perfect functional action of the organs of the body. After your mind becomes passive and begins to act of a train of vision and thoughts as in a dream, as this result is occurring begin by these quiet unarousing mental suggestions. I am beginning to sleep, passing into sleep, sleeping and passing into dreams of delight. I feel myself floating off into the air, way up into the air, I feel myself sailing, I sleep, I sail on and on. The country and scenery below look beautiful and grand, the river beneath me is so beautiful. The tree tops swing to and fro in the breeze. I hear the rustle of leaves and the birds singing, and beauty and pleasure consume my feelings. I am now sleeping so soundly, passing off into deep sleep, sleep, sleep, sleep. I now feel my conditions in sound sleep: I am asleep from head to foot; I dream so beautifully. I see myself passing into a train, the cars move from the depot. I look out of the window as we pass along, the train begins to quicken in speed. I hear the puff of the engine, the speed is becoming great. The scenes as I observe it passes quickly in our flight through the country. After a string of suggestions is followed out, your mind will become concentrated as in a dream and you will sleep and dream on and on of the pleasure. A dream controlled by your desire, an inspiration to the soul in the experience of beautiful dreams and the work of the involuntary mind in this state of self-hypnosis will be grand and seldom if ever will this method fail in curing yourself of any disease.

The treatment must be self-applied once a day until the result is perfect health.

LESSON No. 134 - Now in order to throw yourself into the somnambulistic state instantly, you must practice self-post-hypnotism. You know how to hypnotize a subject instantly by means of post-hypnotism. You also know that the more anyone is hypnotized the easier it is to hypnotize them the next time. Just so with yourself. The more you practice going into the dream or vision state at will the easier it is. Now to post-hypnotize yourself so as to be able to throw yourself into the artificial somnambulistic state instantly you must practice and develop this faculty in this way.

Commence each "sitting" by bringin up into **your** conception the same mental picture, and travel in mental view the same route. If you continue this same vision once a day at the same hour for from 3 to 6 weeks, you will find yourself sound asleep, and the sleep can be accomplished easier each successive sitting, until finally, if it be your will, you can go into a sound sleep instantly, in less than a second.

LESSON No. 135 - By training the concentrative power of the sub-conscious mind you can dream at will, instantly. To do this you must train the correct way of thinking. The hypnotic way of thinking, to think of but one thing at a time, and that to the exclusion of all others. You can think strong, clear and correct, which is the perfect thought and you will see that thought just as the vision it-

self. And that vision will be correct thought, truth itself. Superior intelligence and divine thought or clairvoyance. Now to cease efforts to think, at this stage it will call in an involuntary act of the mind, and a state of dreams and in this condition the sub-conscious mind predominates and the vision and thoughts are accompanied by sounds and sensations, as per the nature of the thought. This is dreaming at will. Practice this daily for a few weeks and the dream state will follow any thought you think, instantly although you will be wide awake and the eyes open.

From this development of conditions you can with your hand touch the various phrenological organs of the brain, over the mapped location on the skull and each successive faculty will be aroused to different functions. You touch the organ of Spirituality, as mapped out by phrenology, and you in a vision will see a spirit, and while through your head apparently you see with the mental eye of that faculty a spirit touch the organ of acquisitiveness and through the mental eye of that faculty there comes in a side issue the scene of money, of property etc. Touch the organ of Alimettiveness and there comes into the mental scope of wonders another side scene of things that please the appetite. Touch the organ of motion or give your mind the thought of movement and the limbs will immediately begin to act and involuntary motion or walk occurs and you pass upon the street avoiding collisions. You involuntarily walk and move as the involuntary muscles of the heart, the lungs, the pulse move. You from one side of your head see sights that please the appetite, in another quarter of the mind you see treasures. In another direction of the scope of the mind's eye you see spirits, and you can see simultaneously as many visions as there are phrenological faculties of the mind. You touch the organ of individuality and you see numerous things. Touch the organ of locality and you see landscape scenery, mountains and any part of the earth you desire. These are hypnotic wonders of the mind, and through my science I teach you that any condition that can be brought upon a trance subject can be self-induced. And it may be produced upon yourself when wide awake, and not in the hypnotic condition. This is psychicitism. In the above you bring on the condition by simply training the mind and developing the right way of thinking. All of the time when these involuntary acts of the mind occur you are fully conscious and aware of it, only you do not think positively, that is by act of the voluntary mind. But, involuntarily calling up the thoughts and visions by touching the phrenological organ of that faculty and the magnetic current of the hand, arouses the sub-conscious mind to produce action of that faculty. In the trance subject this is Phreno-Hypnotism. In yourself when wide awake, it is Phreno-Psychratism. You can only produce this phenomena when the condition is made right by right thought.

LESSON No. 136 - You develop wonderful powers just by thinking, and it is the aim in my science to make the student think. From the above described state of conscious trance, if you are a believer in spirit return you will have the aid of spirit friends in controlling your sub-conscious mind to see with its magnetic eye their thoughts and messages, their visions and what a spirit friend knows of a foreign language and country will be heard and seen in a vision. You will be able to psychometerize conditions and by this new ability, by thought and force of mind really see into foreign countries, discover minerals of whatever is the nature of your desire. These are mere developments of the powers of the mind, and you will receive no discovered treasures if you are unable to locate them and go after them. These mental discoveries come mainly as a desire and are not always to be relied upon. The main object of this lesson in teaching the method of the development of such mental and psychic adaptibility is for the purpose of self-healing. For when a person develops such self-control it is evident in itself that he can prevent or cure any bodily ailment.

LESSON No. 137 - The mastery of the foregoing lesson plays an important part in my system of Self-hypnotic Healing. As heretofore taught, the art of Self-hypnotic healing is brought in play through simple methods of psychic thought control. The ability to physically sense the nature of various thought control, by trained thought control, and how to make the result of thought physical experience. I further taught that the thoughts and control of the sub-conscious or organic mind is the perfect physical law of the body, that the organs and involuntary mind the same as the voluntary muscles are controlled by the voluntary mind. Now in the two foregoing lessons you are taught that the automatic and Phreno-psychic controls and as hereto stated that with such self-control it is evident in itself that the adept will never fail to cure himself or prevent any disease. THE RIGHT HEALTH THOUGHTS in the above described auto-psychic adaptibility has all in all to do with my system of self-hypnotic healing, and the failure in any healer to heal is in his failure to develop within himself such powers. His failure to heal a patient instantly is in his inability to arouse in his patient such mental action of the mind.

LESSON No. 138 - The foregoing phenomena can best be brought on through self-hypnotic control and the better way is to experience such control in the conscious state of mind when you can remember your psychical experiences. All the phenomena of cure and otherwise produced in a hypnotized subject can be applied self-hypnotically and without the loss of consciousness while undergoing the psychic experiment.

In producing the self-hypnotic control, in which you act as both hypnotist and subject in bringing on the foregoing conditions you feed the organic mind with thought force generated by perfect and powerful, and steady action of the voluntary mind. After holding in mind the thought of such physical results as you would have occur you are to act in your so-called imagination as if you felt yourself separated from the body and giving commands to perform acts as a hypnotist suggests to his subject. When the perfect control comes on as a result of thought concentration you will become passive and will pass out like a dream to stand off and look upon your body standing or sitting and then when you give a command to your body to do anything, you will see your body act it.

Many people call this imagination and will insist that you only imagine yourself out of your body, and your body acting. Let me tell you there is no such thing as imagination, you may create a sensation in your body which is called imagination, but that produces phicial sense of life, and is reality as much as anything. Such so-called imagination produces real physical conditions and if you give your body the suggestion to become strong and healthy the organic mind records it as a fact and it becomes as such, and this system of so-called imagination is my system of self-hypnotic control in which you act consciously as both hypnotist and subject, and seemingly separated in so-called imagination from the body you see yourself act in a sort of double consciousness. Remember at this state the so-called imaginary spirit of yourself is outside of the body, and the control and the physical result of a cure, if health and strength suggestions are made, they are within the body and are real. This is possible to the adept and those not knowing how to reach this stage must peruse the foregoing lessons and learn how to have perfect control of the mind and when this is done you can master this lesson and not until.

What is a health suggestion? A health suggestion is the creating within anyone the feeling of great strength and sound health. Health suggestions can be created whether you master this lesson or not, but they act far stronger, and better

results are obtained if you master this lesson. In fact the master of this lesson has the adaptability to apply auto-suggestion so strong as to bring instantaneous cure.

LESSON No. 139 - "Absent Sittings" for trance development is the most powerful means through which I am enabled to develop Hypnotic-clairvoyants of the largest number of people at one time. I can develop 5,000 people at a time much easier than a few. The fact is that a great number of people all sitting at the same time and praying for the same unfoldment of Clairvoyant powers will make a thought current so mighty and strong as to be heard by the spirit world universally and through their aid I develop you by "absent sittings." No matter what hour you have supper, so that you arrange the same hour for each evening, sit for about 15 minutes before that hour. You must sit in a comfortable quiet room and sit carelessly on one side of the room and outline in your vision the engraving of my diploma, which you must have framed and hung on the wall, and then let your thoughts wander to me. At this hour say 5:30 p.m. when for 5,000 to 8,000 of my students will send their thoughts to me and will all have the same object, the diploma, in view. The developing power will work harmoniously among all, and health, success, happiness, and hypnotic and clairvoyant powers will quickly develop. You must sit in a very quiet room and keep steadily in view the magnificent diploma until a very passive state of mind and body ensues. When this is developed, you will feel spirit control and involuntary muscular jerks from the spirit. In this they will be gaining the first control and developing the first control of the psychic power to make their presence felt. Within three months you will be able to hear them speak, and see them clairvoyantly. You will through these sittings develop strong personal magnetism, and great hypnotic and mesmeric powers that will enable you to effect people without speaking to them. In this "circle" it will be absolutely necessary to have my diploma framed and hung in your "sitting room" so that everyone of the "sitters" will have in view the same object which gives much more rapid development and enables me to send the spirit bands much closer to you. Every diploma is thoroughly magnetized by myself before sent to the student, and those applying to me for my diploma for this purpose will have it specially magnetized by myself and will be sent free for only 10¢ in stamps, which only pays the actual postage. The diploma is large and beautiful and makes an elegant decoration for the finest parlor. It is the finest piece of engraving ever produced and is put upon a large heavy white paper which is specially prepared for the purpose and requires special rolling and packing and placing within a heavy paste board mailing tube.

LESSON No. 140 - The method this lesson gives is very powerful and rapid in the development of this omnipotent power in yourself. This power is developed by the post-hypnotic method. You have been taught that by gazing at the same object each time you hypnotize yourself. It will produce hypnosis quicker than to gaze at different objects each time. Now I am to reach you mentally in this development and I will just set a time for you to fix your gaze upon the diploma at a few feet distance at 8:30 p.m. for 10 minutes each evening. In this way I will be able to produce self-hypnotic control and it will effect you post-hypnotically, and you will become more and more developed each evening until at last you will fall asleep the moment your gaze falls upon the diploma. It is not necessary for one to be there in person to give you these post-hypnotic suggestions. I will reach you by the absent method.

Thoughts are things and travel and collect and await the opportunity to effect a person at a posted time, as I arrange for, and that time will be the moment when you sit and gaze upon the diploma. The thought force and spirit presence will collect about the magnetized diploma and at times you will feel the psychic current as

electricity from a medical battery. After you begin to feel the currents and become enabled to go to sleep almost instantly by looking at the diploma on the wall you will then be in the right condition to develop the positive attitude of mind. In this you will post-hypnotize yourself, or in better terms, post-psychiritize yourself, for you give yourself a strong command to do a certain thing at a certain time and no matter if you forget it you will recollect it when the set hour arrives.

A post-hypnotic suggestion is a suggestion given to a hypnotized subject to do a thing at a set time, when awake.

A self-hypnotic suggestion is giving yourself suggestions when entering sleep to awake at a certain time, or to dream so and so which will occur.

A self-psychiratic suggestion has the same result of post-hypnotic suggestion when self-induced upon yourself in full consciousness to compel you to recollect a certain thing at a set hour. This gives you the ability to magnetically enter the other person's mind and yet your own WILLING self. You think thoughts for him and he will feel them just as strongly as you do and he will act upon them. To do this sit quietly and when you reach this passive state you then imagine yourself that person you wish to transmit thought to, and you will readily feel a transformation of sensation and will feel as the other person then you think just as you feel he would and the thoughts will arise in his mind and he will act upon them without fail. You can have him act as you think. I often post-hypnotize myself to cause certain thoughts to effect certain persons at set times and find this can successfully be done. In this way through "absent sittings" I develop many people at set hours. When the voluntary act of my sub-conscious mind transmits the thoughts even sometimes unconscious to myself in this act of development, my spirit control has the most to do with the "post-developing class."

The diploma must be placed in a tight frame with a glass over it so as to reserve the magnetism and to collect the thought force I send and psychic power of the spirit.

LESSON No. 141 - Now to act as a clairvoyant hypnotist, use this method. Through mental vision you will be able to call up the face of someone. If you fail that is the sign that you cannot hypnotize that person. When you succeed in calling up the face of someone, that is a sign that you can hypnotize that person, especially if the form and features act disturbed, as if being effected by your thought currents. When in clairvoyant, or mental vision, you see the face of the person plain you begin to give mental suggestions just as if talking to the person and trying to hypnotize him. Give sleep suggestions and feel to yourself as if you were making the person very sleepy, the thought current will pass direct to that person and in a short time you will in the mental vision see that person sleeping. Through this clairvoyant power to hypnotize you can think any thought and the subject will dream of it, and such thoughts can be made to effect the sleeper post-hypnotically. Your subject will even talk in his sleep about your thoughts and in many cases act them. This is what is known as clairvoyant hypnotism discovered by myself, and no other teacher teaches it, unless imitating my system.

LESSON No. 142 - The clairvoyant hypnotic power explained in the foregoing lesson is a valuable attainment in giving "absent treatment." In this way does the true healer treat his patient. The patient is required to be passive at certain hours when the healer is positive and by his clairvoyant hypnotic powers send the thought currents that heal. The healer simply cures by sending thoughts of health and strength to the patient, and it works better when the patient knows of the hour of treatment and makes himself passive to receive the influence. Through these

silent mental suggestions people obey the influence much better as they do not know when to resist, as is the hobby of some ignorant persons when being treated in person. When the patient receives your thoughts they usually think them their own and act as such, thinking themselves inspired with unusual wit. This is the better method for controlling the extreme ignorant and suspicious people.

LESSON No. 143 - Around everybody there emanates an orrical atmosphere, an illuminous force which is visible to the naked eye at most times with most people. But the effects of this orrical atmosphere will in every case expose a sensitive plate as if effected by real light. There are many ways in which to show that such orristic atmosphere surrounds all animal life. This atmosphere acts as a reservoir in collecting the particles of thought force as the atmosphere absorbs the vapor, which forms the clouds.

In a passive state of mind atmosphere is magnetic and warm and the elements of it substance will retain such thought force in the same way that warm air absorbs most moisture. The moment the positive and electric thought currents is thrown out from the body it chills and cools this orristic atmosphere in which you are surrounded and it gives up the particles of thought force the same as atmosphere gives up its moisture of the clouds under chilled conditions to fall as rain or snow. These particles of thought force are blown to and fro by the positive currents of the mind and falls, as rain blown by the winds, upon persons you desire. These particles of thought force, if of vitality and strength will heal and strengthen the person receiving them. The person receiving them must be in a passive condition or otherwise the thought particles will be blown away. This is what this science has to do with healing, as illustrated above, by thinking many powerful hypnotic controlling thoughts while you are passive and scarcely awake you will so charge this orristic atmosphere of yours that the minute when you become thoroughly awake and think of people these thought particles will rain upon the inhabitants of entire villages entertaining the elements of the nature of your thoughts. In this way, some men become famous. Everyone seems to think as they do for some unaccountable reason, no one can explain. This is the secret of success. Study, the conditions of the atmosphere in the control of moisture and you will have the same law in the control of thought.

LESSON No. 144 - This orristic atmosphere condition has all in all to do with your susceptibility in receiving spirit visitation. There is absolutely no question in the world but that this orristic atmospheric force surrounds all people, only much stronger with certain people, and it can be cultivated in all to a wonderful degree. This is the peculiar force discovered within the nature of man and when it is developed and blended in unfoldment with spirit magnetism it gives rise to a new force which I have developed and called Duttonism. It develops differently in every person according to the various temperaments and characters and the name of the new force in each must take its rightful name as the "ism" after that person's own name. Now anyone developing to be a clairvoyant hypnotist has wonderful control of this force and they can attract the spirit force to their aid by kind loving thought currents sent out and effect and attract the spirit elairoyant hypnotically the same as you hypnotize a person.

This is the method so powerful for attracting to you your spirit guide. You by daily sittings and the development of this power through self-psychiristic suggestion by gazing upon the diploma, the same object that thousands of students' minds are concentrated on, you come in raport with this great ocean thought current, and the diploma framed and hung acts as stationary batteries for the spirit force and healing power charged by the ocean thought current of thousands of minds and I

can in truth and honesty say that there is no stronger method for the development of psychic power and mediumship than to sit with the "psychic circle" you sit in your own room privately, and the hour mentioned in foregoing lesson. For convenience I will call this the Diploma method.

The reason why this diploma method is so strong is simply because thousands of my students will be holding in their conception the same object, the diploma, at the same time of the day and though the standard of time varies in different localities there will be students in every quarter of the globe and will keep up a continuous thought current the full 24 hours of the day. With this diploma method you develop the so called imagination to such a degree that you in thought and vision can leave the body and visit absent persons and go into their very mind as if you were that person, and cause them, as it were, to dig up out of their sub-conscious mind the presence of your invading thought. This is accomplished by being able to strongly imagine that you are out of the body and are entering another person's mind with your thoughts. This causes him to think and act as your desire. The adaptability of this control is developed by the diploma method, and you are aided by thousands of other minds. This is positively the best method to pursue in developing strength and health with the "circles' absent treatment."

LESSON No. 145 - What is the sub-conscious mind? The sub-conscious mind is the faculty that controls the organic life and the involuntary action of the system. The sub-conscious mind is the faculty of a man that never sleeps, like the heart it takes its momentary rests between pulsation. It is always in action as manifested in dreaming. It is the faculty that predominates when one is hypnotized, it is the faculty that controls when one is healed, it is the faculty that controls in mind reading, in clairvoyance, and mediumship. We see its manifestations in the unconscious sleep walker. Soldiers have been known to march on to battle when sound asleep. This faculty is the true health preserver of the system and always predominates over exhaustion and conditions that might harm the health and relieves fatigue. This faculty predominates in every individual at the point of death, in separating the soul from the body. It is the connecting link between the soul and the voluntary mind. It is the faculty that transmits messages from spirit to mortal. It is the predominating faculty between life and death, when a person is passing out of this life is free to control the vocal organs will often tell of the scenery beyond the vale. It is the mind that survived death and is our immortal spirit.

LESSON No. 146 - To hypnotize yourself at first trial and to receive invigorating effects at first sleep you must give predominance to the sub-conscious mind. This is accomplished as I told you before by the aid of a simple method that will fatigue the senses and give rise to the control of the sub-conscious mind in the mental vision. The fact is that the sub-conscious mind is constantly employed and will not predominate over the minor fatigues and here is the possibility of disease. When you feel a little ill you should follow out the method to produce self-hypnosis. The sub-conscious mind will predominate the quickest as a result of habit by producing the self-hypnotic state by the same method day after day. In this way it soon gains control to predominate instantly. You bring this control on by concentrated attention and the fixing of the gaze upon an object to abstract attention. For instance, you take the diploma method and concentrate your entire attention upon that regularly for 15 minutes each day, you will soon become an adept as myself, being enabled when looking at that object to fall asleep instantly. The sub-conscious mind will predominate and you will be filled with new feelings, with vision and sounds of music and inspiration of life and strength.

LESSON No. 147 - As before stated the organic or sub-conscious mind never sleeps. The real life functions of man are always in action. They never sleep. Sleep is only a thought. A thought is only a product of the mind and in nature as the composition of machinery turns out. In sleep the organic mind predominates. It puts forth thoughts of rest, and ease to relieve the system of its burdens and this we call sleep. It is sleep when the sub-conscious mind overcomes the excitability of the conscious mind. It is sleep when the conscious mind becomes passive and surrenders control to the sub-conscious mind, and the control of the sub-conscious mind predominates in the thought of rest and sleep. The real definition of sleep being the thought of the mind.

The sub-conscious mind often predominates when the system is not guided by this thought of sleep and the so-called sleeper dreams all night and is more weary the next day than if he had not passed into this so-called sleep. Sleep proper is only a thought, and the thought is held by the sub-conscious mind. You can train to sleep instantly by thinking a sleep thought when very passive, in which condition the sub-conscious mind seizes upon the thought and you sleep.

LESSON No. 148 - In persuing the foregoing lessons you can plainly see that to be able to sleep instantly at will as to develop the habit strong enough to take a sleep suggestion when in a very passive condition. This sleep thought will result in sound sleep instantly and you will awaken at any set time and to the minute, if you FIRMLY impress yourself when very passive and before going to sleep that you will awaken at a certain time. If you make a very strong impression in the passive state of entering a very deep sleep in which you will hardly live you will fall into a state of suspended animation, and you will sleep apparently lifeless for a number of hours and the condition of rest will be so so complete that you would be relieved of the worse disease in existence.

LESSON No. 149 - When the habit of voluntary control is established and the sub-conscious mind be made to predominate the conscious mind at will, by the diploma method of acquiring self-control, you can work at your daily toil, conscious or unconscious, first in the positive and conscious state and at will reverse and bring the control of the sub-conscious mind into predominance and work unconsciously and apparently without fatigue. Spirit control often appears at these conjunctions and the manifestations are phenomenal. For the development of this condition the diploma method will be found best and also is most convenient for the many developments.

LESSON No. 150 - The secret of self-hypnotic healing is beyond question so simple that it will be difficult for the student to realize the fact and appreciate it. Self-hypnosis means the self-induction of sleep, at will, which every man and woman completes when they sleep at night. The healing operation is a natural law of sleep that is required to occur in every mortal once in 24 hours to give conditions unto the organic mind to repair the waste tissues of the body. This is the pure and simple secret law of self-hypnotic healing which operates in every being from the hour of birth. The simplest form of post-hypnotic suggestion is the resolution of one when going to bed that he must arise at a certain hour. The most natural form of post-hypnotic suggestion being the thought of one when going to sleep that they will awake the next morning and first do this and that and the memory is perfect and the sleeper will awaken at the hour and will recollect to do so and so as he intended to. In the foregoing lessons, hypnotic division of this course, I explain the professional practice of these simple laws of nature and that division covers completely the instantaneous system and method of hypnotizing and magnetizing others against their will, be telephone, telegraph, by wave or glance

of the eye or snap of the finger, which you thoroughly understand is brought about by post-hypnotism. When you control a sleeping person to act out your suggestion you have him in the right condition and if you tell them to recollect at a certain time, when awake, to do a certain thing and that they will not care to resist, the event will occur at the set time. Any suggestion that can be made to take effect and be acted upon while the subject is unconscious will take effect post-hypnotically.

LESSON No. 151 - Telepathy is a system of transmitting thoughts from one mind to another by mental energy and is conducted on the same principle as wireless telegraphy. The two minds of the individuals act as the instruments, the passive mind as the receiver, and the positive mind as the transmitter. The sender simply thinks a powerful thought which he intends to reach the mind of the passive person.

The passive mind at a stage almost where the sub-conscious mind predominates is receiving the vibrations as the record in the sub-conscious mind and come up as involuntary thoughts, sounds, visions and sensations. The sender of a thought must develop a strong will be means of mind concentration. The thought is sent to the receiver by will and intention to send the thought. The receiver must develop the passive state of mind to receive them involuntarily, by means of the diploma method. In this way you send mental forces in "Absent Treatment." Having become an adept of the alphabetical stages you will receive these thought communications and thoughts of anyone and they will be heard as a voice. This is clairvoyance. My hour for this development is at 9 o'clock p.m. for 25 minutes. The thousands of students are invited to apply the Diploma Method for each other's development at this hour. This costs no one a cent and a circle of a dozen or more can be formed in each student's home for these developments, if the student so desires. These "circles" heal the sick by thousands, all over the country, and you generate the most force for this purpose when you lie asleep in the self-hypnotic trance. These circles develop mediums and at times the whole circle of adepts will be entranced and the angel world will draw out of them the material strength to move earthly troubles, the same when the soldiers lay entranced and the angel drew strength to roll away the great stone, at the resurrection of Jesus Christ.

LESSON No. 152 - Self-Hypnotic control gives predominance to a practical supernatural strength. When you are entranced if it be your posted suggestion, your limbs will become as rigid as iron. The predominance and control of the sub-conscious faculty will be astonishing. This is called the cataleptic state and you have a very concentrated control of the muscles that cannot be equaled by one not hypnotized. You accomplish this feat by suggesting to yourself that you are intensely strong and rigid at the passive conjunction of unconscious predominance of the organic faculty.

LESSON No. 153 - For experiment of the cataleptic state you can be tested by this method. Place two stools about four or five feet apart, lie with your shoulders or neck upon one stool and your heels upon the other and stretch yourself straight out and concentrate your mind upon your tremendous power and rigidity. Hold yourself from two to five minutes -and then repeat this day after day, and you will soon invoke the spirit aid to give you the power and you can support the weight of 3 or 4 men upon your suspended body. You can do all of this and yet be conscious as a result of psychic development.

LESSON No. 154 - The developing of this cataleptic strength gives you development of the muscles and constitution that knows no unconquerable disease or vice. You gain in this development what is known as the CAST IRON WILL, when you make a

resolution that you have no pain or disease, or vice that will be so controllable that you will never again be bothered with such disease or vice. In this way one resolution of the will, stops a pain instantly.

LESSON No. 155 - To produce the cataleptic state upon a person instantly, a feat which is almost miraculous, you must be able to hypnotize that person and develop him first as you do yourself by post-hypnotism for several weeks, telling him that the next time when you say "rigid" that he will become more intensely rigid and quicker. In a month or two of training and developing a subject by post-hypnotic suggestion you will be able to throw him into the cataleptic state instantly. Your subject will then be able to support enormous weights in the same manner as yourself and also undergo surgical operations without pain. The cast iron will also enables one to undergo surgical operations in the waking state without pain.

LESSON No. 156 - I discovered the remarkable fact that a hypnotized subject can hypnotize another person easier than the best hypnotist can. This is simply accomplished by hypnotizing a subject and suggesting a method and put him to hypnotizing another subject. A hypnotized person can think of but one thing at a time and under this condition of mind it is readily seen how a hypnotized person can command much closer attention of the subject, which is the main thing in hypnotizing a person.

LESSON No. 157 - The reason why a hypnotized subject can hypnotize easier than a hypnotist is because of the simple fact that he can concentrate his attention upon the sleep of his subject to the exclusion of any disturbance and the effects, in thought transference, is the power controlled by one hypnotized subject in hypnotizing another.

LESSON No. 158 - Here is a method for hypnotizing that is simple and rapid.

The requisite thing to do being to concentrate your subject's mind and abstract his attention from disturbing elements while you produce the hypnotic sleep and here is the method. Have your subject lie upon a lounge, close his eyes and have him look at imaginary red, white and blue stripes, and he is to imagine his clothes of these colors. If the subject can be hypnotized at all, he will soon get a mental picture of his imaginary clothes. His attention must be directed to look at nothing except these imaginary garments. The vision will become impaired within about three minutes and the hypnotic state will set in, when his attention will be fascinated by these colors and the subject will be unable to recall the attention. He will follow out your suggestions in a dream and will act upon them and a few sound sleep suggestions will place him in an almost lifeless sleep. This will only require about five minutes after once gaining conception of these colors.

LESSON No. 159 - Now from the above described state of hypnosis you make suggestions to the sleeper that he can see clairvoyantly and see and sense the presence of spirit control you will greatly stimulate this faculty and you can have him seeing spirits as a result of post-hypnotic suggestions after awake. If these methods are continued once a day for three weeks you will have developed as great a medium of your subject as would require years of development by the ordinary process known to modern spiritualism.

LESSON No. 160 - Here is a method by which to give a post-hypnotic suggestion to enable your subject to see clairvoyantly after awake. Say to your hypnotized subject, do you see those spirit forms, they are women, can you see them? The

subject will say that he can. Then say, you see you have the faculty of Clairvoyance. You see those spirits Clairvoyantly, you can see into my office, my house, my secret chamber and describe the way the furniture is situated, see you are within the room. Hold strong in mind the room you wish described and when the subject can readily describe things you must impress him very strong that he can do those things at any time when awake. Tell him that when awake he will see clairvoyantly, also receive spirit communications and will be as good a medium as anyone, that he will see his spirit friends and will converse with them. Then awaken him and you will be surprised to find this possible with your subject.

LESSON No. 161 - To give yourself Post-hypnotic suggestions for the development of mind reading after awake, you must suggest to yourself when in the VERY passive psychic condition that after your sleep you will be able to receive the thoughts of others and constantly repeat to yourself mentally, when going to sleep, these words, "Mind reading, I can do after I sleep." Repeat this over and over until sleep insues. It may require many hypnotizings, but will soon find yourself really able to read minds. You develop this faculty as a result of this sleep.

LESSON No. 162 - The best way to develop personal magnetism is through Self-hypnosis. You with this method imply the suggestion technically, that is you do not make suggestions, but will listen to the music of a Graphone or some other instrument when inducing self-hypnotic sleep. The music and vibrations will so control you at the point of sleep that you will go into what is known as magnetic trance. The music is very inspiring at the passive state where the sub-conscious mind is about to predominate and it will raise the vibrations and faculty of veneration so strong that your whole body will vibrate, from head to foot. Such practice as this once a day is very beneficial to the health and develops such veneration, a vibratory force, that you can control the sensations, the feelings of others in the same hypnotic condition at will. The very vibrations that are thrown off from you will effect others telepathically. This is the power developed to a very high degree in the person who is called a divine healer. This is a powerful vital energy that will develop in all. Music will inspire and develop this faculty if implied psychometrically.

LESSON No. 163 - After developing this inspiration you must become psychometric, that is to hear the music by the psychic sense of hearing, when there is no instrument, and to produce these vibrations in the system. When you become able to generate these vibrations at will you will have the power to transmit them telepathically upon others and they will be shocked by the sensations and will perspire as one fainting and fall to sleep. Your patient will not know what causes this and he will receive much benefit from the treatment. You transmit this vibration by becoming positive in mind and willing, and thinking, and sending these thoughts upon the subject by thinking very strong of them. You hold a mental picture of the person you wish to effect while you raise your system in these vibrations and you will effect your patient. This is the divine method of "Absent Treatment."

LESSON No. 164 - The power to concentrate the mind and to think of but one thing to the exclusion of all others for any length of time is necessary in most all psychic developments. You can develop this power in no better way than to follow a simple method as follows:

Paste a small piece of paper on the face of a mirror. The spot should be about the size of a match head. Now you are to be comfortably seated about three feet from the glass and train to enable yourself to look at that paper so straight

and concentrative that you will not notice your reflection in the glass. When this can be done you will have the power to abstract your attention from any disturbance and have become a fit subject for psychic development. People who cannot do this make slow progress in development. After this can be done, you, from that time on, will develop very rapidly. This is my famous test in picking pupils for my developing class.

LESSON No. 165 - When you become a thorough master of the above lesson of "mind concentration" you will at times control your thoughts so perfectly that you will instead of seeing your own reflection in the glass, you will see it as a blank and the mental picture of your own thought. This is clairvoyant vision, or in other words true concentrated thinking, and at this conjunction where the sub-conscious mind predominates the visions and scenery will come involuntarily, and you will see sights never seen before, and landscapes that, in many instances, will be found exact in resemblance to a place or scene somewhere in nature.

LESSON No. 166 - The mind of man is a universe, a heaven. The astronomer can survey the heavens with his mighty telescope. The geologist can study the earth within. Both studies are deep and fascinating but in comparison to the universe within the mind they lose their sublimity. The mind in every respect is more wonderful to study than geology or astronomy. It is more deep and tangible.

The astronomer or geologist when studying the psychic science finds the laws of the mind within to be in direct accord with the laws of the universe without. The mind has magnetic poles as the earth. The brain and system obey the control of electric currents as the earth. Every mind is held by the law of attraction in conjunction with every other mind as the law of gravitation binds the stars and planets in space. The mind receives the light of the spirit as the earth receives the light of the sun. The mind has its annual seasons and an orbit in progression to a natural law to obey, as the earth obeys the natural law in its progression around the sun. The mind is productive, yields the divine spirit just as the earth receives light and heat from the sun. The mind becomes positive and passive to the control of other minds. It attracts and repels certain minds by law of its magnetic relation to the horse shoe magnet. The mind has the positive and negative poles the same. For illustration, place the positive end of the horseshoe magnet against the positive pole on another horseshoe magnet and they will repel each other. Place the positive pole to the negative pole and they at once attract. Just so with the human mind. Let one who is positive approach another who is positive and they repel each other. Two minds both negative will never meet, one must be positive and the other negative. A negative mind approaches a positive mind and there is at once attraction as in the union of man and wife and in all things. You can approach any mind if you follow this method. If you approach a positive mind you must become passive. If you meet a passive mind you must become positive. The mind has as the magnet, both the positive and passive polarity. When we think and intend to act we are positive, when one allows the involuntary flow of thoughts they are passive.

In conquering positive minds hypnotically I use this method. I approach the positive unbeliever, who resists and has much to say, passively and thereby at once attract him to me. The positive mind acts, so to speak, as a runaway horse, losing all his energy, and I the passive mind am receiving and storing it up. When we reach a point where the positive mind become almost exhausted it is as natural as "being" for me to become positive as a result of so much stored energy received from the exhausted mind, and that mind necessarily must become passive and then I exert my force scientifically and with diplomacy. In a short time I have the once

positive mind under my complete control. In this way I have converted hundreds of raving maniacs so to speak, who approached me with slander and abuse and before they left me they so humbled themselves to my idea as to be recognized by the bystander as hypnotized.

When you try to convince people of the truths you teach, you must use this method. Approach a positive mind in a passive mood, and vice-versa. Then turn the balance wheel diplomatically and scientifically and you can conquer all whom you meet. Use positive or passive suggestions in the same way.

LESSON No. 167 - Mind magnetism is a force higher than nerve magnetism. It is that psychic force which is so potent in "Absent Treatment." The mental magnetism varies in quality and effect in as many forms as there are faculties of the mind. For illustration, if a man thinks of something to eat, he excites the battery cells of ailmentiveness and that force sent out tends to make others hungry. If he thinks of money and property he arouses the cells of the phrenological organ of acquisitiveness and that magnetism sent out effects the person with the desire for wealth. There are some 40 or more phrenological faculties of the mind, and each faculty generates magnetism that will cause that same faculty in other minds to respond. For illustration, tune two violins the same, then place one in one end of the room, the other in the opposite end of the room and when you pick the bass string in one the bass string in the other will vibrate. Pick the next string and so on and each correspondingly tuned string will vibrate in the other instrument. In the same way two minds respond. When one faculty of the mind is exercised that faculty goes forth and arouses the same faculty in every mind that is passive and in tune with the sender. This force is mind magnetism and is generated by one who is able to raise in himself the various sensations the mind is capable of. This force can be generated so very strong when in the passive psychic condition and can be held within the cells of the brain while passive. You generate it by auto-suggestion and calling for that force mentally you throw it upon anyone (held as a mental picture) when you become positive. With practice this force becomes so strong that you can send it to absent people in such quantities as to hypnotize sensitive persons instantly.

LESSON No. 168 - As before stated the mind is an atom of the universe. The brain is like two sets of batteries, one is positive and acts as a dynamo to generate the mental forces of thought. The other is passive and acts as a storage battery to receive and collect the forces of the mind. There are two wonderful sets of faculties of the mind. One set generates the forces and thoughts of the mind. The other set record such thoughts and deeds. The recording of such thoughts is like laying away treasures in a vault. They forever and ever remain in this sub-conscious mind. This is what is known as memory. These records are not recorded in material vaults, but in the indistructable spirit of man, and no matter if the body decay they remain. The faculty of recollection has its organ in the brain, mapped out by phrenology, a little above and between the eyebrows. This is called memory, when one is able to think of something done in the past, but it is not memory, for a physical decay will compel people to forget events. It is recollection merely. This is the physical ability to discover and produce these records, the physical ability being very incomplete.

One who recollects a past event must become passive to the voice of the sub-conscious mind. The mind that holds the records. This mind when in almost free predominance at the point of death has been known to speak the memory perfectly of events occurring in childhood, known to the parents when the child was too young to recollect. These events to the person themselves are a blank and they never knew

of such things. But at the point of death or in deep hypnosis the sub-conscious mind has been known to speak of many things and relate its infant experience in the flesh in detail as correct as a book. Then the involuntary mind would speak of its existence prior to incarnation and the stages of development that spirit is constantly undergrowing. The sub-conscious mind at this conjunction could also see into the future and tell of its separation from the body. Studying the powers of sub-conscious mind, throws much light on the existence of man's spirit after so-called death.

LESSON No. 169 - It can almost be said that a hypnotist with a good subject can do anything. He can compel his subject to perform any act by verbal or mental suggestion by thought transference. By suggestion the subject is made insensible to pain. You suggest that he can see clairvoyantly and he can. You suggest that a spirit will control him and use his vocal organs to speak with and he will become controlled by some spirit and the voice will change. You suggest that he pass into a very deep sleep and that his spirit will leave the body and go to the home of a friend and it will do so. You speak to him and tell him to leave the body and go in spirit to a person and to go into that person's body and to bring him to you, you will find that in many cases this experiment will be successful. The spirit leaving the body to perform this experiment has wonderful magnetism and can enter another person's mind and if the other person is not on the guard, the spirit will get control, subduing the senses and controlling the body of another person. You can only become convinced of these truths by testing them.

LESSON No. 170 - It is a natural law of telepathy and the experiments of the foregoing lesson to attract spirit presence in all foregoing experiments. The magnetic thoughts of the subject are generated by the control of the hypnotist. The thoughts of the subject passing through the nerves of the brain render the mind magnetic the same as an electric current in passing through a coil of wire will produce magnetism in a piece of iron envolved. This magnetic thought reaches out in space and attracts the harmonious magnetic thought of others and like the loadstones in the north will attract the needle of the compass at great distance. The spirit world is reached by this attracting force and brought near to mortals. In this way we develop our spiritual faculties, for in this way the spirit can come in rapo with mortal and the power is omnipotent in our development.

LESSON No. 171 - The most important part the spirit plays in the foregoing experiments is in the mechanical use they make of the thought forces a mortal puts forth. These material forces generated by each gives rise to a new life force and love in both spirit and mortal and is very beneficial, and regenerative of strength, health and love. These are the great benefits to be derived by spirit intercourse and nature is incomplete without it. Nothing in nature's law book of health and being is stronger than love between spirit and mortal. If you love a spirit you are brought nearer that soul and the new force generated by this love is health eternally. If a spirit becomes really in love with a mortal, that mortal will NEVER DIE. That force of love and sympathy protects that mortal's health. He is free from sickness, from accident, from poverty, from old age and bodily decay. He is free from the laws of man. Can never be persecuted by mallice. I have had the enemy of jealousy storm before me as a great tornado, to look as certain destruction, at times the rage of the enemy was so great that it looked as if my profession must fall. It looked as if I could not remain in business longer. The vision in the minds of the enemy saw the gates of the penitentiary or the gallows awaiting me, but amid their storm and tumult there were a band of loving spirits who hovered over me and the troubles all would vanish as mist before the noon-day sun, and the enemy would be left standing in the battle field, wonderstruck to know how it all

happened. My promise is that when a spirit once becomes in love with a mortal, and if that spirit be of high moral culture, there will never in the world come real misfortune to that mortal.

LESSON No. 172 - In the foregoing lessons you learn how mind magnetism is generated. Now such force can be readily developed in a subject when hypnotized by mere suggestion. The greater the number of hypnotized subjects the more powerful the magnetism. The secret of having ten persons hypnotized at once in order to send mental forces to control an absent person is in the fact that the force will be 10 times as strong. The more hypnotized the stronger.

Right here let me arrange an experiment. Hypnotize ten persons. Lay them on the floor in a circle around the wall with their feet towards the middle of the room. Then make the room very dark and give your subjects the suggestion that the spirit will draw strength from them in order to materialize, to make light, etc. Place your subjects in a very deep sleep by suggestion and let them sleep for many minutes. The room must be made as dark as possible, excluding every particle of light. By this means the spirit will be able to draw out of the sleepers the material magnetism and will create great luminous lights in the room and spirit forms will become visible in clouds of illuminous conditions and will light the whole room. The most wonderful spirit materializations ever recorded in biblical history can be produced in this way and the operator will have the advantage of talking with and touching the materialized form as much as desired. So many batteries will give strength to the materialized spirit to go all over the house with you and to be with you many hours.

Now the ONE GREAT SECRET in having a number of hypnotized persons to concentrate their mind on a very hard subject in the middle of the night, when the absent subject who is so hard to control, is asleep is in the one powerful condition of the combined Telepathical strength of the several subjects upon a person who is asleep and whose sub-conscious control is uncovered and exposed to the tremendous thought transferring force. In the natural sleep of a subject you have great susceptibility for this experiment and such experiments performed at an hour of the night when people are likely to be asleep is a wise idea for the operator. In this way you can bring a person to your office in the middle of the night by telling the hypnotized subjects to become attracting and magnetic and to send the subject the thought and desire to come to you in his sleep.

LESSON No. 173 - If several persons will think of one thing at the same time, the thought force will be like a large river fed by many small streams. The combined thought force will be almost strong enough to hypnotize people, to control the desires and feelings of the person concentrated upon, and with practice a number of people may become expert in this line, and compel anyone to come to them. There is no better method for the development of this power than for a number of persons to "sit" in a circle and use the diploma method, to sit at the night when the "psychic circle" holds and then the psychic power becomes so strong that absent persons, whom they think of, will immediately come to them.

LESSON No. 174 - The reason why a hypnotized person can so control the minds of others is for the same reason that a magnet will attract steel. The person hypnotized becomes very magnetic when left to sleep, and this power attracts and draws to it the same mental elements in others and people are always unconsciously controlled by looking upon a subject. The subject as a result of hypnosis becomes very magnetic and this power also attracts the unseen spiritual element of the universe. The more attracted power brought together the stronger the magnetism, the same as

many magnets put together have more power than one singly.

LESSON No. 175 - Now when this hypnotized person is set to concentrate his thought upon someone who is asleep, certain elements of the sleeper's sub-conscious mind will be aroused by the attracting force of the hypnotized person. The corresponding elements of magnetic control in the two persons will draw to each other. The hypnotized person naturally puts forth thoughts that are magnetic and this arouses this element of thought action of the sub-conscious mind of the sleeper and he becomes hypnotized. The attraction acts between the two minds, the same as in telepathy.

LESSON No. 176 - Clairvoyance is a product of the sub-conscious mind. Clairvoyance is the mental faculty of vision. Vision produced by the thought of the voluntary mind are visions merely to examine the elements of that thought and are not real clairvoyant vision, but when one is passive and the vision comes involuntary it is the vision of the nature of a thought element coming from an outside source, the thought or place of another and this is true clairvoyance. Clairvoyance being in reality a product of the sub-conscious mind.

LESSON No. 177 - The sub-conscious mind is in direct sympathy with the universe. It is like the receiver to the wireless telegraphy. When one is developed psychometrically they will be able to receive messages from every quarter of the globe. The vision of the vibration received by the sub-conscious mind will give one a scene of the place in nature. It follows that as a result of such messages recorded in the sub-conscious mind of all that the perfect memory takes notice of these events and they are never forgotten. This law follows that these memories are transmitted by inheritance from father to son and so on down through the centuries. As a result of the records of the sub-conscious mind it follows that whatever is in the whole universe has its record, or means for discovering through the sub-conscious mind. All anyone need to do to be possessed of universal and infinite knowledge is to develop and unfold the powers and memory of the sub-conscious mind and they will know ALL. The wonderful power of the sub-conscious mind is demonstratable in dreaming. Sometimes one will dream in the fractional part of a second of years and years of events covering a train of thoughts that would require days of thought for the voluntary mind to have gone over.

LESSON No. 178 - The possibilities of all knowledge lie within the undeveloped nature within man. Man no longer needs to gaze at the stars or to travel the continent in search of knowledge. He will have all that he can do investigating the universe within. Hypnotism, Healing and Spiritualism have taught us much of these possibilities. Now comes the science of development and attainment.

LESSON No. 179 - In clairvoyance, clairvoyance and mediumship we find the sub-conscious mind the power to REND THE VAIL. It throws much light on the path of our hereafter. By this faculty we are enabled to know positively that man has life beyond the grave. To develop your clairvoyant faculty you come into the dawn of a new era. You see the truth of spiritualism and this wipes away the superstition and frees the deluded mind from big Bible Stories. The unfoldment of the powers within give that perfect psychic control and makes man the master of physical immortality. You loose that old dilusion of the mind in death. You are freed from that hypnotic control, that bad dream. By scientific hypnotic control we have the power to develop the spirit in the flesh without sudden change of death. This is accomplished through spirit aid, and no better time and way to develop this than to sit with the "psychic circle" and use the diploma method.

LESSON No. 180 - The conscious and the unconscious mind have within its creation the positive and passive conditions of existence as within the existing universe without. Now by use of the diploma method one is able to remember consciously the action of the unconscious mind. By the diploma method one develops the two sets of faculties for the first time as ONE, and your being is then complete with your oneness, and the diety or God that is within. This condition Christ states as the Kingdom of Heaven within you. To believe in this condition and to "sit" as per the diploma method is to attain this condition. Christ states that according to your faith be it unto you. As you think at the "psychic sittings" so will you develop.

LESSON No. 181 - The sub-conscious mind of one person can at any time and place communicate with any other sub-conscious mind of a party in any quarter of the globe. Distance makes no difference. There exists a psychic atmosphere in which all thought float in as clouds. They travel with speed unequalled by lightning and the scope of this field of atmosphere is universal in all ends of the universe wherever humanity exists. It is everywhere, among the planets and the depths of space where spirits cannot penetrate may be its boundry. With this universal atmosphere the inhabitants of one planet can communicate with another through the faculty of the sub-conscious mind. This mental atmosphere is the diety knowledge and the God of our being and whatsoever exists anywhere in the universe is present in the undeveloped faculty of the heaven within us. Therefore, anything, any knowledge or power in this universe awaits unfoldment within man.

This knowledge is today and always has been photographed deep down in the sub-conscious mind, and why we have been so dead to recognize the kingdom of the universe that is within us, our sub-conscious faculty so called is because of our sub-conscious knowledge of its great wealth.

My students can unfold all those powers by the diploma method of the "Absent Sittings" in this way when thousands think of but one thing, one object held in mind, the diploma, to gaze at, they become universally one mind and power and develop wonderful results.

LESSON No. 182 - Our creators mind, that universal mental atmosphere which prevades all space is omnipotent presence in our being all the time and can be felt by the sub-conscious faculty. The greatest individual spirit ever known to prophets and writers of old was called God. That spirit promised to mortals that by this power he should do wonders, heal the sick and work miracles. By this power it is promised that our indwelling spirit is connected with diety. Diety, Christ says, is the kingdom of God within. The universal atmosphere that comes within the physical structure and through his medium our sub-conscious mind is in rapo with God, or the knowledge of all minds within the universe. In this way the creators mind is presented with our sub-conscious faculty which in other words is diety. Christ states that he and the father were one. Christ was a wonderful adept of these conditions, and was in truth one with the infinite. Anyone becoming psychic and an adept to the inflow of this universal life and knowledge will be one with the infinite.

LESSON No. 183 - Having explained at length upon the foregoing conditions of universal mental atmosphere I will now be able to explain just what mind reading is and just how it is accomplished. Mind reading is the receiving of a thought sent from one mind which is transmitted over the medium of mental atmosphere and is received by the sub-conscious mind. Without this mental atmosphere it would be impossible to send a thought for a thought set forth creates a mind wave in this fluid

as a pebble thrown into a pond. This wave goes forth and is felt by the indicator of the sub-conscious mind and this is mind reading.

LESSON No. 184 - Mind reading is as natural and as easily mastered as thought itself. You simply have to think clear and strong and that sends forth that thought, and the person who is to receive it must become passive to you and simply not think at all and then the first involuntary thought that arises in his mind will be the thought you are sending him. These two conditions of the mind are the only two required in mind reading, and anyone can make the conditions.

LESSON No. 185 - The reason why one can read the minds and thoughts of others is because he has the power at command to be able to become passive at will and to listen to the voice of the sub-conscious mind. All that is necessary is to be able to tell the difference between the thoughts you think and the thoughts that flow to you involuntary. The involuntary flow of thoughts come from the sub-conscious mind and you will always know them from the voluntary because you become passive and the voluntary thought will be accompanied with visions and sounds of things quite unexpected.

LESSON No. 186 - The best way to develop this understanding, to discriminate between two thoughts is through self-hypnotic control. Use the diploma method for the induction of the passive and involuntary state and you will invariably receive mental pictures of my offices and then you can write me a letter describing them and if you are correct I will inform you, and you will really know the truth of these involuntary visions, sounds and thoughts. The psychic impress left of my office affairs upon each diploma will enable you when gazing upon it with the purpose of inducing self-hypnosis to awaken unto you a vision of my offices, and in every instance of this kind you must write me so I can correct you in your development and tell you when you see correctly.

LESSON No. 187 - By an inherrent law every person will be attracted to some particular desire. If you act out this desire in attempt to form mental pictures of your particular desire you will find it very much easier to develop the clairvoyance of the mind in this function. In this way one becomes clairvoyant with the least possible effort.

This new discovery of mine leaves a sure method for each and every one's development of Clairvoyance. Each individual is born with gifted faculty and you naturally become renown by the use of that faculty by following your desire. This control of your desire will lead you to business success and you will know when you have ever discovered this gift: once discovered, you will take to the special duty without further dissatisfaction.

Phernology has mapped out the faculty of veneration to have its organ in the brain directly on top of the head, the place in the head of an infant the skull does not entirely cover before it is about a year old. This faculty is the divine instinct to worship, to pray. Through this faculty we receive the divine inspiration of life. Within this faculty lies the omnipotent mind of man. The power is within this faculty to arise in man that unseen force to work miracles. When one is given in EARNEST PRAYER this faculty will throw a current of vibrations that will start in the upper portion of the brain and spread down over the body to the feet leaving the very hairs of the body standing on end. When honest prayer is exercised in the name of God, the father, Jesus Christ, the son, and the angel world there will be received a divine current or vibration generated through this omnipotent faculty and will so control the body as to almost defy the laws of gravita-

tion, and the shock will be so wonderful that instantaneous healing of the worst known case will often occur. Some call it divine healing, others Christian Science or Electrolics and Magnetic Healing.

LESSON No. 189 - My method of mental control and scientific healing is to "Think right and you will be right." Think health and strength and you will be healthy and strong. Never fear a disease. To try to keep from thinking evil is thinking evil. The only way to escape from fear and evil thoughts is not to fear them or to make strong resolutions against them. You must fill the mind so full and overflowing with good and healthy thoughts that there will be no room for an evil one to come in. Do so much good that you cannot find time to do evil. Think so well of your neighbor at all times that there will not be space in your mind left for an evil thought. To hold malice against anyone is to be diseased and you can never be entirely healthy until your mind is filled with good and loving thoughts to the exclusion of any malice, envy, selfishness or vulgarness. All evil or improper thoughts are but varieties and sympathy of many ills of the flesh. This is my system and science of mental healing, the motto of this system is simply to "Think right: and you will be right."

LESSON No. 189 - Mental science is the key of explanation to all mental phenomena. In hypnosis we find a subject held spell bound by the predominance of a thought to strong to be shaken off. This is the condition mental science points out in one of the chronic diseases. That person is held spell bound as one hypnotized of an unhealthy thought that is too strong to be shaken off. The thought becoming organic in effect and the physical condition, which is the expression, or individual thought show the effects. The magnetic healing shows the power of one mind hypnotizing another and releasing him of his spell bound conditions.

Divine healing we find the patient generating a new thought and life force to take the place of the old. In Christian Science we find the same as in divine healing.

In personal magnetism we feel the power and force of the new and magnetic thought. Mental science classifies the above as life, or the power of thought which is in motion.

Intuitive Vibratopathy is the new name I give to so-called Divine Healing. The faculty of veneration gives rise to a new power to heal by the generation of vibrations of life within. This vibration system to heal I call vibratopathy. It comes intuitively received in dreams. It has everything, as the life of thought and motion and naturally is at the seat of the generation of all healing conditions.

LESSON No. 190 - In studying the foregoing lessons we find thought to be an universal substance, capable of expression under many phases.

No. 1. In mental science it is simply thought control. In hypnotic control it takes the form of vision, sensation and causes a new and diluded state of consciousness. In self-hypnotic healing it causes the sub-conscious mind to predominate and have entire physical control, and the thought leaves its record in physical conditions as the voice on a record of a graphophone. In self-magnetic healing the thought becomes as a fluid of psychic oil replenishing the nerves of exhausted condition.

In self-osteopathic healing the thought controls scientifically the anatomy of the body in the sub-conscious state of dreams and visions. In self-psychratic healing the thought renders the whole body clairvoyant and one is able to see from

the shoulder or spine as in "Mental Vision" as if brains and eyes were all through the body. In self-physiculturic healing the thought and clairvoyant condition of the body controls by the faculty of the organic mind, to impress these conditions permanently in the body for healing and one becomes a real psychic and healer. Self-magnetic thought healing is a condition where it becomes a nerve fluid and yet is as a thought to be transmitted direct to other persons or to a limb or organ of your own body in self-healing.

Self-Zoism-Mesmerism divine healing is that condition of thought controlling through the organ of veneration in the manipulations of the magnetic healer in curing others by laying on of his hands. Thought is the power that controls in hypnotism. Thought is the form of vision of the mind known as clairvoyance. Psychics is a clairvoyant systemizing of thought. Thought passing through the nerve is magnetism. With spiritualism thoughts are the individualized being of spirit as well and electrolists of the body is but a passive current of thought in the form of electricity. Christian Science healing and vibratory control of thought through the faculty of veneration. Thought becomes passive in these conditions and under control of the sub-conscious mind as "mental vision," and clairvoyance and in the physical mediumship, when the force is left to the control of the spirits. Phreno-hypnotism is the arousing of this thought force in but one phrenologic faculty at a time. Animal and human magnetism is the physical or natural substance of thought as warmth and life in the system. Electro Spirit Magnetic Mind Reading is the transmission of thought from spirit to mortal in a positive condition, which manipulates the forces to cause popping and snapping in the atmosphere in the performance of such experiments and is a condition of thought that can only be produced by the spirit world coming in contact with mortals. This is my science called Dutton-Therapy. The connecting link between the foregoing named science is thought.

LESSON No. 191 - Hypnotic experiments prove the claim of Christian Science in as much as both heal the sick by the same control of the thought. Some Christian Scientists claim that there is no potency in hypnotism. Why? Because hypnotism is lowering the foundation of their belief that no power other than God can heal. There is no religion whatever about hypnotism and yet it will cure far more people than Christian Science can with all their so-called God. They have shown their weakness in trying to combat hypnotism, and mental sciences find from the result of their skirmish the real power to heal is thought alone. Thought pure and simple to think right is to be right. This was the teaching of Jesus Christ, and he said that thought, or word, that heaven and earth might pass away, but his word would not. Thought power so binds the word of Jesus Christ in healing and in comparison in mental science between Christian Science and Hypnotism, as to be given the name, by many as, CHRISTIANISM.

LESSON No. 192 - The downfall of Christian Science is almost certain. They have a religious belief in their healing that God alone heals them. No such religious belief can stand when a non-religious system as hypnotism is feasting on their claims of healing by effecting cures simply through suggestion and can effect far more wonderful results than any religious faith, to heal simply through post-hypnotic suggestion.

LESSON No. 193 - There is a great advantage to be derived from the healing through self-hypnosis for the adept can at any place or time apply the art without the knowledge of others. It is more potent in healing for the organic mind must always do the repairing of the body and when you receive treatment from others this faculty of health is uncovered to the diseased conditions that may be presenting

itself in the healer. So looking into the benefits of self-treatment we see more advantage than in any other system.

LESSON No. 194 - Hypnotism in thousands of ways is the most useful science ever discovered by man. You can place a subject into a deep hypnotic sleep by mere suggestion, and make them as magnetic as a loadstone by telling them that they are becoming very magnetic so as to have the power of a magnet. You can have them send their magnetism to any person too weak to undergo the regular hypnotic treatment by telling them that their magnetism will go to a certain person. This method of "Absent Treatment" is invaluable, having much greater powers to heal. You can hypnotize several of your subjects at your own home and make these human loadstone magnets, so to speak, transmit their mind direct to the mind of the infant by mental energy their healthful, pleasant healing thoughts, which will immediately come up in the sub-conscious mind of the dying child, who in this stage is almost free from the body and will receive the thoughts sent it more readily than in well persons, and the child in this passive attitude will be like a real clairvoyant, receiving the thoughts and being controlled by them, and will at once be the very feelings of the hypnotized persons sending these thoughts and will not be itself. The dying person being transformed by such strong force and magnetic thoughts maintaing this condition in the child, will apparently have some great inspired strength for recovery. With this method of "Absent Treatment" with several hypnotized persons in your office you will never loose a patient.

LESSON No. 195 - The mind is very telepathically inclined at the point of death and is in a splendid condition for the "absent healing artist" to operate upon. In these last stages of life the mind is almost freed of the body and the sub-conscious mind is withdrawing from physical control and is more free to receive the transmitted thoughts of the healer. This is why one's Sub-conscious mind is more telepathically inclined at the point of death.

LESSON No. 196 - The method of "absent treatment" given through hypnotized subjects is most effective of all, as the battery can be strengthened by adding more subjects until results are certain. Health thoughts are sent to the patient through these subjects by simply telling the sleepers that their thoughts are going to a certain person. No "absent treatment" department of any value is without the service of a number of good hypnotic subjects.

LESSON No. 197 - The thought sent by one who can feel the physical sensation of his own thought is a magnetic thought. One sent that gives the sender no physical sensation is not a magnetic thought. That is the difference between a magnet thought and one commonly sent. The magnetic thought is always the most effective.

LESSON No. 198 - The secret of having a hypnotized person's power in sending these thoughts is because they always become magnetic and are far more effective. A healer can treat many patients at one time in this way by having a subject to think for each patient, and this is the ture method of healing.

LESSON No. 199 - The secret of having a number of persons hypnotized at one time and to combine the art of absent treatment of a very bad case is because that magnetic thoughts of more than one person traveling in the same direction to the same patient becomes electric and so positive and powerful as to arouse the life germ in anyone, no matter how near dead. The combined strength works to open the communicating link in the sub-conscious mind of anyone through a chemical process only understood by clairvoyants. This method will control any subject no matter

how hard and will cure any patient no matter how near the death point. The electric condition is produced most readily when 10 or more subjects are hypnotized. It is best to have five hypnotized at a time and to release them alternately with the other five subjects about every 20 minutes for an hour when the treatment should be closed and in this way you will be as certain to save a life as you are certain the sun rises and sets.

LESSON No. 200 - Thoughts are things, they travel from one mind to another like lightning from the clouds to the earth. These thoughts have their effect upon animal life. The mind being more telepathically inclined in sickness is more controlled by these thoughts. Parents invariably make the fatal mistake of thinking unhelpful thoughts for their children and thereby weaken its constitution and the child dies. The fretful worried conditions in the parents is the unconscious treatment the sick often receive. All people should go to the sick chamber with hope and joy. If you never had a helpful thought have one then. Don't go with long sad faces, but attend the patient as if you were going to visit a jovial friend.

INSTRUCTIONS IN CONCLUSION.

PART FIRST.

The great importance of right thinking of every visitor of the sick can no better be illustrated than in the event of sickness among persons of note, such as the president of the United States. Everyone was doubtful of his recovery millions of people thought that he would never recover, he surely died. The best medical skill was of no avail. On the other hand suppose that some poor worthless tramp met the same fate, no one gives it a thought, but a few who know him. No harmful thoughts are sent him, and no medical or surgical aid because he is not worth it. Perhaps some guardian angel, say his mother in spirit life looks after him in the invisible form and in silence. That tramp recovers and why? It is because ignorance has not doomed him to death by uneducated thoughts.

PART SECOND.

If you are sick and among ignorant friends you can by auto-suggestion prepare your sub-conscious mind not to receive their thoughts. In this event you must think right yourself and your sub-conscious mind will protect you.

Right here let me say that self-hypnotism will save you when others would have you die. By knowing the power within you is to give yourself suggestions that will save you. It is very important to be educated in this line so long as ignorant friends may be your visitors. The simple term "knowing thyself" has saved many from an untimely death.

PART THIRD.

In conclusion I will give my experience in overcoming these difficulties. One winter I was taken very sick, I was given up by the best medical attendants. I fully realized that unless some unseen power would help me I should soon pass to the other side of life. One night as my friends sat around by bedside the question come up as to spiritual healing. I was yet conscious and could hear what was said.

The spiritual philosophy was discussed at length, though no one knew how to apply it in my case. However in the hearing of these truths (I being passive) took on the suggestion and fell into a trance. Their thought sent forth a new hope in Spiritual healing, and that thought brought the spirit of a mighty Indian in answer to the prayer. The Indian was a great healer in earthly life, living so close to nature that it was not hard for him to control me. I was controlled, in other words, hypnotized by this silent and unseen power. I slept sound from that hour on, which I had not done in many nights, and awoke the next morning almost a well man. I was even able to arise and eat my breakfast. From that time on I began to study the drugless method of healing, and find nothing more powerful than the spirit aid in self-healing. Many times since then I have been taken with the same fatal symptoms of the former troubles and no sooner than I would call on my spirit friends then I would feel a strong love vibration come over me and I would be entranced from which I always awoke cured.

I never vary from these spiritual truths, but live in strict obedience to God's word and the spirit world, and now I feel myself insured from any known disease. There is not an hour in the day that I do not converse with some of my angel friends.

I constantly feel their touch, hear their voice, and see and talk and touch them as I would a mortal. Let no one drive away the spirit. Woe be unto the man that consciously drives away the angels of God. That man will have misfortune, sickness and death. Blessed be he who opens his heart to the angels of God. He shall know the truth and the truth shall make him free.

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