

Help and Healing Series

HAND BOOK

OF

Instructions for Healing and Helping Others

Containing Scriptural, Psycho-Therapeutic,
Psychological and Optimistic Principles,
Simply Stated and Thoroughly Tested

BY
DR. C. F. WINBIGLER

Author of "How to Heal and Help
One's Self; or a New Outlook
on Life;" "Suggestion: Its Law
and Application;" "Christian
Science: Its Facts and Fallacies;"
"This Age and the Young People
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HOW TO USE THIS HANDBOOK

Read the instructions carefully in the body of the work. Familiarize yourself with the Scriptures referred to in the whole book. Memorize many of the affirmations. Use some or any of them as a prayer. Study carefully and thoughtfully the prayers and special instructions. Have confidence in yourself that you can be instrumental in helping and healing those in need. The principles presented have been tried and proven effective. You may not help and heal all for efficiency comes from practice and realizing your oneness with the source of all Love, Wisdom, Life and Power—which is God. A vital relationship with Him, consciously realized, will make you a great channel of power and help to others. Live a pure, noble, crystalline life and be filled with the Spirit and let Him work through you.

“All these worketh the one and the same Spirit, dividing to each one severally even as he will.” (John 1:16.) “Of His fullness have all we received.” “All things are possible to him that believeth.”

**LIST OF BOOKS THAT
CAN BE USED WITH
HANDBOOK**

Suggestion: Its Law and Application; or The Principle and Practice of Psycho-Therapeutics.

How to Help and Heal One's Self; or, A New Outlook on Life.

Christian Science and Kindred Subjects; Their Facts and Fallacies.

These can be secured from the Author.

Healing and Help

A Handbook of Instructions for Healing and Helping Others

Many persons seem to think that the matter of healing is confined to a few individuals who have peculiar endowments and qualifications and that the matter of helpfulness ought to be the duty of those having time, means, and opportunity. It may be a surprise to learn that everybody may be able to heal if they know how and that all are under obligation to help those in need if opportunity presents. "No one liveth unto himself," but each is responsible for the talent he has.

Persons Differ

That certain persons have a forceful and magnetic personality cannot be doubted and that some are philanthropically inclined none will dispute, but all have these qualities in greater or lesser degree and God requires us to exercise our ability and He holds us responsible for doing what we know and can know and what we are able to do.

Talents

The man with five talents doubles the number and receives the commendation of his Lord; the man with two talents doubles the number and receives the same commendation, while the man with one talent hides his and receives condemnation. God does not require the man with one talent to increase it to five, nor the man with two talents to multiply them to ten, but He does require a man to use the talent he possesses. God does not require anyone to do what he does not know or is not able to do, but He does require every man to do what he knows he ought to do and what he is able to do.

Certain Principles

There are certain principles that can be effectively used in recovering the worried, depressed, and the ailing from those conditions and there are certain things that can be done for those who need some personal help. This work and the **Manual of the League of Healing and Helpful Service** go together, and is intended as a handbook for Christian workers. There will be further instruction in my two larger books—"How to Help and Heal One's Self and Others; or, A New Outlook on Life," and in the advanced work that covers the philosophy and psychology of the great principle utilized in all healing, self-help, and self-development—"Suggestion: Its

Law and Application; or, The Principle and Practice of Psycho-Therapeutics."

The Personal Life

The noblest, purest, and most consecrated person, all other things being equal, will be the most efficient in helping and healing others of their troubles, ailments, and illnesses. There is a peculiar magnetism about goodness and purity, truth and honesty that may be felt but not described. He who possesses those characteristics and is loyal to the Christ and science will be most successful in bringing relief to his fellowmen. Many persons may do very remarkable things seemingly but permanent and effective work is done by those having faith in, and vital relation to, God.

God the Source of Our Life

Since God is the source of our life we must be open channels to let that wonderful life manifest itself through us to those who may come to us or to whom we may go to carry helping and healing power. **Conscious communion with and relation to God is all essential to the personal workers in the League of Healing and Helpful Service.** This condition of mind and life will establish spiritual harmony, unity, and oneness with the Infinite Spirit. Whatever else one may possess as to talent, magnetism, personality, and knowledge, all good in their place, the condition referred to and

emphasized is a prerequisite and the first requirement in order to help permanently and make one efficient in his work.

**God Working in
and Through Us**

This condition will make health, harmony, happiness, and heaven a positive and permanent reality to one's self and others. The failures of reformers, individuals, and organizations, that have sought to relieve sufferings, transform society, and redeem mankind from sin, suffering, and sickness can be traced back to lack of conscious communion with and definite relation to God. No substitute can take His place. Ethical culture, theosophy, Christian Science, evolution and multitudes of other teachings and schemes have been tried and have failed and will fail to the end of time. The Holy Spirit must be embodied, Divine power must work through us, the human life must be transformed and man made fully and completely again in God's image and brought into complete oneness with Him.

The Method

The life of Christ illustrates how we become fully sons of God. The overshadowing of the Holy Spirit, a surrendered will, and a new birth are the preliminary steps, with a vision of one's mission.

The Three Temptations

Further steps are illustrated by the temptations of Christ and His victory over them. His first temptation was through the physical senses. It was the call of hunger and desire. Christ does not deny the senses, but their claim of supremacy, and He thus gains the victory. In His second temptation the appeal was to His psychic power for self-preservation. He discerns the subtlety of this temptation and refuses to employ supernatural powers for any such purpose. Whilst in the third temptation He, a spiritual being, is asked to worship Satan and is promised the whole world as a reward. He realized His spiritual union with the Father and refused to give such homage. He triumphed over self and Satan, realized His oneness with God, and returned from the field of battle victorious in power, wisdom, and love. "As He was in the world so are we" to be in our relation to, and supremely victorious through, our Heavenly Father.

The Method Illustrated

There is a story about a teacher and a boy, who was hereditarily bad. He would steal when there was no reason for it except the pleasure that he seemed to derive from it. The teacher taught him the Commandments and emphasized especially the one against stealing. He loved the boy, and the boy's weakness seemed to cause the teacher's

love to be increased, and this led the boy to love the teacher more and made him desire to do right. The boy promised that he would not steal. The habit was too strong, however, and he yielded. He was caught and put into jail. The teacher came and paid his fine and took the boy home. The boy was sorry for what he had done, asked forgiveness, and again promised not to steal. The teacher forgave him, but talked to him strongly because he realized that the boy had not the power to resist the temptation unless his mind was fortified with good suggestions. He said to the boy, "I am not tempted to steal. If you are willing I will take possession of your will and work through your mind and heart and help you with my mind and will. The only way that I can do this is for you to surrender yourself to me and obey my voice when you hear me speaking to you from within. If you do this the power of this temptation will be broken and the very desire to steal will pass away."

The boy was interested, but mystified, and asked how the teacher could do this. He answered, "Never mind about the how. Will you trust me to do this and promise me to be faithful and quick in heeding the promptings of the inner voice?" The boy promised and by mental suggestion the teacher transformed and awakened will power in the boy and the latter became peculiarly aware of a new force or will power acting within him.

When he was tempted to steal he would hear a voice saying, "I am honest. I will not take what is not mine. I am strong and I do not and will not have to yield to this temptation. The temptation has no power over me. I will not steal. I am master and I will not do wrong." It was not long until another character was enwrought in the boy's personality—incarnated in himself. The boy's personality was corrected, changed, and transformed by the teacher's suggestions.

Ourselves and Christ

This is a parable of ourselves and Christ's dealing with us, changing us, dwelling in us, and exorcising that which is sinful and wrong. His love for us leads Him to deal thus with us and bring us under His dominion, power, and love in order that we may show these things in our life and character. Our redemption and transformation are not affected by accepting a creed, doctrine, ethical culture, or any such expedients, but by loving Him because He first loved us, being controlled by His will, embodying His personality, incorporating His spirit. It is not the evolution of the natural man but a transformation produced by the incarnation of the Spirit which is the real and eternal life.

Christ in Us and Success

In Jesus on the human side of His life and in

Christ on the divine side we see what we are to be and do by obedience, submission, and transformation so that we shall be like Him in character, conduct, and conquest. There is no guesswork in being a true, sincere Christian and doing what the Lord and Master asks and requires. In Him we see what we should be, and will be, when God's plan is completed in our lives. Christ was a perfect example to all mankind, a true and perfect type of humanity redeemed. Christ in us is the hope of glory and also the hope of those whom we can help and heal. God's love-life was manifested in and through Jesus Christ and it must be manifested through us if the world is to receive the benefit and blessing. Sacrifice is a manifestation of love and if we are to help and heal mankind we must sacrifice because we love. No success is possible in any field of genuine service without sacrifice and the measure of our love will be the measure of our sacrifice and that will measure our success in every respect. The character and divinity revealed in Jesus, the Christ, are the character and divinity that are to be revealed in and manifested by every man when the incarnation—Christ in us—is effected by the Holy Spirit. This is done by the manifestation of the Infinite Spirit in regenerating power and indwelling energy, not by human devices, schemes, and designs. When this occurs then real spiritual power will be manifested in such a way that men

will know that God dwells in us and we in Him, and then our every word, look, and act will help those in need and heal those that are sick. Christ in us then will be life, health, and power.

Two Great Things in Life

One needs self-control if he is to be helpful to others. If this is lacking people will lose respect for the one who professes to help and heal. One's life must be righteous. These two characteristics will bring out unselfish love to God and man and will produce the soil from which will spring flowers of joy, fruit trees that will bear fruit to satisfy the hunger of many. Self-control and righteousness will overcome selfishness, conquer lust, destroy fear, banish worry, exorcise vanity, restrain sensitiveness, and master undesirable traits in one's own life and in others.

Science Necessary

Science is the handmaid of religion and is the safeguard against superstition and erratic thinking and acting. So much passes for science today that is pure speculation and mystical vaporizing. Theories that do not stand the test of scientific scrutiny, sound reasoning, and common sense can be safely rejected and ought to be. He who refuses to observe the laws of physiology and hygiene, the laws of right living and honest dealing with his fellowmen, no difference what else may

be mentally held, there will be physical ill health, mental strain and tension. He who neglects to bathe, eat good nourishing food, breathe good pure air, exercise judiciously, think good pure thoughts, and perform noble deeds will suffer sooner or later. We ought to learn all we can from science, observe its laws and utilize its principles so that we may get the best out of our lives in this environment and put the best into them. We have a body, the most wonderful piece of mechanism ever formed, a mind capable of the most wonderful development and manifestation, and a spiritual nature which relates us to the Infinite and which is capable of the most remarkable unfoldment. This spiritual unfoldment is subject to certain laws which men have discovered by experiment, observation, and reasoning, and it is the sheerest kind of insanity to disregard them and call down punishment, disease, and untimely death because of ignorance or non-observance.

Other Characteristics

He that would help and heal his fellowmen will become proficient in the measure of his consecration to Christ and in using all reasonable helps in perfecting himself in knowledge and action. Let me illustrate what I mean by using all reasonable helps. Personal appearance has a tendency to impress a sick or nervous person favorably or

unfavorably. Carelessness in dress, uncleanness of skin, habits that are offensive, and general demeanor will all affect the sick one unfavorably. A harsh voice, a nervous manner, jerky movements, and impatience have a tendency to nullify anything that the one trying to help may say or do.

A dignified demeanor, courteous treatment, a true Christian spirit are all essential characteristics for one who endeavors to help and heal those that are depressed and ailing.

Certain Things That Ought to be Known

Self and Other Healing

1. There are two forms of mental work as related to health and its conditions; viz., self-healing and the action of one mind upon another. The former is the *vis naturae medicatriz*, the healing power of nature, and tends to health and a normal condition unless interfered with. Wrong thinking is the first step in producing an abnormal condition of the body from which people suffer. Worry, fear, depression, and unhappiness need healing helpful thoughts and mental change, just as much as physical diseases need good nursing, hygienic measures, and new power. Probably more so, because those mental conditions may frequently lead to physical diseases. Anyone can change his mental attitude toward adverse mental conditions if he knows how, and if he does not,

he can be helped by some one who does know. Self-knowledge and self-healing in the last analysis are the forces that can change the wrong thinking and incite all the bodily functions to do their work normally. That assistance can be secured from another is not questioned but admitted, but that help must be manifested through the mental power of the one who needs help.

Faith

2. Faith is a supreme condition by which help is received and manifested. Faith is the power that opens the way to health and recovery from weakness, sickness, and adverse mental conditions. Jesus healed and helped the people through their faith and He could not help them fully without it. In one place He failed to do mighty works because of the unbelief of the people. (Mark 6:5, 6.) Faith is made up of knowledge, assent and trust, and the person who has faith exercises these three characteristics. Faith is the same today that it has ever been as to these three conditions.

Faith Unchanging

Faith is at the foundation of all cures whether mental, spiritual, or physical. Faith gives efficient power to the means employed whether medicine, suggestion, or other mental processes are used. Thought without faith will accomplish

very little; with faith it can work wonders and produce almost infinite results. If one is to be permanently helped and cured of sickness and have a change of mind in his thinking, it will be secured through faith either in himself or in some one else, who will assist him in the transformation of his thought or in the substitution of forceful suggestions for those that are in his mind, which have produced the adverse and abnormal conditions.

What Faith Does

Faith opens the door of the mind to receive the suggestions given and when received they have a tendency to stimulate all the bodily functions, awaken latent energies, increase mental and bodily activity, and bring into the mind a vivid picture of one's relationship to God, the source of all life, power, and health. These effects result from the kind of suggestions made by the operator or by one's self. Faith is also a channel for receiving knowledge, divine power, and peace, and corresponding effects in the mental and spiritual life.

A Photograph Gallery

Hebrews, the eleventh chapter, is a photograph gallery of the heroes of faith, what it is, what it does, and what it secures. No piece of literature in the world presents the subject of faith in all its phases in a more graphic and concrete form.

Great Effects of Faith

Many of the great names of the Old Testament, with a definite statement of work done and blessings received, are presented. Moses, Abraham, and multitudes of others are held up as a cloud of witnesses, who sympathize with and are interested in, the race we are running and the work we are doing. It is a fact of history and a truth of human effort that no great thing is accomplished and no great blessing ever received without faith. Jesus Himself told the people that "according to thy faith be it unto thee." He emphasized the necessity of faith for receiving healing and help. He said, "Thy faith hath made thee whole." "Believe only and she shall be made whole." "Thy faith hath saved thee." He also reproved His disciples for their lack of faith and also the generation to whom He spake.

Faith and Doubt Contrasted

Faith and doubt are opposites. Faith is positive; doubt negative. Faith believes; doubt rejects. Faith abides in confidence; doubt fears and questions. Faith opens the doors to all blessings, possibility, and achievement; doubt closes the doors against all these things. Faith awakens all the dormant energies of our spiritual and mental natures; doubt represses, puts them to sleep, and holds up the picture of inability. Faith calls our creative force and energy; doubt lulls

them into quietness and locks the door of the subconscious life like a jailor. Faith is the open channel through which God pours into man's life all blessings such as love, peace, purity, and power; doubt is the effort to close the channel and shut out God and blessings. Faith brings us into definite actual relationship with the Infinite Power, limitless resources, and mighty possibilities; doubt closes the way and shuts out all of these things. The measure of one's attainment, the great things one does, and the power realized in one's life are all measured by one's faith.

“Where there is Faith there is Love,
 Where there is Love there is Peace,
 Where there is Peace there is God.
 Where there is God there is no need.”

Intuition and Faith

If you are instrumental in helping and healing others the supreme manifestation will be found to be faith in yourself, in the power of God, and in your fellowmen. Faith and intuition are intimately related, so that when men accomplish great things they see the possibility and glimpse an interior power that they possess and then believe that they can realize what has been idealized or seen in vision. They knew, they believed, they did. *Veni, vidi, vici*. “I came, I saw, I conquered.” Intuition and faith are the two great facts of our mental and spiritual life which bring

us into vital relationship with God and make it possible to do great things, receive untold blessings, and see visions to be realized in one's own life and in other lives.

How?

Ask an artist how he painted his wonderful picture and he will tell you he does not know. But he knew that it was possible intuitively, and believed that he could do it and he did. This is equally true of the orator, sculptor, author, preacher, teacher, and others who have accomplished some great work. They saw, believed, and did it.

What Faith Does

Faith stimulates faculties, awakens mental energies, calls into activity the deepest powers of the human mind and soul and leads these powers to concentrate on work, thought, or vision and calls into action the quiescent mental forces to accomplish the work and realize the result. Faith may lead or intuition may direct, but both have a part in all permanent work performed whether it is healing, helping, or subduing nature. Hope has also a place in the form of desire and expectation and in a certain stage of mental activity becomes a great handmaid to faith.

Strength and Weakness

When we are "In Tune with the Infinite," when we are right with God and our fellowmen, then faith in the divine order of things and persons never changes. It is only when we are out of harmony with these things that doubt asserts itself and saps our strength mentally, spiritually, and physically. The greatest things that have been accomplished have been performed by men who have had faith in God and man. The skeptic, the parasite, the pessimist have neither faith nor enthusiasm, which faith encourages, none of the force that carries the man of faith through deep floods and over high mountains of trial and trouble to conquest and victory.

Faith in Law and Order

Faith in God and His reign in the universe, in universal order and divine law is a necessity for man's peace, harmony, and plenty, and only doubt can destroy that faith and cause man to be an eternal wanderer.

Paul—Wesley—Luther

There are great difficulties to be surmounted, discouragements to be overcome, afflictions to be remedied, and new inventions to be brought forth, and the men of faith are the ones to do these things and they will do them because they believe in God who rules all, and who overrules

the wrath of man, and inspires him to noble deeds. John has been called the Apostle of Love, but Paul was the Apostle of Faith. Look at his history and work. At one time it seemed that the Roman Empire was determined to defeat and end his work. He heard the call of Macedonia and started the mighty missionary work of Europe. He has given the world some of its most valuable literature and doctrines; he established churches, wrote letters, gave addresses that shall live in influence and power throughout the ages. Faith was the inspiring motive in it all. John Wesley and his co-laborers by faith changed the religious condition of England and influenced the whole world spiritually. Martin Luther by faith made the Roman Church tremble and started a reformation the influence of which in Bible distribution, true spiritual worship, and new hope cannot be told nor measured.

Faith and Righteousness

This universe is governed by righteousness, and faith in this, is the cause of so much charitable, spiritual, and moral work in the world by men who believe in righteousness. Faith gives new vision, new motives, new inspiration, and new activity, all of which leads to success. When one loses faith in God, in himself, and in his fellow-men he is started for the land of failure, hopelessness and death.

Changes Wrought by Faith

Faith inspires every mental and spiritual power, turns defeat into victory, fear into courage, depression into enthusiasm, it tunnels mountains, bridges streams, and wins battles against wrong and unrighteousness.

Object of Life

Every person is created for a purpose and mission and a positive faith in one's mission means success. To believe that one is put here to fulfil God's purpose and plan puts zeal and enthusiasm into one's life and work. Nothing could stop Columbus and success came to him. Nothing could stop Luther and the Reformation became a fact. Nothing could stop Lincoln and the emancipation of slaves became a fact in history. These persons, and all others, who have accomplished great things believed that God had a purpose to be wrought by their lives.

Faith Is a Real Force

Faith is as real a force as electricity or magnetism. It is the force that keeps society together, gives confidence in the business world, and makes the home a place of love and safety. Faith is the binding link between God and man, between man and man, between man and his Savior. Faith cheers us in life, helps us in service, and comforts us in death.

Three Things Related

3. There are three things that are related because they are somewhat alike. They are called magnetism, suggestion, and mental healing. They are really one in which suggestion covers them all. The first is tactile or pass suggestion in which there may be something of a vital element transferred to another, and the latter—mental healing—is the use of suggestion to awaken the mind to new possibilities, and by telepathic power aid in substituting good, pure, and spiritual thought in the mind of the one in need for the depressing fear-thought that has wrought such havoc in life. Mental healing embraces the use of every form of suggestion and leads to health of mind and body. A healthy mind is cheerful, hopeful, and optimistic, and is in right relation to God; a healthy body is free from pain, with a normal circulation of blood, normal nerve impulses, and strong magnetic energy.

Avoid Extremes of Thought

4. It is unwise to think one's self a weakling or a god. However, when a man sees his limitations he has a right, by virtue of his creation and privilege, to lay hold upon the Infinite Resources at hand and all about him, for "he lives and moves and has his being in God." We cannot stand alone, although we are made in God's image, but we can stand with God through faith in Him, and

manifest His life, health, peace, and joy. We are not gods that we can do all things of ourselves.

Mind and Body

5. It is generally admitted by all students of human life that the mind has wonderful power over the body and that the condition of the body has an effect upon the mind by a process known as reaction. It is almost impossible to cure and help one who is possessed with the thought that he is going to die. If one desires to help and heal others he must know something of the power of the mind over the body and the effect of nerve reaction on the mind. (See my book on "Suggestion" for a full discussion of this.)

Teachings of Some Cults

6. There are things taught by certain cults to-day that cannot be reasonably and safely accepted by any logical thinker. Here are four statements at least that must be changed to harmonize with reality, common sense, and reason. (1) God is a principle. (2) The wrong use of the words "I Am." (3) The statement that all is good and there is no evil. (4) The statement that all is spirit and there is no matter.

Belief and Actions. Inconsistencies.

These statements are the great obstacles in the way of a general and widespread acceptance of

the teachings of some forms of Mental Science. There is no process of reasoning that can ever make those four statements acceptable generally and it is only by a process of hypnotization that any class can accept them without question. People who discard the teachings of science, logic, and common sense, and who are so gripped by the suggestions referred to that they will not hear, read, or accept anything else may contend that those things are true, and yet by their actions prove that they do not believe in them. They act as though they believed in matter. Will they butt their heads against a large rock and say there is no pain? Will they not try to swim in a flood to save themselves from drowning? Will they take material money for their mental treatment? Do they not build houses out of matter in which they expect to protect their material bodies from material elements? Do they not have their thoughts expressed by material type on material paper? It makes no difference whatever as to their statements as to what matter seems to be, and that it is only the result of slow mind vibration. They act reasonably and yet in theory and statement contradict their sensible action. If they think, as they also say, that all is good and there is no evil, why do they treat people who are diseased, depressed, and infirm? If they believe their statement, they can see "mortal thought,"—a phrase to conjure with and a key to unlock the

doors of so many mysteries to them,—in operation in hospitals, leper colonies, in robbery, murder, suicides, and in other abnormal conditions. It makes no difference as to their explanation as to what evil is in their philosophy, yet they take due precautions against it by locking their doors to keep out thieves, watching their pocket-books, and jewels, and guarding against “evil”—“malicious animal magnetism,” a bogey of a certain leader down to her grave. This philosophy advocated by several cults is idealism run to seed and Berkeleyism revamped. Let us examine these four statements a little more carefully so that we shall not be deluded by them.

The Four Principles Examined

1. The statement that God is a principle makes Him an impersonal God. A principle cannot love, is not good or bad, and cannot direct or determine its acts. A principle is a course of action or correlation in relation to personality or life. The people who say God is a principle either misrepresent or do not understand what personality is. Personality does not necessarily imply bodily existence. Personality is the peculiar characteristic of the spiritual and mental nature. The body is only an instrument of manifestation, it is not the person. Personality implies self-consciousness, self-determination, intellect, affection, and volition. There are other

things also but these are basic and essential to personality. Such characteristics may be limited or unlimited, finite or infinite. The Infinite is Omnipotent, Omnipresent, and Omniscient. Our fathers believed in, and all who know God as Father believe in God's personality.

Warning

It is high time that we, who profess to believe God's word and in Jesus Christ, His son, raise our voices against the intellectual vandalism that is going on in certain circles to the injury morally and spiritually of hundreds of people in our nation and in the world.

"I Am"

2. The second statement is another perversion of the truth and of language. This may be called the **I Am** theory. Some people go so far as to say that "I am God (Good) therefore I am all powerful and nothing in all creation can withstand me, and all things are mine." The partial truths in these statements make the statements false. I concede that these suggestions may reinforce the mind to grip large problems and solve them, meet great emergencies and conquer them, call into play certain forces, and gain success and means, but the implication is that this can be done all the time, when the statement is not true. A mental-religious frenzy is quite powerful and

at times is contagious but it dies down and eventually leaves the life like an ebbing tide and only the sediment remains. That every one has a spiritual nature which potentially has in it God's image I do not doubt, but that does not make man the "I Am."

Man and God

That ineffable and incommunicable name never has been and never will be given to man and for him to assume it is to play the fool and pervert language and thought. A child is not his father and man is not God. Man is the child of God and not God Himself.

Man's Possibility

Man by virtue of his creation and potential spiritual existence can develop and grow more perfect continually, can increase in power and glory, but he never will become God and therefore he is not the "I Am." It is time to call a halt to this kind of assumption that is unreasonable, unscriptural and unphilosophical.

All Good; No Evil

3. "All is good and there is no evil" is another theory that becomes a blindfold for selfishness and produces mental astigmatism. Besides the reference above that has been made, let me add that there is evil, although it may be a "shadow"

as some say. The power of mind may be able to turn it to good account although we may not always see how.

Questions and Contradictions

The Charleston, Messina, and San Francisco earthquakes were not primarily good, but good indirectly has come out of them in better cities, and in hearts made better through the manifestation of sympathy and love and help for the sufferers. Take the slum and red light sections of our cities, young lives living in squalor and filth, the spirit of greed in business, the spirit of grinding in money lenders, the cry of poverty and the suffering of the innocent, the destruction in war, the suffering of the wounded, those bereaved, and the destruction of property as illustrations, and then let the purblind teachers of the theory say, "All is good and there is no evil." What a reflection it is on their reason, their commonsense, and their mental perception. These things may be overruled, for God can overrule the wrath and wickedness of man and "make the remainder of wrath to praise Him." They say, "All is good (God) and there is no evil." Let them explain how this can be harmonized with the facts of history and actual conditions.

Positive and Negative

It is more reasonable to assume that there are

positive and negative conditions and both exist—the one because God causes them and the other because God permits them. The good things are positive and the evil, negative. To assert that the negative conditions do not exist is to stultify actual facts which is not wise. Call evil things shadows, unreality, good in the making, whatever you please, yet the facts remain and will until negative things are made positive and Christ becomes actual King in this world. Evil does exist and so does good and out of evil good may come. The how we do not know but God knows.

Evil Will Go Down

I concede that evil is not only negative, but that a negative condition of mind produces evils and when all people become positive in mental attitude many evils will cease to exist or manifest themselves. This is true of liquor selling and drinking, unchastity, all impurity in thought and act, profanity, selfishness, and all other evils—they will cease when men become right with God and positive in their mental activity.

Calling God "good" does not change the conditions of evil manifestation and only as we see Him as a personal Being—loving, just, and merciful, having all power, wisdom, and knowledge, working in man to produce a positive as against a negative attitude of mind and life, will evil be conquered and good be established in this world.

Good Will Triumph

The **I Am** theory is an arrogant assumption and illogical, and the "all good and no evil" theory is a metaphysical hoodoo that changes things reasonable and actual into a self-satisfied condition of mind that leads to self-righteousness and lack of interest in and help for mankind in its sorrow and cry for aid.

Matter and No Matter

4. The "no matter and all is spirit" theory does not remove the actual facts concerning, and manifestation of, what we call matter. That matter may be permeated with spirit, ether, or a subtle force we do not question, but it is matter nevertheless and is subject to certain laws. It may be slow vibration of spirit or mind or force, but in its manifestation it is matter. The people accepting this theory know this, act reasonably concerning it, consider it as a fact and act accordingly. They do not stand on the street in the middle of a street car track or sit down on a rail and just spiritually will to go miles away. No, they get on the car and ride to their destination.

Certain Forms of Matter

Certain forms of matter have a greater amount of spiritual power than others. For instance the human body has more of spirit than a stone or

a house, but the human body holds it a shorter time, and then the body dissolves into dust, and gradually into certain chemical elements and gases. The spirit has gone somewhere.

**One Mind Can
Act on Another**

That one mind can act on and influence another mind is unquestioned by psychologists and persons that have had anything to do with other people in helping and healing them. Those, thus dealing with people, ought to instruct them also in the power of one's own mind to restore one if he is sick, informing the student or patient as to how he can use auto-suggestion and hygienic measures in restoring the health. No power is so great in one's self as auto-suggestion and personal methods by which one can carry on efficiently self-development, recover health, and prevent sickness. Ninety per cent of the cases of ordinary sickness would recover without a doctor because nature tends to the normal and if there is proper care and good nursing recovery is assured. Mental healers and others get numerous cases where the doctors have failed to help or they did not know how to make suggestions effectively or how to direct the auto-suggestion of the sick one. Those persons by proper instruction and response to the healer's word, thought, or act recovered. He simply used the law that

one mind can influence and direct and act on another mind under favorable conditions. Every function of the body is consciously or unconsciously under the influence of the mind and certain remarkable results follow the proper direction of suggestions so that the recipient's mind under the power of suggestion will work and recover him from the ailment. It is utilizing the law of suggestion in its power through the subconscious manifestation of mind.

**Mental Conditions May
Produce Serious Effects**

The nerves which control the circulation of blood by carrying the impulses started by the commands of another's mind or one's own mind can increase or decrease the blood flow. Sometimes a conscious manifestation of mind may increase or decrease the circulation, as in the flushing or paling of the face, under the power of certain emotions. Sudden fear, shock, joy, or sorrow may produce these effects and may also cause death.

For example, some doctors blindfolded a criminal's eyes, took a sponge and filled it with warm water, put a basin under his arm, and allowed warm water to trickle down the arm after they had scratched it. They told him that they had lanced it. They suggested that the blood was flowing away rapidly and that the man was

growing pale and weak. His mind under the power of imagination by inhibition slowed down every vital process and he died.

Method and Results

The healer usually talks quietly to the patient and he may or may not introduce mental healing, but the patient, because he has come, settles into a receptive condition mentally and is desirous of receiving information or help. Patient and healer sit silently for a time and each may have his eyes closed or covered with the hand and each, especially the healer, concentrates on the desired result and to a certain extent on the processes leading up to the result. Different methods are used by different schools. What occurs? A power within and without works together for recovery and uplift of the patient. Call this power evolutionary tendency, mental co-operation, or God—it is there, and it manifests goodness, truth, and love and tends to a normal condition in both healer and the one who needs help. Inasmuch as all life and mind are one, under certain favorable conditions, this mighty force impels toward a normal, healthy, and optimistic condition. The normal condition and tendency in human life is toward health and action and interference with that condition of normal tendency will produce mental and physical suffering.

The Force at Work

No one knows the great strength of this force in its operation and power of restoration, but one thing often occurs which astounds the friends of the sufferer, that is, that intense suffering yields quickly and marvelously when the opposition is removed so that the force may be allowed perfect freedom of action. There have been many instantaneous cures wrought in this way, but in the ordinary cases the mind must do its work more gradually. Opposition to this force is fatal and will prevent a cure, while unbelief will interfere with the working of this force and will prevent favorable results until it is overcome or removed.

**Telepathy, Law of
Agreement and Results**

The one who practices mental healing must give some instructions to the patient and thus prepare him or her for what is to be done. One very important matter is that the mind of the patient shall be quiet and shall think of health and a normal condition. The quiet talk of the healer prepares for this and when that is finished the patient is requested to be quiet and think of nothing particularly, and relax as much as possible. He can lie on a couch, or bed, or sit in an easy chair and close his eyes. The healer holds in his mind a picture of the patient in a normal

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condition. This picture or condition is held with tenacity and persistency for ten or fifteen minutes. He sees the patient as he should be. This image by thought transference is impressed on the sick one's mind as a possibility. The strong desire of the patient seizes and reproduces the picture as an actuality. He may be quite unconscious of doing anything for himself and when he recovers he will probably give the credit to the healer. The change is wrought by the life-giving force which two wills with desire set into operation. These two wills and the desire of each person work in harmony. This is perfect action in correspondence with the law of agreement. (See Matthew 18:19.) "If two of you shall agree on earth as touching anything that they shall ask, it shall be done for them of my Father who is in Heaven."

The sick man could not have wrought the change alone, nor by simply willing in response to a spoken command by the healer. But the silent thought which is swifter and more powerful than electricity was projected into the subconscious mind of the ailing one and it worked a radical change in his mental attitude towards the divine power which can alone make him whole. This is the secret of all faith cures that are authentic. The Scriptures teach entire reliance on a Divine Power which may be invoked by faith and which can cure and help. There are

recorded cases where some invalids, having a strong faith in God, have brought into operation this restorative influence by a deliberate suggestion and act of the conscious mind, in accord with the action of the subconscious mind, which is similar to that performed by the healer for a patient. He who desires to be well and receives the thought or picture of health held in the mind of the healer, or in his own conscious mind, and strongly accepts the same, will often get the result. The act is the result of the belief in the teachings of the Bible and suggestions given and made plain by spiritual intuition, rather than by any scientific knowledge.

Duty

We all live on different planes, under different conditions, with different responsibilities, and therefore there is a different viewpoint from which we look at these and other things. But on each plane we ought to be harmonious with, and work out the Divine purpose by, conscious co-operation with the highest laws.

Causes of Sickness

The real causes of sickness are the violations of the laws of our nature, sin, ignorance, and environmental conditions. The causes produce corresponding results and as the causes are removed the effects are decreased and will sooner

or later vanish. Sickness and trouble, etc., call a halt in our activities and often bring a great change in our spiritual thinking and inner life. So that faith in this Spiritual power—healing, helping, and restoring—works a great change in the life, and finally it dawns upon us as a scientific fact that such a power exists and can be used.

Some Invalids

Some invalids become “sour and fretful” under affliction. They rebel against the lesson to be learned and before healing can come there must be spiritual regeneration and other changes in disposition and life.

Truth and Evil

The skillful healer will study the causes of the conditions and lead the patient to understand and overcome those causes. Evolution is a process of unfoldment and man must co-operate with it. It is the knowledge of good and evil that brings conflict and man's power to choose between them leads him to co-operate with the divine law and fight against the evil. Recognizing evil intentionally and loving it, leads to low standards and inhibition against the unfolding and manifestation of the best part of one's nature. Lack of harmony with the Divine Law leads to suffering and the only sure relief is to establish our proper

relation to this law and the mighty forces which play in the personality. Ideals held down, mean ideals not realized. The power that can free our ideals is truth, which alone can make us free. We must learn the laws of our being and the truthful use of these laws will bring to us the secret of properly governing our lives.

Mental Causation

Physical, mental, and spiritual effects are produced by mental and spiritual states. The emotions acting through the nervous system produce immediate chemical changes in the body and they are reflected upon the outward features, form, and face.

Mental Attitude

The possibility of mental healing depends on the mental attitude. Correcting the mental attitude will cure disease and keeping that attitude always correct and right will prevent disease. People quickly and easily influenced mentally are easy subjects of contagion. Nine-tenths of all diseases originate primarily in the mind or result from sin, using sin as not always an act but also a mental state, and lack of harmony with the Divine Law.

Faith and Using Auto-Suggestion

Physicians recognize a mental cause in many

cases of sickness and other ailments, and recommend a change of scene, or that the patient should stop worrying, or that he should do something to take the mind off of his condition and not be introspective. Many physicians say "the people are living too fast" and "that worry and not work is killing thousands." They also recognize that persons with strong constitutions, those with great recuperative powers, with a strong desire to be healthy, these conditions can speedily bring many of them back to health. The truth about it is that the faith of patients in the doctor cures more people than the medicines given. It is a well known law that by using auto-suggestion many persons may be recovered from their ailments. Let me illustrate. If you frequently tell the stomach that its juices are sufficient to do the work needed in digesting the food and command it to secrete these juices freely and encourage it to do so, the result will be surprising to one afflicted with stomach trouble. There ought to be an observance of the laws of mastication and proper care of the stomach so that there will be a co-operation with the suggestions. This is also true of other organs.

Violation of Moral Law

It is hardly necessary that it should be said that a violation of moral law will bring serious physical consequences and lashings of conscience.

The drunkard, the licentious, the defamer of character, and other persons illustrate what I mean, and also persons doing less terrible things reap what they sow. The sinful thought precedes the sinful act. The thought is worse than the act because it shows a condition of mind and indicates a mental habit. The only cure, therefore, for sinful acts is to change the mind habit, and fill the mind with pure, elevating thoughts. Making a man feel that he is a hardened, hopeless sinner will not help him. But leading him to turn from sin, change his mind (repentance), and turn to God with the positive intention of doing His will, leading a pure life and becoming victor over wrong will start him on the right road and keep him there. When one thinks and believes that he is powerless to help himself or find help the battle is lost.

**Consequences of
Wrong Doing—Fear**

Some teachers say the soul is perfect and needs no healing, that it is made in God's image and therefore has all things necessary for health, perfection, and sinlessness. Jesus said, "They that be whole need no physician, but they that are sick." We are potentially perfect, made in God's image, and "live and move and have our being in Him," but we may become prodigals;

but as we return repentant and renew our vital union with and in the Infinite Source of Life, we are awakened to our possibilities and potential wholeness and can go on to perfection. Yielding to wrong thought and doing wrong things will produce a feeling of inharmony with God, bring a feeling of alienation, guilt, despondency, and anxiety, and these things undermine the health and produce adverse conditions in one's life and in the lives of others. Fear is an emotion that very speedily interferes with the normal working of the bodily functions and makes one liable to all kinds of evil. Fear of contagion renders one susceptible to it, creates all kinds of imaginary and real disease, and weakens one mentally and physically. Imaginary diseases and troubles are numerous. Mental suspiciousness of coming calamities, troubles, and losses can be made to disappear by changing the mental attitude, by getting the mental thought right as regards one's relation to God and righteousness. That change will remove those adverse thoughts and bring peace into the mind. "As a man thinketh in his heart, so is he."

Nurses

Nurses do not ordinarily take diseases because they keep their minds free from fear and observe hygienic laws. Many of them are great inspirations to patients and they radiate health, hope,

and happiness. Such nurses are a blessing. The gloomy, pessimistic, and hopeless sort are pests and always fail.

Thought

Each one of us carries his own mental atmosphere. If good, it is helpful; if bad, it is hurtful. Wise, good, and harmonious thoughts definitely concentrated and disseminated always help to make this world better. Thought is a mighty power, shaping and molding the whole of human life with its joys and sorrows, sickness and health. Good thoughts are positive, health-giving, uplifting, whilst bad thoughts are negative, health-destroying, and depressing. Have only the former, never have or cultivate the latter!

Certain Psychic Powers

There are certain psychic powers possessed by all persons, and they can be used under certain conditions to aid one in his recovery from illness and trouble. They can also assist in bringing certain things into the mind and also cause the mind to perform some very remarkable feats. Will power, intense desire, spiritual perception, intuition, faith, telepathy, lucidity (generally called clairvoyance), kinetic power, etc., are some of these powers which show the remarkable ability of the mind. Each characteristic named has a special manifestation for a very definite purpose.

Let me enlarge on the one psychic power known as telepathy. There are hundreds of illustrations of these powers and cases given in works like "Phantasms of the Living," which are the reports of the Psychical Research Society of London, in Meyer's books, in Sidgewick's writings, in Podmore's works, and others. Telepathy is the transmission of a message or help from one mind to another without the ordinary use of means. A good illustration is the account in the New Testament of the curing of the centurion's son by Jesus. (John 4:46-53.) Here Jesus spake the word and it was done. Here was a telepathic cure.

Telepathy

Telepathy is the normal means of communication between two minds in thorough accord. The probable chief means of communication between animals is telepathic and man uses this power in controlling animals. Intuition also plays a large part in the mental life of man. It corresponds to instinct in animals. Whilst we cannot reason with an animal, we can command and control it by the will. This is the secret of the power of horse trainers and animal trainers. They are usually men and women of strong wills; they mentally assert their power and animals submit.

What follows here is very important and the student should memorize it.

A Law—Faith

Thought transference or telepathy in healing is used to bring the patient's mind into a right attitude in order to secure the quickest and best results by the operation of the healing forces of his body and the power of his mind. Distance is no barrier if the patient's mind is receptive and not antagonistic. If in the latter condition telepathy will have no effect or very little and the results will be very meager, if at all noticeable. Faith is the doorkeeper of the subconscious mind and nothing can fully and influentially enter that mind unless faith opens the door and approves. Faith hears by repetition and becomes interested by seeing benefits promised and responds to repeated suggestions from the healer or from one's conscious mind.

Patient and Healer

The patient must offer a similar or the same prayer consciously or unconsciously, in the same spirit with the healer or have the same desires in order to be positively and permanently benefited. His heart must be right in the sight of God and his physical conditions must begin to conform themselves to the inward harmony of mind.

A General Law

Mental healing is helpful in all cases of sickness, for the reason that a spiritual force is called

into operation in greater activity under favorable mental exercise. That force is increased or diminished under favorable or unfavorable mental manifestation. If any infirmity is healed at all, it is alleviated by this force. We may use artificial means, we may try to upbuild the physical system, but the vital process of the body brings healing and help to those that are sick and needy.

Instances

If a splinter is run into the hand the vital forces work to force it out; if we eat something that does not agree with us, this force tries to throw it out; if we break a bone, the vital forces of the body will knit it together if it is set, and if not, it will work anyhow doing the best it can to help and heal the abnormal condition.

The Great Force in Us

This great vital force will first find its way to abnormal conditions and under the direction of the subconscious mind will try to adjust and correct those conditions. Mental antagonism, doubt, worry, fear, and wrong doing will hinder and interfere with this force doing what it could and would otherwise do. Nature tends to the normal, and the helpful mental attitude operating through this vital force, will accomplish wonders in recovering one from disease and ailments as well as from other things. All abnormal condi-

tions, all forms of disease can be greatly modified and helped by psychic power. There are some persons so constituted that they must have a soothing application of some kind applied to help their faith and thus secure what others get by simply exercising the mental power in order to recover from the ailment.

Faith Essential

Faith is essential in all methods of treatment and in the recovery of the patient. If it is touching a relic like the bones of saints, the holy coat of Treaves, or kissing an altar, faith is essential in order to get any therapeutic benefit. This is true also concerning the atonement of Christ; faith in what He has done is the one essential in order that one may be reconciled to God.

A Force

Faith in the healer is usually essential in order to get the best results for the patient. The results may not be the same in each patient, but the essential thing—faith—is the same. This great force—mysterious as it is—is accepted by all psychologists and physiologists and reverently believed in. "According to thy faith be it unto you" is a hint of the mighty working of that force under the power of the mind exercising faith.

Faith Developed

Whilst some methods of treatment do not demand faith at the start, such as Mental Science, Christian Science, and hypnotic treatment, yet they develop faith by suggestion and use effects tellingly before the patient is conscious that he possesses faith. Excitement is thus avoided and possible adverse reactions prevented after religious exaltation.

Unbelief

Unbelief is a great obstacle which prevents the patient himself from securing good results. That unbelief may be in the patient's mind, in the minds of those who know him, or possibly in the mind of the healer as a mere doubt.

Hindrances

To get the best results it is necessary that the healer should have the implicit confidence of the patient, should know his character, and in a measure something of his thoughts and habits in order to bring the patient permanent help. It is possible that the influence of those associated with the patient, their doubts and fears, may counteract all the beneficent suggestion of the healer. This can be counteracted, in a large measure, by the patient if he can keep the work that is being done for him a secret. If one fails to be healed and helped by prayer, suggestion, telepathy, or by any

other psychic method it simply proves that something counteracted the manifestation of the mind through the vital force of the body.

Differences in Healers

Some healers succeed when others fail. There are many reasons why this is so. Each one has his own personality and it appeals to the patient attractively or otherwise, and if the patient does not feel that he can place his confidence in the healer, very little, if any effect will result. Then, too, there may be conditions that do not and will not yield except by vigorous measures, but these and many other causes make one successful and another non-successful.

Jesus and the Lad

Jesus came from the Mount of Transfiguration down to the valley of service and found a lad that the disciples failed to cure. In His explanation He said, "This kind (of spirit) goeth not out but by fasting and prayer"—letting go of earth and taking hold of heaven—vigorous measures. (Matt. 17:21.)

Spiritual Must Be Supreme

Let me remark here that spirituality is essential to a successful healer. There must be a genuine, complete supremacy of the spiritual over the animal nature. Jesus was not an ascetic, but He was

the most spiritual being that ever walked on this earth. His teachings are ideally far beyond the reach of the human race after twenty centuries of study and testing.

A Case

A certain woman was rapidly tending to a condition of nervous prostration caused by overstrain and dissipation in social engagements. She left home for awhile and attended a religious convention determined to regain the beautiful and peaceful inner life which she had lost. When she became quiet and passive to God a comfortable, peaceful rest came into her mind and God seemed to speak to her. After her experiences she returned home free from nervous prostration and full of life and peace. When we give our higher nature its rightful supremacy, splendid results will follow. (Rom. 8:1-6.)

Prayer and What It Is

A further brief discussion of prayer will help to make some matters plain that have only been hinted at. Man has been called "a praying animal." He realizes in his best moments, and in a degree at all times, that he sustains a vital relationship with a Being who is Spirit, upon whom he is dependent for his life and to whom he is responsible for his actions. No difference what his state of mind may be, how far he may seem

to get away from that relationship, he never entirely loses the thought of it. All truth is harmonious and never contradictory, so if we do not see just how we may harmonize prayer with the known laws of nature, yet in our better moments and reasoning we feel that below the sense of perception there is harmony, for the same Being that made nature made the soul of man and therefore they cannot be contradictory. Possibly the answer to the question, "What is prayer?" may make the harmony clearer. Prayer is not words however beautiful they may be. In fact, true prayer may not be couched in words. "Prayer is the soul's sincere desire, uttered or unexpressed." God knows and reads the thoughts and the life. He is intelligence, goodness, love, and will; and He can hear, understand, and help us.

Answers

Many answers to prayers may be explained by coincidences, hallucinations, and with the very credulous may be accepted as direct answers from God. There are many prayers that are definite answers from our Heavenly Father. Facts have been gathered from all over the world and there is no other logical conclusion that can be reached except that God has answered the prayers. We cannot go into the psychology of this here, but will in a later book on Spiritual Therapeutics. It is not only logical to conclude that definite an-

swers have been given to prayer—whether telepathically or in coming in contact with definite laws that God has established which may be reached through prayer, or as a direct answer to the prayer offered—but the facts are so specific and unanswerable that prayer is answered, that the very conditions can be stated, complied with and answers secured.

**Mental and
Spiritual Healing**

The phenomena of mental and spiritual healing proves also that prayer is answered, and a compliance with the laws governing the same will bring the same results. Unbelieving prayers are not answered, but the prayer of acknowledgement, thanksgiving, and faith brings the answer and fills the soul with new life and power. (Phil. 4:6.)

Divine Law

The concentration of healing and helpful thoughts, holding in the mind a picture of the wholeness of the patient by the healer is a prayer in mental action which uses a law of divine appointment. Prayer is a definite appeal of human thought to the Divine life and power. "The still, small voice," "soul silence," and open-mindedness bring us into relation with God. "They that wait on the Lord shall renew their strength." (Is. 40: last two verses.)

Result of Waiting

The result of this waiting is that selfishness goes down, the mind concentrates its thought and desire on the Infinite Spirit, and a longing to have a fullness of His life, power, love, and health leads to the appropriation of the same with wonderful results.

An Effective Healer

The desire and thought must be in harmony with the Divine Will. Hence the most successful healer is he who can most readily and perfectly enter into "soul silence" and concentrate his thought on the strongest and best desires with complete confidence of realization. He must live in the spiritual part of his nature and believe implicitly with his whole soul in God upon whom he depends. He must see God as an overflowing fountain of love and good will toward mankind and that he can bring the soul by loving mental influence into relationship with this love and good will, so as to change the nature of the one coming for help. Whilst great intellectuality may not be a necessity for the work, yet it is, if properly directed, a great help.

Preparation

Personality, power to win the confidence of the one to be helped, and inspiring faith towards himself are necessary to efficiency in healing others.

If you as a worker, a healer, want to be successful, commune in silence with your Heavenly Father, pray much, seek wisdom from above, and do as Jesus did. If you would be inspired with new thoughts and inspire others by their utterance, take time from duties less important, to draw from the only true source of inspiration. Nothing will be lost, but much will be gained, and Christ will be glorified in your life and in the lives of others that you may try to help and heal.

Unity of Mind and God

When the conscious and subconscious manifestations of mind work harmoniously a masterpiece of genius will result. The ordinary subconscious conditions are healthy, recuperative, and inspirational, and produce a corresponding effect on the personality. Hence the eccentricities of genius are not due to the overactivity of the subconscious manifestation of mind, but to the inability on the part of the conscious mind to work in perfect union with the subconscious. The more subconscious activity in the mental life, the more normal, healthy, and powerful we shall be. Prayer, the consolations of religion, the exercise of faith, definite and real relations to God produce that effect in one's life. God is a reality in this universe, and the soul does have a vital relation to Him and receives what He has to give. When the mind sees this and realizes this,

wonderful results will follow. Telepathy is a method by which one mind influences another to become positive instead of negative, to throw off worry, fear, trouble, sickness, and adverse conditions. It is also a method by which the mind of God can help man in his whole life and give him relief from all adverse and harmful conditions.

Jesus and Prayer—Seasons and Conditions

It is a good thing to have frequent seasons of prayer in order to develop strength and vigor of intellect and heart. This kind of an atmosphere gives spiritual oxygen and produces vigorous spiritual breathing and health. Jesus dwelt in this atmosphere and manifested the most perfect and vigorous spiritual health ever found in anyone. Prayer is not only asking of and waiting on the Lord, but it prepares one to be receptive and watchful towards the Lord. There is no record of Jesus ever being sick, but living as He did in the spiritual side of His life and in prayerful relation to God it prevented His getting sick. He observed times of prayer to and communion with the Father. When seemingly busiest, when most pressed by the multitudes, when demands upon His heart were greatest, He frequently went aside for a season of prayer. The result of this prayerful spirit was an unruffled life, an unshaken calm confidence, and a positive assurance that the Fa-

ther's will was definitely to be revealed. Prayer and communion were great channels of strength and assurance to Him and will be to all persons who sincerely use them. "There is a strength which comes in solitude from that shadowy awful Presence that frivolous crowds repel." "As He was in the world so are we" to be. There is a great gain to those who take time to pray and do God's will.

Secret

Our prayers are too often only a form and we really do not expect answers to them and strength from them. If poets, orators, artists, and musicians need time to wait quietly for inspiration in order to do their work well, why do not men who want to glorify God in helping their fellow men and healing soul and body by the use of the truth, need time for prayer, communion, and inspiration also?

Conditions

Quietness, change of thought may bring just what we need to help ourselves and others. Business, hurry, worry, flurry prevents prayer and quietness being exercised so that men and women today, who ought to be masters of themselves and their work, victors over anxiety and its brood of worries, conquerors over wrong and its manifold guilt, are simply overpowered by these things, are

left helpless and in many cases hopeless. When called upon to help others they are too weak to help themselves. This is true of teaching also and a number of other things that I need not mention.

**Intuition and
Spiritual Perception**

Intuition and spiritual perception are not active in masterly manifestation when one's nerves are on edge. There is no one thing that can bring the nerves and soul powers into victorious activity like a half-hour of quietness and silence toward God, daily looking to Him in expectation of being filled and guided by His spirit. (James 1:5-8). The peace referred to is that which James also describes in the third chapter, seventeenth and eighteenth verses.

For All

When anyone gets into a prayerful spirit and conscious communion with God, he will lay aside selfishness and receive what God will give of inspiration, love, and power, whether he is a simple follower, a teacher, a preacher, a healer, a hearer, a learner, or a patient. God's blessings, "Thus saith the Lord," wisdom, and all help is conditioned by His love, power, and presence and they who are ready to receive these things realize their incoming into their lives.

Secrets

The world makes some advancement by the use of scientific knowledge, but much more by a development of spiritual consciousness in waves of aspiration, enthusiasm, and compassion which is God's inspiration working through men chosen to do great things. They become enthusiasts, dead to self and alive to God and follow their intuitions and throw the whole weight of their personality into the influence and work of their lives. Jesus Christ is the highest, noblest, and best example of this truth. Believing in Him, following Him, developing soul power by intimacy with Him is a method of preparation for effectively helping and healing mankind.

Power Comes Gradually

This power does not come at once, but usually comes slowly. If we truly desire it with unselfishness, and if we are longing and eagerly waiting for it, then we shall receive it and glorify God in its use to help and heal our fellowmen.

**The Great Law of
Suggestion Used**

The same principle of healing is used by different schools, sects, or churches in their effort to heal disease. Different teachings may be advocated and seemingly different methods may be used, but the same principle effectively applied is suggestion, which controls the subconscious

mind, and that mind controls and works through the vital functions of the body. Some claim that the healing is effected by Divine Power and say that genuine spiritual regeneration is necessary in securing permanent results. Faith in Christ, therefore, is a requirement on the part of the afflicted. Some claim that faith is necessary at the outset, some declare that it is necessary to have faith to secure any results, and some say that it is not necessary to have it at all.

States of Receiving Suggestions

Faith is the channel, suggestion is the method, the power of God is the force that heals and helps the needy. The best results are secured to the patient from the healer when the patient's conscious mind is quiescent. There are many phases of quiescence in patients which favor the acceptance of the suggestions given. The phases extend from mere passive acceptance to deep sleep with the healer en rapport, and each phase has some advantages according to the condition of the patient. Some healers contend that in ordinary sleep the best results are secured and they therefore usually treat in that state. Others prefer hypnotic sleep. Whilst others say they can get their best results when the patient is calm and receptive to their quiet and telepathic visualization and suggestion. The last is the best and easiest method to follow.

Prayer Uplifting

Where prayer, which is more or less subconscious, is used there is an uplifting effect on the mind with a corresponding effect on the body. Outward things and bodily feelings are often forgotten when prayer is used, either silent or audible, and the soul surrenders to the highest and best influences it is capable of receiving. "Prayer is the Christian's vital breath, the Christian's native air."

Source of Inspiration

If one truly believes in God and rests in Him, the poet's words are true for the soul and body. As true prayer is more or less subconscious, so is the inspiration of the true poet, artist, and musician. The soul projects the pictures or the rhythm, and the conscious mind seizes and interprets these things, so the world can have them. The greatest poetry, the most splendid works of art, the masterpieces of music were born in the subconscious before they took outward form, and those who have done the work cannot tell how it was done.

Faith Developed

Unconscious faith may be developed by thought transference from the healer to the patient. The patient submits because of his desire to be helped and healed, and as the healer leads

in silent or audible prayer the patient unconsciously follows and faith is produced and exercised in the audible or silent suggestions given and visualizations performed and corresponding results follow. God has established the law, and it is by using this power, by doing what is required, giving up wrong doing, confessing or throwing out sins committed, and resting in the promises of God's word that we come to peace, joy, and happiness, and these are favorable to the restoration of health. (See John 1:9.)

**How the Healing Is
Done and Received**

At first the healer has faith for two and holding that faith strongly influences the patient and changes his mental attitude and establishes an agreement between the healer and the patient (the law of agreement.) As the thoughts of Divine Power are awakened in the mind of the one to be helped, he reverently and consciously believes with beneficial effects. One great element of the permanence of the cure wrought depends on the possibility of self-help for the future. The healed one seems to be lifted temporarily to a higher spiritual plane of living through his faith and hope. If he stays there it will be a constant help and a happy experience, if he relapses into the old life, he gets back the old effects and sometimes in an augmented degree. The greater

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light brings greater responsibility and should bring greater enthusiasm. In many cases it does, in some it does not which is their loss. Divine assistance is at hand, but it must be appropriated according to the laws which God has established.

Self-Discipline

Self-discipline must be carried out but it is a long gradual process of education. Growth and results are necessary in the development of one's powers to make his life a force and to secure self-poise, a good mental and spiritual balance. This condition will help us to do more work, endure greater fatigue, bear bravely the severest trials and through all our experiences keep a youthful look and power and a sweet contentment of mind. An inner illumination comes through a right relation to God, high and holy thinking, then there will be an exhilarating exercise, and spiritual and physical control will be manifested in the life. "Seek first the kingdom of God and His righteousness and all these (necessary) things will be added unto you."

Self Mastery and Personal Preparation Condition of Success

Self-treatment is good and beneficial, but must be forgotten in treating others in order that the mind shall be concentrated on one thing and on the one to be helped. Self-mastery of the mental and physical life, contemplation of pure ideals

and the realization of these ideals in the life, with the cleansing of the affections, all lead to efficiency in helping and healing others. The Church's work is to do those things by presenting the highest and noblest truths and leading the soul to appropriate those truths and manifest them in the life. We are to fill our consciousness with the highest ideals, crowd out low thoughts and hurtful fleshly impulses and actions, "pray without ceasing" in pure sweet living, and living our life "hid with Christ in God" in order that we shall help the Church do the wonderful work of healing and helping others.

High Standard

You may say that this is a high standard. It is and one that is presented to us in the New Testament. "As He was in the world," so are we to be. This ideal self-consciousness is lost in Christ-Consciousness, the life expresses the divine purpose, God's will becomes ours, and all the infinite treasures are ours. "All things are yours." The world needs such lives and the Holy Spirit through the truth can produce them.

Soul Cure First, Not Denials

Socrates uttered a great truth when he said, "If the head and body are to be well, you must begin by curing the soul." The Church is set to do this. Has she done it? She has tried. The

early Church did this work, but the secret has seemingly been lost. The Church will gradually get back to her real work of helping the whole man spiritually, mentally, and physically, and one great element in the helpfulness will be the healing of man's ailments by changing his mental attitude and bringing him into vital relation with Jesus the Christ who has given laws to be observed and conditions to be utilized in recovering and perfecting man in every part of his nature. Many cults like Christian Science, New Thought, and other smaller organizations use one great element of power in bringing the mind into positive healthful manifestation and into vital relation with the Infinite Spirit—and that is suggestion. One serious difficulty is that some of them teach so many things that have no vital connection with the effort to change the life, recover the health, and bring the power of the Spirit into a conscious realization of the individual personality. For instance, the denial of matter, pain, sin, sickness, and death are not essential in order to establish a normal and perfect relation to God mentally, spiritually, and physically.

Cults and Adherents

Disease can be and has been cured, the soul can be and has been awakened to new possibilities and realizations, the spiritual nature can be aroused to lay hold of spiritual truth and life and

manifest them without such denials and contradictions of the Scriptural teachings, and perversion of the truth for the sake of giving a semblance of authority to false teachings. The church is the best institution in the world, notwithstanding the imperfection of its members. Imperfect as they may be, they will stand a comparison with the members of some other cults whose only recommendation is that they are progressive(?) and whose practice is little less than refined selfishness. They refuse to lift a hand to help those in need and condemn them because they need charity. They say those people ought to help themselves. They do not consider the conditions over which the needy have not complete control. Then, too, it is deplorable that some of these cults have preyed on the Church and stolen her members by a species of proselytizing and piracy, and then they turn about and condemn the Church and boast of victory over it. It is a fact that nine-tenths of the people belonging to the Christian Science organization have been members or attendants of Churches. Many of them became cold, indifferent and irregular in attendance at Church and out of curiosity were led to attend some Christian Science meetings or lectures. Their curiosity was further aroused and by accepting and practicing optimistic suggestion and giving up the medicine bottle and ceasing to talk about themselves

continually, they commenced to think about something else. A change of mental attitude occurred from a negative to a positive condition and they believed that it came from understanding and demonstrating (?) Christian Science teaching and hence joined that organization. They become so obsessed and hypnotized by those teachings that they will not hear, read, or think about anything else that may seem to be opposite to or unlike their teachings which they accept.

Church Back to Christ

The church must become more spiritual and less materialistic in thought and expression. She must get back to Christ and the teachings of the New Testament and carry them out in order to fulfill her mission and do the work that Christ intended her to do. She is to go into all the world and preach the gospel, disciple all nations, heal the sick, bring life to the spiritually dead, and restore man to his Lost Paradise of immediate communion with and relationship to God.

Causes of Disease and Accidents

Disease and trouble result from disordered mental states, ignorance, or wilful violation of the laws of mind and nature, partial knowledge unwisely applied, inharmony in one's self or with others, and wrong habits. The change of these

conditions will help to establish health, harmony, and happiness. Suggestion in its manifold form (See "Suggestion: Its Law and Application", under classification) will change those conditions and secure a normal manifestation of life. **Causes must be removed before effects will cease and effects will positively disappear when the causes are removed.** Healing is an effect. The causes referred to above can be removed. A new mental, positive attitude is essential in removing abnormal conditions when there is a mental element producing them. In accidents resulting in breaking or fracturing bones, rupturing muscles, or producing sprains or similar conditions, there must be a setting or binding and proper care so that nature through the vital forces of the body can heal and repair. There must be an exercise of good common sense in all abnormal conditions so that the proper care and use of means shall help to recover the sick, ailing or those in any abnormal condition.

Practical Suggestions

1. Mental attitude. A positive mental attitude is essential for both healer and patient. As a usual thing the latter lacks this. It is essential to the re-establishment of his health. One great principle which is central in all of Rousseau's writings, especially his educational contentions is that people ought to "return to nature". He did

not mean to barbarism, but to obedience to law in its highest and lowest application. He recognized, as does all philosophy, that man is self-conscious and that he has a freedom of will in the choice of his conduct.

Man Dependent

Man realizes that he cannot live apart from God and that he is accountable to Him for his talents, time, and influence. A favorable and right attitude of mind will help him to live and act according to the highest laws that God has established for his thinking, loving and acting.

“Our wills are ours, we know not how,
Our wills are ours, to make them Thine.”

Conditions Helped

We can unite our lives with God's life, purposes and thoughts and thus fulfill His plans and purposes in and through us. A positive attitude of mind gives control over self-consciousness, over sleeplessness, conditions in which we cannot forget ourselves; over nervousness, which is frequently the result of loss of oneness with the great calm life of Nature and God. This mental attitude will permit at times mental non-resistance which will lead to relaxation and rest. When we cease fighting evil impulses and yield to good ones we commence to grow spiritually and in this condition God is waiting to help us.

The Secret of the Lord

When we quietly turn in a positive way to God we open our hearts and believe, desire and know Him. Then the Holy Spirit enters the life, speaks to us and through us, and reveals His will in us. Hence relaxation of body and mind is a condition of waiting, listening, and learning the secret of the Lord.

Conditions Producing Change

The nervous and self-confident may say and feel that it is impossible for them to relax. But discouragement, failure, and sickness will convince them that this must be done and when it is, a wonderful change will occur. Thoughts of possible help will enter the mind, and a quiet waiting, listening state will occur. Then it will seem as though they are listening to distant music and the change of mind will change the condition of the whole life and work a health transforming change in the body. Realize this in yourself and you will find rest of the mind and of the body; enjoy it and then lead others to do the same and great blessings will come to you and to them.

**Holy Spirit Will Enter,
Harmony Results**

The beneficial effect of the change wrought by the positive mental attitude is far-reaching. A good and profitable exercise is to sit for a half

hour or longer, if you have the time, in a quiet, peaceful position, open the life and invite the Holy Spirit to come in. The results from doing this cannot be told. These results come to every part of the life. This leads to true worship which is conscious harmonizing of one's thoughts with the Divine thought. Our thoughts when in perfect harmony with God's lead us to ask for what we need and our desires both in heart and expression harmonize with the Infinite Will and that becomes an answered prayer. All thoughts out of harmony with God's law are destructive and unworshipful. Putting forth an effort to force the answer is a wrong and unwise method and is opposed to perfect trust in God.

**Privileges and
Mutual Relation**

Relaxation is good and sometimes a strong self-assertion may be required to call forth a definite surrender of the life to God. The reason for this may be found in the divine right, as a son of God, to come boldly into God's presence and claim the answer to His promise. There may be times when a positive denial may assist one. This may lead the mind to assert itself and drop the thought of pain, so that when we become silent, relaxation may occur and a quiet restful feeling may steal over the mind. Then we realize that God is revealing His mind to us and in us.

Soul and Body

We must not forget that the body is not the person, but only a refractory servant which we must discipline. Knowing this and what it means we must make it obey. If the soul becomes obedient to the Divine Will, so that the Will may be expressed, the body can be brought into obedience to the soul and express health, happiness, and harmony. All Omnipotence is back of you and will work through you if you are in harmony with God.

Headache Formula

Take a headache as an illustration. One can ask God to take it away. If it does not go in answer to that request, then he may conclude that God is not willing to do so. But is it not better to conclude that he somehow resists God or that the lower self is resisting the higher self? Sit or lie down quietly and relax every muscle of the body and repeat these words believing what you say: "This headache is not in accord with God's will. I command the blood to go down from the brain to my hands and feet, which are cold. I insist and command this in the name of the Divine Will and it is done." If you believe and make these suggestions forcibly in a quiet or audible form the treatment will be effective and the hands and feet will become warm and the head cool. Hold a picture of this also.

The Purpose of the Treatment and Another Form

One can deny that he has a headache and for that matter a head, as some may, but there is no necessity for this. What is to be done is to equalize the circulation, get a good venous drainage from the brain, equalize the nervous impulses and thus relieve the overworked centers and the headache will disappear. The healer ought to teach the patient how to relax and quietly hold the thought that the venous blood is flowing down out of the brain, that the arterial blood is flowing up into the brain, that the whole circulation is being equalized, that the headache is subsiding, and that sleep will follow. This is a simple matter, but most effective. The other series of suggestions given above can be supplemented by these: "This pain in my head is nothing but recuperative force at work setting right some disturbance; I will not resist the force, nor listen to the complaints of my nerves which tell me that the work is not agreeable. It is doing only good, and if I make no resistance, the pain will subside, the circulation and nerve force will equalize, a quiet, calm feeling will result, and sleep may follow. Non-resistance will remove the fear of pain and all the force of the body will work to remove the pain. The calm condition will let the mind turn quietly to the source of all life and help. By quiet and deep

breathing and by opening the life the Infinite Spirit will come in fully and I will abide in 'the secret place of the Most High and under the shadow of the Almighty.'"

**A Good Method With
the Nervous**

There are so many people who are nervous. This condition seems to be growing at a rapid rate in this nation. The people are living at a fearful speed and the nervous system cannot stand the strain, so nervous wrecks are found in every walk of life. How to change that condition and recover many of these cases is a great problem with physicians and healers today. It is hardly necessary to say that those in that condition must stop and rest a while or calamity will befall them. This is axiomatic. What to do with some of these cases is a puzzling problem. The insane asylums and sanitariums are full of such cases, some getting better and some growing worse. Some of them can be helped and cured by physical and mental treatment, which will consist in making adjustments physically and relieving tension on the physical organism, and putting the mind in a positive attitude and bringing back the sick one into conscious realization of his vital relation to God. Some who are religious can be helped remarkably by good religious suggestions and prayer and by

getting a change of mental attitude in reference to many things. One good method to pursue is as follows: Have the patient enter the silence or lie down quietly for fifteen or thirty minutes twice a day. Tell him to think about God, His love, His presence, His enfolding peace, and to see these things entering the life and enwrapping him. Teach him how to get a picture of the soothing, quieting effect which this will have on the entire body and mental life. Teach him to think of God's presence until he can hold that thought for five or ten minutes. Teach him to think of this with joy and thankfulness believing that victory will come, and all nervousness will subside. Have him do this until he thoroughly relaxes every part of the body and breathes deeply. The whole being will expand and glow with a soothing influence pervading the whole nature. Nervousness will fade away and a quiet indescribable peace will take possession of the whole personality.

Things to Be Changed

Daily cares, sorrow, trouble, fear and worry can be conquered in like manner. Strength and victory coming in this way will abide in the life and annoyances will have no power to fret one. The serenity and quietness in such a one will have an effect on those associated with him or her and fewer disagreeable things will annoy and

disturb. The spiritual side of this truth and its application is the most important. For instance healing the soul will often lead to healing of the body. Cleansing the mind of all wrong thinking and feeling will lift the whole body to a higher plane of life and action.

**Avoid Introspection—Have
the Best Uppermost**

Morbid introspection lowers the higher thought and feeling and thus brings weakness, disappointment, and nervousness. It ought to be guardedly avoided. An honest look into one's life to learn its real condition, and to see things just as they are in relationship, is wholesome and helpful, but when that is done, the forces and helps are then to be used to make the life as it should be. Looking forward and not backward is to be cultivated. The best way to supplant evil is to do good, and to have goodness rule in the life; the best way to get rid of darkness is to let in a flood of light. See your best self in the ascendancy, your noblest acts, best thoughts, and purest feelings occupying the whole manifestation and realm of your mind. Hold these things as supremely essential, dwell upon them mentally, and you will shortly notice a wonderful change in your whole life. Read biography, study the noblest characters you know, cultivate the highest virtues which you see in others, and be content with nothing that is not high and good.

The Best Example

The highest and best example to follow is Jesus, the Christ. Put your ideals by His life and see how inferior yours are. Then by faith in Him, by studying His life and manifesting in your life His virtues, the results will be simply marvelous. Get a good ideal photograph of Christ and look at it, put it where you can see it when you awaken in the morning. These things will help you and prove uplifting and profitable to you spiritually, mentally and physically.

The Healer's Thought

The healer's mind and thought have a great influence on the patient's mind. Newness of desire and thought are the beginning of a radical change in the patient's life. His thinking will be modified and his physical health will be restored if it has been lost.

Children and Parents

Children are quickly affected telepathically. This has been demonstrated again and again. They are telepathically en rapport with their parents and parents are also in the same condition with them through love. The condition of the mind of the parents is often reflected by the children. Inasmuch as this is so, if parents do not want their children to have a disease they

must not fear it or think about it. If a child is sick and one wants it to recover speedily, a fear thought must not be held over it and worrying about the child being sick must be dismissed. A picture, as one holds the child in his arms, that God enfolds both in "His Everlasting Arms" will quiet and help. Seeing the Father helping and doing all He can to soothe and quiet the child, so that the great forces and powers which are manifested may have free course in its recovery, will assist greatly. A physician may thus help and bless in his words, tenderness, and assistance.

Infinite Strength

Remember that God's strength is infinite, all-present, all-knowing, and always the same, and it may be made one's own as soon as he trusts it. When that is done life will have a new meaning and God's glory will be a realization in the whole personality.

Specific Methods

This manual of treating the sick and those needing help will contain further instructions on specific methods of treating different kinds of troubles.

God and Man

God is the source of all life, love, wisdom, power, and health. Jesus came to reveal God and show man how he may have all these things

in manifestation. Man is a spiritual being manifesting his spiritual and mental character through a physical organization by which he is adapted to his present environment. The three-fold manifestation of his mental life is supra-conscious, subconscious, and conscious, corresponding to his spirit, soul, and body. The spiritual nature is one as is the mind, but these manifestations deal with man's life as manifested in different or overlapping spheres or planes of activity. The highest form of activity is the spiritual, or supraconscious, where the spiritual nature sees, knows, and is vitally related to God or the Infinite Spirit. In this sphere there is a full and complete revelation of God's life, love, wisdom, power, and health which man's spiritual nature may intuitively and by spiritual receptivity receive, appropriate, and pass on to others. The power and possibility of this part of man's nature is illimitable in manifestation because the source of supply is infinite and its potentiality is unbounded because it is from God's nature and therefore God's image in man. The soul or subconscious manifestation has similar characteristics because it is an outgrowth of the supraconscious in man. There are some extraordinary powers or characteristics found in the subconscious by which man gains knowledge, carries on his physical functions, intellectual processes, and involuntary activities, and mani-

feats at times remarkable phenomena. The conscious operations of man's physical nature controls all voluntary bodily activity, conscious processes of reasoning, conscious affection, and conscious volition, and interprets many things that help man to adapt himself to this environment in order to be comfortable, happy, and healthy. A time will come when man shall not need this manifestation because the environment will be different. Man's highest psychical and spiritual nature has in it all the powers and characteristics necessary for his eternal existence, love, wisdom, happiness, health, and power. Man, as to his essential nature, that is, the nature that survives all change, is an expression of God and one with Him in life, intellect, and volition. Man is not and cannot be in this life nor in the life to come independent of God.

Harmony—Fear Is Disharmony

Harmony comes into the life and in all the things that are Godlike in us, when our nature is co-ordinated with God; that is, when the spiritual or supraconscious, and the psychical or subconscious, and the conscious life and mind are open channels for the expression of God's life, love, wisdom, power and health. Disharmony results when the channels are partially closed by selfishness and carnality, a wrong spiritual and mental attitude and perversion of will power.

God always desires open channels for the revelation and manifestation of His life, nature, and purposes. God has never given the spirit of fear, anxiety, and hatred. These are results of inharmony. God offers perfect love which casts these things out of the nature. He even sent Jesus to show the life and power of harmony, to show how man can get into that state and manifest it continually.

Affirmations

Man can impress his mind with those things of God's nature in such a way as to bring a realization of them into his life. He can say, "I am love, for God is love and dwells in me. I am understanding, for God is understanding and reveals Himself to me. I am peace, for God is peace and abides in me. I am health, for God is health and gives Himself to me." To affirm and claim these and other things mentally and spiritually brings a realization of them into the very center of the life and establishes a positive activity that brings harmony into the whole personality.

The Word Made Flesh

Perfect spirit, perfect mind, and perfect being are infinite and claiming the same brings harmony of life, affection, thought, and conduct into man's life. Then I have nothing to fear because I come into contact with and am filled with the life of

God which is perfect love. So of pain, disease, weakness, ignorance,—all are met by His perfection of comfort, health, strength, knowledge. “God’s word” stands for God’s idea, for the word holds the idea that becomes power in so many ways. There is no magic power in a word to bring harmony between the soul and God, but there is power in the idea, the mental force, the truth which the word expresses. To stop with the word is to exercise a spirit of superstition. As the spirit of man gets the idea that God reveals and then expresses it, his words will be powerful for good and helpful to others. The Word of God—the Bible—contains God’s ideas, a spiritual force and the truth, whilst Jesus, the “Word made flesh,” expresses and manifests God. “He is the way, the truth, the life.” The latter shows us God in action, as well as in thinking, the former shows us God in thinking, and in His purposes. Both are necessary and supplement each other in order to make a permanent revelation with authority and presenting principles which can be proven true in the lives of men and women.

**Healing Taught in
God’s Word**

Take the matter of healing as an illustration. God has promised to heal and to deliver from evil. The idea, the spiritual force, and the truth manifested are found also in the promise. His

omnipotence, omnipresence, and His omniscience—His all-power, His all-presence, His all-knowledge can make His promises true and are the basis of all help for man. Jesus comes as the expressed "Word of God" in the flesh, teaching the same thing with authority and carrying out God's idea, spiritual force and His truth as an actual realization in His own life and in the lives of others. That is why He commanded His disciples and others to heal the sick and bring help to the needy. There is no statement in the Scriptures that healing should be discontinued. The same God, the same spiritual, mental, and physical constitution in man, the same necessity in the world, the same enabling Spirit, the same principles for use, and the same power to help are all arguments against the abrogation of these teachings and commands of Christ.

Means

The efforts to heal disease by the use of spiritual and mental principles and teachings, by the use of the more recent teachings of psychology, and by the use of means that are being more and more recognized, such as sanitation, the emphasis laid on optimistic thought and principles as a help to vital activity in the organs of the body through a more vigorous circulation and nerve activity, and the many verified cases of healing resulting from the use of these principles and

teachings lead many progressive preachers, students and Bible readers to the conviction that the command of Christ to heal the sick is just as binding today as in the time when He lived on earth.

Measures Most Effective

Hygienic measures and at times the use of mechanical and manipulative methods may be useful, and with the use of the various forms of mental and spiritual suggestion may be efficiently and effectively used. Spiritual teachings and suggestions are the most powerful, if they call into play the supra- and subconscious manifestations of the mind, by which the whole personality is reached and affected. Jesus used means at times, probably to help the faith of those to be healed, but as a usual rule He used spiritual suggestions bringing the soul into relation with the Infinite Source of life and health. Faith, love, hope, and acceptance of the truth may all be used as means of bringing the one needing healing into definite relation with God and allowing His energy and health to become the life and health of the afflicted one.

Conditions and Results

A positive consciousness of God's presence indwelling the spirit of man, and man's spirit dwelling in God, the silence that permits a complete

relaxation, and quietly listening and waiting; the realization through the exercise of faith toward God and claiming the fulfilment of His promises and the revelation of Himself will produce results in man's spiritual, mental, and physical nature that almost look like miracles. The results come from the use of laws which Jesus knew perfectly and gave in His teachings, laws by which He accomplished His wonderful results in healing and helping the people.

Attitude of Mind

One thing must be emphasized over and over again, that is, that God is the ultimate source of all life, mind, love, help, and strength. We must acknowledge this and manifest our gratitude to Him for these and all other things that we possess, use, and enjoy. We ought to be receptive and active in the manifestation of our gratitude, for what we accept and what we do will influence our lives and the lives of others. Our mental power through the vital forces controls all the organs and functions of our bodily organism and the mental attitude which we hold and the suggestions which we receive and carry out will determine our condition mentally, physically, and spiritually. This attitude of mind will also determine our relation to God and His manifestation in and through us on other lives. These things must be remembered and practiced in or-

der that one shall be able to heal and help others. Christ enters the life through faith; expresses Himself, helps, and heals others through faith. These things are vital, essential, and verifiable.

Health

One's individual power is to be used as an instrument through which God works and one's personality is an agent to impart instruction and help to the afflicted and those in need. The possibility of health is in everyone by virtue of his creation and it will work out if hindrances are removed. Nature and the soul must have a chance to assert themselves. Health, like salvation, is to be worked out because God works in. Jesus said, "Of myself I can do nothing," "The Father works and I work," and when the wisdom, power, and health of the Spirit are manifested from one to another or in one's self there will be a normal, healthy, happy, victorious life.

**Reality—Truth—Jesus
Did Not Make Denials—
Effects Not Causes**

No human being can heal the diseased, but each one can use the truth which is the instrument of healing. Faith in God, belief of the truth, and using it will bring healing and health to the sick and those in need. So many persons are governed by appearances and feelings, and as these things vary, so will be the condition of those persons.

There is a truth of stability, of an essential, unchanging life that we must see and deal with, allowing appearances and feelings to vary as they may. One must know and practice truth in order to reach the real life and hold it in unchanging reality. The practicing of the truth makes one truthful and assists in the recovery of the sick and needy. Speaking, living, and showing the truth makes one expert in the use of the truth. Whilst evil is not a reality like good, yet it is an actuality that must be dealt with by us in this environment. We cannot deny it away, but we can resist, master, and through suffering put it away. A denial does not destroy or annihilate the thing denied, but in affirmation we substitute something better. Jesus did not deny evil, but substituted something better; He resisted it, mastered it, and put it away through suffering. He did not deny sickness, sin, or death, but met these things with health, holiness, and life. When people talk about the all-good they forget that "good" has a "better" and a "best," hence the word "good" does not mean God any more than sunlight means the sun. The sun is the cause of sunlight and God is the cause of good, but the effects are not the causes. It is a perversion of language to say Good is God because God is good. It is not true and we want to know the truth, do the truth, and have fellowship with the truth.

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Important Statements

God is omnipresent, omnipotent, omniscient. I exist; I live; I have a vital relation to God. I can know Him and the truth and that knowledge brings me in vital relation with the one life of this universe. That life is eternal, changeless, perfect, for it is the life of God.

Personality of God

Jesus said, "I am the resurrection and the life," and knowing Him in His revelation of God is to know the truth, wisdom, health, and power of God spiritually, mentally, and physically. God is a personal being; self-conscious, self-determinative, knowing, loving, and acting in the most perfect way and offering life, health, and goodness to all. God is spirit and I am a spirit because He made me. The spirit has a body through which it manifests. That body may and does get out of order and by certain processes physical, mental, and spiritual it can be brought into harmony with the spiritual part of our nature and be restored into harmony of action which results in health.

Sciences Useful

The therapeutic principles of Scripture, psychology, the sciences of anatomy, physiology and hygiene, the teachings of the best philosophy are of untold value to humanity and

ought to be used and applied in order to secure the best results for the whole personality.

Some New Testament Cases

Some Instances of Healing in the New Testament

There are many notable cases of healing by Jesus given in the New Testament. He healed leprosy (Luke XVII:11-19); deformity (Luke XIII:11-17); fever (Luke IV:38-39); blindness (Matt. IX:27-31); hemorrhage (Matt. IX:20-22); violence and insanity (Mark V:1-20); dropsy (Luke XIV:2-4); epilepsy (Mark IX:14-29). These are a few cases given in the Gospels, but are typical of the healings which Jesus performed.

Dead Raised

Jesus also raised the dead: Jairus' daughter (Luke VIII:41-56); the widow's son (Luke VII:11-15); Lazarus, dead four days, (John XI:1-44). He did this work by touch and by command.

Disciples' Works

The disciples wrought many signs and wonders (Acts V:12). Peter healed a lame man (Acts III:2-8); he also healed Aeneas of paralysis (Acts IX:32-35); he raised Dorcas from death (Acts IX:36-41); Paul healed a cripple (Acts XIV:8-10); he healed Publius' father of fever (Acts XXVIII:8); he raised Eutychus to life (Acts XX:9-12); he healed himself of the bite of the poisonous serpent (Acts XXVIII:3-6). Phil-

ip healed insanity, paralysis, and lameness (Acts VIII:7). The seventy told Jesus that "even the devils are subject unto us through Thy name."

Different Methods

There are twenty-six accounts of healing, recorded in the Gospels, which were performed by Jesus. Some give the account without stating what He said or did, as in the cases of the demoniac at Capernaum, the dropsical man at Jerusalem, and the healing of the blind demoniac in Galilee. Some He healed at a distance—telepathically—as the nobleman's son, the Syrophenician's daughter, and the centurion's servant. He spoke to some, as the woman with the issue of blood. He commanded some to do something, as the blind man that He told to go to the Pool of Siloam and wash. Some He talked with before healing them. Some He spoke to and touched, as blind men and lepers. He sometimes uttered a command to the disease or demons as in the case of the child at the foot of the Mount of Transfiguration. Sometimes He commanded and touched, as the deaf and dumb, the man of Decapolis, and some of the dead whom He raised.

Deductions. 1. Some of the cases cured represented nervous troubles. Jesus talked to them without mentioning the trouble, whilst on others He laid His hands.

2. Jesus uttered words and touched the blind eyes.

3. In demon possession Jesus uttered a direct command to the disease.

4. In severe, dangerous, and fatal cases Jesus used a terse, forceful method of speaking, e. g., "Talithi Cumi," "Lazarus, hither come!"

**The Law of Suggestion
and Its Use**

Jesus healed and restored by word, look, command, touch, laying on of hands, and suggestion. The last term takes in all of the others, for those who were helped, healed, and restored accepted the suggestion, interpreted it aright, and recovered. Suggestion was the main thing carrying the power of the personality, the method of giving it was incidental. Jesus used no one formula nor parrotlike words, as though no others would do, but used the words and acts that were pertinent to the case. In serious and fatal illness Jesus emphasized, by the power of His voice and touch, the suggestion given. He had a consciousness of the Father's presence and that the Father was working through Him. That power was manifested through the suggestion, the touch, or command. It is a recognized law of mind that if a therapeutic suggestion is effectively lodged in the mind, which controls the vital functions of the body, that there will be a recovery to a normal, and healthy condition, if an abnormal state ob-

tains. The exercise of faith on the part of the afflicted is also an aid to a more rapid recovery. The more perfect this confidence and faith, the more speedy the restoration. Some persons can more effectively make suggestions than others. Jesus, being perfect, had this remarkable faculty perfectly manifested in His life. Those following Him sincerely, living pure lives, and loving humanity sincerely can greatly help their fellow-men. John Wesley, George Whitefield, Charles Spurgeon, Moody, and many others are illustrations of this. If the healer is good, true, and pure, he will have great power and accomplish more by his suggestions than otherwise.

A Psychic Force

There is a psychic force or influence in everyone, latent in many, but potentially under the control of the will. It is an immanent, intelligent force which can be used in helping those in need. One with a strong will, which he can concentrate quickly and forcibly, in a measure controls this psychic force and makes the most perfect healer.

Jesus the Healer

Jesus was the ideal of all because His confidence in God was unshaken and undisturbed; His concentration unhindered by distraction or interference, and His control of the psychic force unlimited.

Ideal Patient

The ideal patient is one who desires help and has an open and receptive mind and is free from adverse or antagonistic suggestions from his own mind or the minds of others.

Scripture References

The testimony of Luke 6:19 is quite suggestive. "And all the multitude sought to touch Him for power (dynamis, force) came from Him and healed them all." Also Luke 8:46. "Some one did touch me, for I perceive that power (dynamis, force) had gone forth from me." Luke 5:17. "And the power (dynamis, force) of the Lord was with Him to heal." There are fifteen detailed accounts recorded in the Gospels of direct healing of physical infirmities, of which eleven show physical contact or touch in various forms. Other cases were cured telepathically. This faith in Jesus by the afflicted or by those near to the afflicted in relation or sympathy wrought the cure. "According to thy faith." Christ healed through faith in Him.

Disciples' Failure

Jesus was en rapport with the source of all power as all may be if they will. He was a perfect embodiment and manifestation of this relationship, which no man is in this environment. The

failure of His disciples was due to a lack of implicit confidence in this vital relation and not using the psychic force implicitly as a fact. There was lack of faith, open-mindedness, not letting go of the earthly or material thought, and not taking hold of heaven. This is illustrated by fasting and prayer. If the healing costs you nothing to give it, it is worth very little to the afflicted one. One's life in vital relation to the Infinite Spirit is the most effective condition for preaching, teaching, helping, and healing.

Affirmations Helpful

Affirmations are a great help to the mind in realizing strength for the whole personality. They ought to be reasonable, spiritual, and definite. The following affirmations are examples and they can be modified, changed, or substituted by others which may be just as effective and better adapted to the condition of the healer and the one to be helped.

Affirmations

I am a spiritual being with a body, through which I can express myself. I will manifest love, wisdom, power, purity, and truth for these are Godlike characteristics. I am love, understanding, power, life, and the likeness of God. I am fearless, healthy, and full of peace. I will exercise positive conditions and I will have a good

feeling for everybody. All negative states like worry, fear, sickness, weakness will leave me now. I am peaceful and well. I am strong. I am at peace with God and man. "I can do all things through Christ who strengtheneth me." God works in and through me to do His will. I am free, "for the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death."

I am free from weakness and fear.

I am free from selfishness and desire to do wrong.

I am free from sin, sickness, and death through Christ Jesus.

I am free from doubt and uncertainty for the truth makes me free.

Love is the truth in me in manifestation.

Health is the truth in me in holiness.

Strength is the truth in me in power.

Peace is the truth in me in quietness and rest.

Knowledge of God's word is the truth in me for help and helping others.

Freedom is the truth in me because Christ is in me.

I live and shall live because Christ lives in me.

I shall never die because Christ has arisen from the dead.

I am immortal.

I am made in God's image and have personality.

I am an expression of God, but desire to be that perfectly.

I desire to be harmonious in my whole nature.

There is but one mind and I am an expression of that.

There is but one life and I am part of that.

There is but one truth and I desire to know and show that.

There is but one God and Father of all, who is above all, and through all, and in all.

I am conscious of God's indwelling presence, and I have peace, purity, and power.

God fills my whole personality with Himself.

**One Affirmation Only
at a Time**

These affirmations are useful in times of quiet meditation. **Use only one at each time of meditation, and repeat it over and over, hold it in your mind and affirm its power and influence in your life.** When it is gripped by and gets into your soul and spirit, great results will follow and you will be prepared to help others.

**They Unify Thought
And Are Prayers**

Affirmations may be and can be made prayers. **They must be given in a positive and determined conviction that they will be realized in the whole personality.** They can be given audibly or mentally. Those affirmations given above are only examples. You can frame some of your own, or if you find in articles or books some that appeal to you, take them and use them. Do not use more than one at a time unless they carry the same thought. Unifying the thought causes it to grip the mind and to be gripped by it. The mind, the subconscious phase of it, will not work on two contrary thoughts. If you want to get the best results in realization, therapeutically, spiritually, and mentally, have only one subject or thought and bring everything into relation to that and concentrate the mind on that.

**Realization of
Power Illustrated**

Take the thought and desire to have a realization of power, as an illustration. There is power in yourself because God has placed it in you, then there is power all about you because He is present with you. You can use the power within and without because you are in vital relation with Him. You can manifest the power by obeying the law of right thinking, right speaking and right acting. You can govern your

thoughts, your words, your actions. You can have all the power you can use aright. Recognizing this power, using it aright brings a realization of it. "I can do all things through Christ who strengtheneth me." Bad habits, abnormal conditions, wrong thinking, and wrong acting can be changed by using this power wisely, lovingly, and positively. The power within and without is perfect, and if there is failure—there need not be—it is due to the imperfect manifestation of the power or lack of faith in the one through whom the power works.

**Appearances and Feelings Vary;
Truth Abides**

The realization of power does not depend on certain appearances, nor on one's feelings, nor on what others say or think, but on an openness of the mind to the truth through which power is manifested. Falseness, weakness, and insincerity all close the mind and hinder the realization and manifestation of power. A frog in a water pipe stopped the flow in the house, and the things referred to above will as certainly stop the incoming of power. The life must be true, open and sincere. Jesus had the fullness of the Spirit and that is why He could do what He did. The more spiritual you are the greater will be your power in making effective suggestions and living the life of helpfulness.

Here are some Scriptures which may be helpfully used when talking to the ailing and those needing help. It will be well to have these written out in a little book, so that you can refer to them at once with the references.

Strength

Ps. 18:1-2. Ps. 20:1-2. Ps. 37:39. Ps. 41:2-3. Isa. 26:3-4. Isa. 40:28-31. Job 17:9. Ps. 93:1, Ps. 96:6. Ps. 118:14. Daniel 10:18-19. Ps. 138:3. Phil. 4:13. Ps. 84:5-7. Isa. 26:4. Ps. 103:1-5.

Peace

Ps. 29:11. Isa. 26:3; 32:17, 18-19. Ps. 34:14, 37; 11, 37:37. Ps. 147:14. Col. 3:15. Lev. 26:6. Rom. 14:17-19. John 14:27. John 16:33. Ps. 119:165. Phil. 4:7. Ps. 1:1-2. Ps. 2:12. Ps. 32:1-2. Ps. 84:4-5. Ps. 106:3. Ps. 119:1-2. Use the word "happy" for the word "blessed," for that is what it is in the original. Ps. 128:1. Ps. 146:5. John 13:17. Prov. 16:20, 8:32-35. Prov. 15:13, 15:15, 3:13, 17:22. Ps. 144:15. Matt. 5:3-9. Jas. 5:11. Prov. 29:18. Rev. 22:14.

Special Gifts by the Spirit

I Cor. 12:7-11. Each one is given the manifestation of the Spirit to profit withal.

To one is given the word of wisdom.

To another is given the word of knowledge.

To another, faith.

To another, gifts of healing.

To another, workings of powers.

To another, discerning of spirits.

To another, different kinds of tongues.

To another, the interpretation of tongues.

Healing

Old Testament Accounts

References given here can be verified in the Scriptures and will make a profitable study on healing before Jesus' time on earth.

Prayer and Healing

Gen. 20:17.—God heals through agencies. Exodus 15:26.—Forgetfulness of God leads us to reap as we sow according to His laws. Exodus 23:25.—Obedience to God's laws of health will bring health, disobedience will bring sickness, sorrow and death. I Kings 13:4-6.—The withered hand cured. Jesus also cured one. 2 Kings 5:1-14.—Obedience required. 2 Kings 20:5.—Hezekiah healed. 2 Chron. 16:11-13.—King Asa went to the wrong person, v. 13. 1 Kings 17:17-24. 2 Kings 4:18-37. Elijah and Elisha raised the dead. These are all Old Testament records of healing presenting the source, agencies, and methods. Read and study them carefully and prayerfully with New Testament cases.

**Important New Testament
Scripture**

Scriptures that can be used for the purpose of realizing what we pray for are Mark 11:24 (Rev. Ver.) and 1 John 5:14-15. Memorize and meditate on these verses as they are very important. Realize the truth of them.

Truth Always the Same

Truth is always the same and will be so eternally. It corresponds to reality which belongs to God's nature and which is eternal and changeless. So, also, is truth. Some people talk and act as though their affirmations and denials could make or destroy truth. This cannot be done. Reality, like truth, is permanent. 2 Cor. 4:18. "For the things which are seen are temporal; but the things which are not seen are eternal." Truth is related to the unseen and the eternal, therefore is real. The truth of everything is God. He is the one and only Presence, Reality, Substance, Truth, Life, Love, and Mind. Can one's belief, thought, opinion, or statements destroy or change God? No, neither can they change those things that belong to God's nature. The Scriptural method then is not to seek things that change, but the unchanging things and God Himself. "Seek first the kingdom of God and His righteousness and all necessary things shall be added unto you." Hence the secret of continued

health, happiness, success, and all things necessary to one for time and eternity is to have a consciousness of oneness with God.

**Faith Vitally Connects
Us With Christ**

Two paths are open to this experience. The first is faith which brings one into vital connection with Jesus Christ. This is made plainer from a Scriptural point of view by taking the words "Believe on" and read "Believe into." For example, John 3:16—"Whosoever believeth on (into) Him" etc. Also John 1:12 and 3:36. 1 John 5:10—Jesus Christ was the way, the truth, and the life concretely presented before the world for acceptance. He is not only our example but the hope of glory in us and through us to others and we establish and come into vital relation with Him through faith.

Prayer

The second path is prayer. That may include affirmations, aspirations, and practicing the truth. These lead to understanding and realizing our relation to God. This brings inspiration and power, harmony and a realization of God working in us and through us.

Conditions

Practicing God's Presence

1. Contemplation of God prepares one to pray

in accord with His will and thus secure an answer. Brother Lawrence, who "practiced the Presence of God," reached a high degree of spiritual power in this way. This was also true of St. Francis of Assisi and others.

Meditation

2. Meditation on God is another spiritual exercise which is neglected today. Contemplation is "looking attentively" at God; meditation is "considering thoroughly" God and His love. This leads to "life eternal" which is to know the only true God and Jesus Christ whom He has sent. (John 17:3.)

Affirmation

3. Affirmation of the truth, claiming spirituality and freedom from sin, sickness, worry, fear, and trouble through Christ.

Prayer

4. Prayer, audible or silent, in which one holds to the answer received. "All things whatsoever ye pray and ask for, believe that ye have received them, and ye shall have them." (Mark 11:24. Rev. Ver.)

Prayer—What It Does

"More things are wrought by prayer than this world dreams of." The realization of our oneness with God's will (1 John 5:14-15) leads to a

complete consecration to God in which there is a conscious knowing that we live in Him and He in us. We get above the material and see and know the spiritual realities. We live, act, understand, and feel in the realization of this spiritual reality. Robert Browning says:

“I knew, I felt—what God is, what we are,
What life is—how God tastes an infinite joy
In infinite ways—one everlasting bliss,
From whom all being emanates, all power
Proceeds; in whom is life evermore.”

Suggestion

The prayers and affirmations which follow are brief and can be used as they are, or others may be substituted or framed to meet the necessities of the case to be helped. Silent prayer is always very quieting to the nervous and is very helpful to many persons. Use it frequently with mental suggestion that the needy one will recover and visualize a normal condition as you silently suggest health and pray. Hold the picture of health in your mind vividly until the subject gets the thought in his or her mind.

With Thee My God

“I would commune with Thee, my God;
E'en to Thy seat I come;
I leave my joys, I leave my cares,
And seek in Thee my home.

"I stand upon the mount of God,
With sunlight in my soul;
I hear the storms in vales beneath,
I hear the thunders roll.

"But I am calm with Thee, my God,
Beneath these glorious skies;
And to the height on which I stand
Nor storms nor clouds can rise.

"Oh, this is life; Oh! this is joy!
My God, to find Thee so!
Thy face to see, Thy voice to hear;
And all Thy love to know.

PRAYERS

For Faith

We know Thee, O Lord, we believe Thee, we trust Thee implicitly, and taking Thee at Thy word, we are kept by Thy power through faith unto salvation. Our faith is tried, but it holds because anchored in the Rock of Ages. No storms can break the cable or anchor, and this leads us to rejoice with joy unspeakable. Increase our faith more and more. We are saved by grace through faith and we rejoice that it is not by works, lest we boast. May Christ dwell in our hearts by faith. He has reconciled us to God and with joy unspeakable we praise His name. Our Father, may we remain steadfast un-

to the end of life so that when we fall asleep in Jesus it shall be to awaken in His likeness.

Meditation and Affirmations

“Say to them that are of a fearful heart, be strong, fear not.” “I am one with God through faith in Christ. I love God with all my heart.” (Isa. 35:4.) Perfect love casteth out (all) fear. I am strong, fearless, and courageous. Nothing can separate me from the Love of God. I am victorious, masterful, and free from all fear through faith in Christ. I believe, realize, and manifest truth in my life and in all my actions. My faith is strong, uplifting, victorious.

A Prayer of Realization

“God is my help in every need,
God does my every hunger feed.
God walks beside me, guides my way,
Through every moment of this day.
I now am wise, I now am true,
Patient, kind, and loving, too;
All things I am, can do, and be,
Through Christ, the truth that is in me.
Christ healeth me if I be sick,
Christ is my strength, unfailing, quick;
Christ is my all, I know no fear,
Since Love, and Truth, and Peace are here”

Pray—meditate—realize.

For Wisdom

We thank Thee, Our Father, for Thy word and its teaching. If we lack wisdom, if we ask of Thee, Thou wilt give it liberally and upbraid not. We need it, we desire it, Thou hast promised it, and we claim it. Help us to hold the promise in mind, picture it as a present possession, and realize it as an actual fact. Give us that wisdom which is at first pure, then peaceable, gentle, and easy to be entreated, full of mercy and good fruits, without partiality and without hypocrisy. Help us to use our Knowledge aright, which is wisdom in action. Fill us with the knowledge of Thy will in all wisdom and spiritual understanding. May we in all our getting get wisdom and understanding. We ask these things in the name of Jesus Christ, our Lord. Amen.

Meditation

"The mouth of the righteous speaketh wisdom." (Ps. 37:30.) Wisdom is the right use of knowledge and the truth. Righteousness is thinking, speaking, and acting right. The Spirit helps and leads into all truth and helps us to think, speak, and act righteously. Folly is the foolishness of ignorance; wisdom is the right use and product of the truth. If the heart is pure and right and the mind thinks righteously then our lives will be filled with wisdom and our acts will be an index of our lives.

Affirmation

I am pure in heart, my thoughts are true, and my words and actions are wise and noble.

Pray—meditate—realize.

For Joy

Our Father, may our joy be full because we have received Jesus Christ as our life. Help us to serve Thee with joyfulness and gladness of heart. May we rejoice evermore and give thanks unto Thee for everything. Make us cheerful because of Thy presence. Help us to lift up our hearts to Thee in joyous praise and manifest Thine indwelling presence, like sunlight, so that others may feel the warmth and tenderness of Thy joy within us. May this gladness make the sorrowing and depressed rejoice with us and forget those things in Thy love for Jesus' sake.

Meditation and Affirmation

Be filled with the Spirit, speaking to yourselves in psalms and spiritual songs, singing and making melody in your heart to the Lord. (Eph. 5:18-19.) I keep my heart open for the infilling of the Infinite Spirit. He imparts the nature of God which is love from which comes joy, peace, long-suffering, kindness, goodness, faithfulness, meekness, self-control, and these are the fruit of the Spirit. I am thinking of God and I shall

think of Him in every relation of life, for He is the great Reality. My meditation of Him shall be sweet and great joy I have in this contemplation of Him, His love and goodness.

Pray—meditate—realize.

For Forgetting the Things Behind

Our Father, we would forget the things that are behind and press toward the mark of our high calling which is in Christ Jesus, our Lord, and look unto Him who is the author and finisher of our faith. We need to forget our sins, because Thou dost not remember them against us, and Thou hast cast them into the depths of the sea of oblivion, so help us to let them remain there. Make us perfect to do Thy will and seek those things which are above for Thy name sake. Amen.

Meditation

“I am He that blotteth out thy transgressions for my own sake, and will not remember Thy sins.” God forgives and so must we by forgetting. I do forgive and forget injuries, false things said against me, and unpleasant things that have come to me. I am made free from sin, worry, fear, and have my fruit unto holiness. I forgive and forget in order to have forgiveness and go forward free and happy into the future to help and bless others.

Affirmation

God helps, forgives, and blesses, and I shall do the same, because I love Him and desire to do His will. I will try and develop a Christlike disposition by loving all persons and doing good to them, I will always tell the good things I know of others and never the bad ones.

Pray—meditate—realize.

For Peace

Our Father, Thou art a God of peace. Thou art merciful toward our faults and war-like natures. Thou art slow to anger and full of kindness. Being justified by faith, we have peace with Thee through Jesus Christ, our Lord. May the work of Thy will in us bring perfect peace to those whose minds are stayed on Thee because they trust in Thee. Help us to be peaceful in every relation of life, and be peacemakers that we may be called the children of God. May Thy peace which passeth all understanding keep our hearts and minds through Jesus Christ, unto whom be glory and honor forever. Amen.

Meditation

“Great peace have they that keep Thy law.” God’s law is God’s will expressed. I know His will from His word. “I have hid Thy law in my heart that I might not sin against Thee” and keep

Thy law that I may have peace. I accept Jesus Christ, the Prince of Peace, and He dwells in me richly, filling my life with boundless peace.

Affirmation

I have sweet peace, the gift of God's love, filling my whole personality and radiating out of my life to others.

Pray—meditate—realize.

For Light

O God, Thou art the Father of light with whom there is no variableness nor shadow of turning. Do Thou be our light. Thy light is everywhere but we have been blind. Open Thou our eyes to behold Thy beauty and to be charmed with Thy effulgence. Give us the light of the knowledge of glory in the face of Jesus Christ. May we reflect as in a mirror the glory of the Lord and be transformed into the same image from glory to glory even as from the Spirit of the Lord. Thou art the blessed Lord, the light of the world; because we are Thine make us lights in the world. Help us to let our light shine before men, that they may see our good works and glorify our Father which is in Heaven. Amen.

Meditation

“He that doeth truth cometh to the light.” To do the truth I must be made free by the truth. I am free from fear, doubt, superstition, and shall follow the spiritual mind wherever truth leads me, so that I shall come to and clearly see by the Light. I shall see untrue things quickly and avoid them. I shall follow the inward light and the voice of the Spirit, and my intentions and motives shall be true, pure, and good since God’s will is revealed in me.

Affirmation

I shall be careful about judging by appearances which may deceive, but shall depend on my intuitions directed by the light of the Infinite Mind that shows me the truth concerning myself and all things.

Pray—meditate—realize.

For Work

Our Father, may we work because Thou dost work through us to accomplish Thine own will and purpose in us. Thou dost work and we must be laborers together with Thee. Help us to work the works of Him who has sent us into the world to do His will. May we do with our might what our hands find to do. We have been chosen unto good works and may we produce

them in sincerity of spirit and in blessing to our fellowmen. Help us not to be slothful in business, but burning in spirit, serving the Lord and doing good for Jesus sake. Amen.

Meditation

"For we are His workmanship, created in Christ Jesus unto good works." "Being fruitful in every good work, and increasing in the knowledge of God." I am abiding in the true vine and the life of the vine abides in me and I can bring forth much fruit. "The works that I do shall ye do," said Jesus, and I therefore must do the Father's will because I am commanded to by my Lord. Faith without works is dead, but my faith is a living, working, faith. Whatsoever I do in word or deed, I do in the name of the Lord Jesus.

Affirmation

God makes all grace abound in me so that having all sufficiency in all things I abound unto every good work. I talk health and happiness and realize them in my life and keep my thoughts pure and good, so that I speak only the truth in sincerity and love.

Pray—meditate—realize.

For a Holy Life

Our Father may we know, love, and obey

Thee and do good in this world. We would worship Thee in sincerity and in truth and be consecrated completely unto Thee. We would give Thee our whole life and be wholly Thine that we may be holy in Thy sight and before our fellowmen. We thank Thee that Thou hast made us heirs of Thine and joint heirs with Jesus Christ to a wonderful inheritance with the saints of light. I live and move and have my being in Thee and Thou dost manifest Thyself in and through me. Help me to be holy so that Thou canst do Thy will in and through me towards others in the world. For the sake of Him who came to do Thy will. Amen.

Meditation

“Be ye healthy (holy), for I am holy.” Wholeness or health and holiness come from the same root word and the quotation from the Bible expresses the thought of the Scripture writer exactly. The relation of holiness and health is very intimate. I desire to be holy in order to be healthy. To be holy implies consecration to God, service to Him and lending help to those in need. I live because He liveth in me. I now open my life fully so that the Holy Spirit may enter, abide in, and work through me. I do this definitely, intentionally, and conscientiously this very moment. I am holy because Christ liveth

in me and works through me, and I realize this now.

Pray—meditate—realize.

For Pardon

We thank Thee, our Father, for the Lamb of God that lifteth up and carrieth away the sins of the world. Who is God like unto Thee that pardoneth iniquity. We praise Thee that we are fully forgiven because we have confessed our sin and inasmuch as we have, it will be remembered against us no more forever. Jesus is our peace and He has reconciled us to Thee, O God, by His cross. We thank Thee for the promise that if the wicked will forsake his way and the unrighteous man his thoughts and will return unto the Lord, he shall be abundantly pardoned. Again we have been told that if we turn from all our sins and keep Thy statutes, that we shall live and our transgressions shall not be mentioned unto us. We praise Thee that condemnation has been lifted and we have peace and forgiveness through Jesus Christ, Our Lord. Give us a complete realization of this faith in Christ. Amen.

Meditation

“Be ye kind to one another, tender hearted, forgiving one another, even as God for Christ’s sake hath forgiven you.” I will forgive all who

have done me wrong, for it will do me no good, but harm if I do not do so. The measure of my forgiveness is the measure of Christ's forgiveness to me. I will be kind and tender-hearted to the erring and do what I can to help them. I will think no evil, I will hear no evil, I will speak no evil, I will keep sweet under provocation and do all I can to glorify Christ because of what He has done for me.

Affirmation

I will forgive and forget wrongs done against me.

Pray—meditate—realize.

For Comfort

We praise Thee, O God, for the comforting promises of Thy word. Blessed are they that mourn for they shall be comforted. If we mourn on account of our sins, mistakes, afflictions, sorrows, we claim the fulfillment of Thy precious promise. Having been tempted in all points as we are tempted Thou knowest, O Blessed High Priest, how to succor. We thank Thee, our Father, for Thy pity and mercy. Jesus had compassion on the multitude and healed the sick, opened blind eyes, unstopped deaf ears, unloosed dumb tongues, made the lame to walk, healed the leper, and comforted the sorrowing, showing how Thou dost work and feel towards

the needy. May Thy comfort come to every heart in need for His sake. Amen.

Meditation

"Comfort ye, comfort ye, my people, saith the Lord." The need is the basis of this command. I will do all I can to carry out this command in my relation to men and women in need of comfort. My heart has been sad and disconsolate and some came and spoke kindly to me and I was helped. I will do the same for the sake of my Master who set me the example of doing good and comforting those in need. "As He was in the world," so am I to be as His follower.

Affirmation

I am comforted that I may comfort some one else. I will do this in Christ's name.

Pray—meditate—realize.

For Health

We thank Thee, our Father, that Thou art a God of health, for Thou art holy. Help us to come into such conscious relation to Thee that Thy health and holiness shall be ours and we shall manifest this condition day by day. If we are sick, Thou canst cure us, for hast Thou not said, "I will restore health unto thee, and I will heal thee of thy wounds." The prayer of faith

shall save and Thou shalt answer it by raising us up. Help us to realize that this work can be done according to our faith, for all things are possible to him that believeth. Make health contagious, we pray Thee, so that we shall be able to do that which will bring holiness into all lives and get glory unto Thy name. Amen.

Meditation

"The tongue of the wise is health." (Prov. 12:18.) Thought ought always to precede speech. "As a man thinketh in his heart, so is he." Then I will think health, talk health, for this will help to establish the real and natural condition that ought always to obtain in life. Sickness is due to the violation of some law. I will avoid reading or talking or thinking about disease, its symptoms, and its effects. I shall talk health and only health, and try to get others to do the same.

Affirmation

I am healthy, strong, and well. I breathe in the health of the Infinite Spirit. I am "in tune with the Infinite" and His life and health are mine.

Pray—meditate—realize.

For Grace

For Thy great grace we thank Thee, our Fa-

ther, and pray for its continuance. It is by grace that we are saved through faith in Christ Jesus, our Lord. Thy life is manifested by grace and Thy love is the supreme heart of that favor. Help us to show grace unto others as we ourselves have received so that they shall be brought to know Thee whom to know aright is life eternal. We ask it for His sake who was full of grace and truth. Amen.

Meditation

“Let your speech be always with grace, seasoned with salt, that ye may know how ye ought to answer every man.” (Col. 4:6.) God’s grace has been manifested toward me, bringing me salvation for my sin, and life eternal. His love prompted the grace to be shown and I rejoice in it. I can come, and will, to realize that grace and love in my life and show it unto others. It makes me glad, unselfish, and true in my life and I desire to become fully surrendered to His will that I may become a channel for His love and grace to flow unto others.

Affirmation

I am a channel for God’s will, love, and grace, so that other lives shall be enriched as well as my own.

Pray—meditate—realize.

For Love

We thank Thee, O Father, for Thy great love and we would love Thee with all our hearts, with all our soul, with all our mind, and with all our strength. We would love our neighbors as ourselves, and prove that we have passed from death unto life because we love the brethren. If we love one another, we know that God dwelleth in us, and that His love is perfect in us. Help us not to love in word only, but in deed and in truth. There is no fear in love and we are taught also that perfect love casteth out fear. We may have all things, but without love they are nothing. If we have Thee dwelling in us then shall we be rich and masterful and think no evil. Give us the fruit of the Spirit, which is love. We ask all this for the sake of Him who loved us and gave himself for us. Amen.

Meditation

“Speaking the truth in love, may we grow up into Him in all things, which is the head, even Christ.” (Eph. 4:15.) Speaking in love, knowing and speaking the truth in love, will increase my love for God and man. I am in a great ocean of love, for I am in God, and His love pours into my whole being so that my intellect, sensibilities, and will are all controlled by His love. I see myself living, moving, and having my being

in Him, and I will try to do only those things that are well-pleasing unto Him.

Affirmation

God's love fills me, keeps me, and manifests through me.

Pray—meditate—realize.

Giving a Treatment

Relaxation

1. Have the one to be helped to lie down on a bed or couch or sit in an easy chair and relax. Have every part of the body relaxed so that the circulation and nerve force may be equalized over the whole body. Lift the hand and if it falls limp the relaxation is a fact; if not, go over each part of the body and suggest relaxation, rest, and a quiet feeling with no desire to move or think.

Visualization

2. Get very still and have a picture in your mind of the one needing help being perfectly normal and well in his spiritual nature and that God's spirit is completely entering the whole personality and working for a complete, normal, harmonious, and complete manifestation of health. With the picture in mind determine that the patient shall receive it; also make your men-

tal affirmation and declare the truth of God's expression in the spirit, soul, and body of the afflicted one or the one needing help. Get away mentally from the appearance, the ill feeling, or the abnormal condition. You are to awaken and quicken into new activity the great physical and spiritual forces in the personality and set them going to establish right relations to God and an expression of His life in the individual to be helped.

God's Presence

3. Get a picture and hold it graphically of God's presence as good and powerful in healing, recovering, and enriching the life. Know that it imparts life, knowledge, love and joy, and fills the whole person with these things and with perfect health. This is God expressing Himself in and through the needy one.

Declaration

4. Mentally declare that this will be seen and realized in the one you try to help, and hold the thought of complete and speedy recovery.

Avoid Denials

5. Avoid denials of illness by mentioning the name of the ailment, for that will only mentally cause the patient to think of it. Your purpose must be to replace that by a picture of wholeness, per-

fection, and harmony. When this becomes effective your healing work has been done.

Pray

6. Pray silently, then audibly if so impressed, expressing thanks for the blessings given and after that meditate on the peace, love, and health that God gives to the needy one.

Affirmation

7. Then affirm silently and audibly in the name of Christ that the work is done, that recovery has commenced, that the circulation has been greatly increased, that the nerve force has been greatly quickened, and that the patient will realize that God is working in him to keep him whole, in perfect harmony and health throughout his whole nature.

Realization

8. Realize this in yourself and then in him and hold the picture until you feel that it is an assured fact.

Results Are God's

9. Your work now is done and you have nothing to do with the consequences. You are to seek the truth, speak the truth with authority and confidence. You should use the law, have a right mental and spiritual attitude, live the truth and be right with him who alone can heal. Your duty

is to see God perfectly expressing Himself and trust the law of His wholeness, harmony, and health manifesting in the needy, and the results will show in due season.

Recognize God Always

10. Recognize God when you commence the treatment, follow that by silently or audibly declaring the truths that God has given and apply these truths to the individual life and end by giving thanks and praise to Him "who doeth the works."

The prayers, meditations, and affirmations may help but the **realization** is very essential in bringing God and the needy together.

A Briefer Form

Relaxation

1. Get the afflicted or needy one thoroughly relaxed. Then pray silently or audibly.

**Meditation and
Realization**

2. Then meditate and visualize using any mental words or thoughts you may desire or that come to you at the time. Picture a normal, healthy condition. Hold it until the thought and picture seems to grip the patient's mind.

Affirmation

3. Affirm health, harmony, and happiness and

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hold the affirmation mentally until the ailing one seems to realize it as a possibility.

Avoid Certain Things

4. Do not pronounce him cured; let that be done by him. And do not talk to him about his ailment and ask him not to talk about it to anyone.

Ocean of Health

5. Tell him to picture himself being in a great ocean of health and harmony and that he is breathing these things into his whole nature for he lives and moves and has his being in God and God fills him with health, harmony, and happiness, and that he should praise God for all these things.

Realization

6. Tell him how to realize all these things in his life by living as God wants him to live and as Christ has shown him how to live in this world. Read Phil. 4:6-7.

Another Form of Treatment

Some people will yield to a very simple form of treatment which may be called a simple suggestive form.

Relaxation and Breathing

Have the person relax as in the other forms

and breathe deeply for a few moments with eyes closed.

Suggestions

Then quietly suggest that the whole body is relaxed, the circulation and nerve forces are equalized and a quiet restful feeling is present, and in that condition suggest that the rest will recuperate the body and the mind will relax its thinking and receive fully all the suggestions given. Say: The venous blood is flowing down out of the brain and the brain is quiet and restful and will do its work perfectly. The arterial blood is flowing freely into the brain and is nourishing it and stimulating it to new activity. The arterial blood is flowing freely to all the organs of the body—stomach, liver, spleen, intestines, lungs, heart, kidneys, nourishing, stimulating and reinforcing for new activity and health. (Suggest positive, not negative conditions.)

Suggestions Continued

Suggest that all fear, worry, adverse anticipation are passing away and courage, optimism, and a positive mental attitude are asserting and manifesting themselves. Suggest hopefulness, cheerfulness, happiness, health, and success.

Suggest the incoming of the Holy Spirit bringing hope, peace, prosperity, power, joy, and all the fruits of His own life. Speak slowly, em-

phatically, and monotonously. Hold the picture of help to the needy one and help him to realize the truth of what you say.

Quiet Talk

Sometimes a quiet talk about taking Jesus as a Savior and receiving Him into the life may bring peace to a troubled soul. A short prayer for, and a quiet meditation with, and a positive affirmation of, the patient like this one will help: "I do now take Jesus as my Savior and Lord and will do His will as I see it."

These forms of treatment and help can be modified according to conditions.

Important Things To Remember

Affirmations

1. Affirmations—"to make firm"—are consent to and an acceptance of the validity or truth of something. They have to do particularly with the truth and one's relation to it. When we declare or affirm something it is for the purpose of realizing the truth of it in ourselves, so that we may become conscious of it in its fullest measure.

Denials

2. Denial deals with appearances, the sense life, and passing and changeable feelings, with temporal, visible, and changeable conditions, not

with the permanent and real. It deals with actuality, but not with reality, with things and conditions that may change any time. Denials usually cause one to repeat the names of disease or sickness or conditions which one wants to get rid of. If you can avoid the use of denials, do so, and forget conditions. Christ said, "I am the way, the truth, the life", and that is positive and not negative. I know the truth and it makes me free; I see the way and I walk in it; I behold the life and accept and manifest it.

The Law

3. Every mental impression strives for expression and every mental image strives for realization. So be careful of your mental act, thought, and impression as it will be caught by the subconscious, the storehouse of the mental life where thought-images and experiences are recorded. If the subconscious has good, pure pictures or images it will respond to your call and come as an aid in your need. So watch against the entrance of things not good, impure, untrue, in-harmonious, and imperfect into the subconscious as those things will come up unexpectedly to cloud your vision and prevent the realization of the best, the highest, and noblest things in life.

Thoughts Are Pictures

4. Your thoughts are images, pictures, so put

the most beautiful constructive ones into the mental life; images which you will be glad to look at any time and have anyone else do so and not be ashamed. There is not very much value or power in denial, so avoid it. Thoughts of good, truth, and love do not mix with images of evil, falsehood and hatred any more than you can mix oil and water.

Positive and Negative

Ella Wheeler Wilcox states the matter well in the following verses:

"If we talk of the good that the world contains,
And try our best to add to it,

The evil will die of neglect by and by—

'Tis the very best way to undo it.

"We preach too much and we dwell too long

On sin and sorrow and trouble;

We help them to live by the thoughts we give

Their spite and might to redouble.

"For the earth is fair and the people are kind,

If once you look for their kindness;

When the world seems sad and its denizens bad,

It is only your own soul's blindness.

"And I say if we search for the good and pure,

And give no thought to the evil,

Our labors are worth far more to the earth

Than when we are chasing the devil."

Formulas for treatments given here are only examples. They can be used silently or audibly.

Any thoughtful person can form, modify, re-fashion, or make new ones according to the requirements.

Suggest that all fear, worry, and adverse anticipation are passing away and courage, optimism, and a positive mental attitude are asserting and manifesting themselves. Suggest hopefulness, happiness, health, and success.

The healer if he desires to do so can lay his hand on the forehead of the patient suggesting that new power is entering the brain and passing over all the nerves to every organ of the body. This is tactile suggestion and to some persons it is very helpful and they recover very rapidly. It may be helpful to some to put the right hand on the forehead and the left on the back of the head and suggest strength, help, health. You can use audible or silent suggestions, holding a picture of the person in a normal, healthy condition. Certain persons will respond more rapidly if the right hand is placed on the spine or the lower part of the brain or below the occiput and the left hand on the stomach, heart, liver or other organs, and suggest recovery if any organ is affected. The hands can also be reversed and one or the other can be placed along the spine and the other on the organ affected to which the corresponding nerves go to innervate the organ. A knowledge of anatomy is required for this work. In my book on Sug-

gestion will be found other suggestions concerning treatment. The mental and spiritual treatment is the best and the one most emphasized in this book. Be sure and thoroughly study the methods and conscientiously use them.

Preparation and the Way

Follow the form given to prepare the person for treatment and talk quietly about your desire to help him to a normal condition in which he will become well, love God, and his fellowmen, and find a conscious oneness with God who is "All in All." Show him that his wrong thinking and acting have brought on the abnormal condition and that changing them will establish a normal, healthy, and happy condition. Letting in the light drives out the darkness, accepting the truth and practicing it will put down falsehood and wrong. Whilst you make no new truth by thought, yet holding the thought steadfast to and in the truth, the false and wrong images may be destroyed and the real, essential, permanent, and normal life will be released and established. Show him that the way to realization is prayer and meditation, aspiration, affirmation, and practicing the truth by which he comes into conscious and definite oneness with God through Christ. He must not think more of the gifts than the Giver and oneness with God includes all other things.

FOR VARIOUS DISEASES**Nervousness and Fear**

Suggest relaxation, deep breathing, quiet and rest. Quote "God hath not given us a spirit of fear, but of love, and of power, and of a sound mind." (2 Tim. 1:7.) "Perfect love casteth out all fear," power conquers it, and a sound mind masters it. God does not give us a spirit of fear; you will open your heart to receive the Spirit and He gives freedom from fear, courage, love, power, and peace and you can claim them now. Fear and nervousness develop in the sense life, but in the deepest part of your nature there is no consciousness or feeling of fear. Your mental attitude is wrong and that can be and will be changed at once. God is in you, for you trust Him, and all fear will disappear and nervousness will subside. You will meet all things courageously and "as thy days so shall thy strength be." Christ in you is the hope of glory, and victory with complete mastery over all fear and nervousness. You will now have a conscious realization of God's presence with you and in you. There is nothing to fear or to become nervous over. Accepting with all your heart the perfect mind of Christ, which is light and love, you will fear no evil and be composed in your mental and physical life. There is but one supreme Presence and Power and that is God, hence there

is nothing for you to fear or resist or be nervous about.

Fevers and Distress of Different Kinds

Use whatever is suitable in the preceding treatment and in quiet meditation hold the picture of the patient in a normal and healthy condition. Mentally assert harmony, strength, and peace in the mind and body of the afflicted one. Affirm direct and open relation between God and the patient and hold that thought. Declare an equalization of nerve force and of the circulation over the whole body. You can suggest audibly these things if you desire and mentally intend that they shall be realized in the person fully. Suggest that the fever will subside and the distress—whether pain, fright, or adverse anticipation will be banished. Hold the thought that the spiritual nature is perfect for God has made it so and through that nature each one is directly related to God and through faith in Him all health, help, and strength flow into his life. Claim the healing presence and the power to overcome all abnormal conditions. God's mind gives rest and comfort, power and love, and produces peace and victory in man's mind and self. "Come unto me and I will give you rest." The coming is a mental act and the rest is a gift. God dwells in you and produces a peaceful mind and a strong, healthy body. Affirm peace, ease,

and rest of mind and body for him. The fever subsides, the circulation is equalized, the nerve forces are equalized and are working normally and a normal condition of mind and body is manifested now and will continue. All distress is leaving and you are now master of yourself.

Rheumatism, Neuralgia, and Pain Generally

Suggest thorough relaxation of every part of the body and mind, equalization of the circulation and nerve force, greater activity of all the and bring a realization of help. Then suggest eliminating organs, and a free movement of all the muscles and limbs, and that the pain is subsiding. You can suggest silently these things, holding a picture in your mind of relief and a normal condition in the patient. Hold the picture until the patient relaxes thoroughly. Determining that the picture you hold shall grip the patient's mind as that will establish hope audibly or silently, strength, health, and peace with relief from the painful conditions. Those blessings come from God and you can make them yours by seeing them present in the patient's mind and realizing that they are a present possession. It is ungodlike to be sick and in pain, for God gives health and relief. Harmony with His mind brings harmony of mind and body. Say to the sick one, "You are feeling better because

all the physical functions are doing their work well and normally and your mind is at peace with God and man. God is in you and He works through you to establish health by relief from abnormal conditions and producing normal circulation and equalization of nerve forces. Believe, receive, act accordingly, and claim the healing."

Pray—meditate—realize.

For Disturbances of Different Organs

Indigestion, congestions, and inflammations are all due to lack of nerve innervation and disturbed circulation. Any method that will produce normal circulation and normal nerve innervation will correct the trouble and establish a normal condition. Causes ought to be looked after and corrected. Nature tends to the normal and if these abnormal conditions are corrected nature or the vital forces of the body under the power of the mind will produce a healthy condition. Mental habits of worry, fear, and wrong thinking, in general, will produce a depressing effect on the nerves and then they will produce a corresponding effect on certain organs and the venous drainage becoming slow will permit congestion and inflammation and adverse conditions which will make themselves felt in the whole body. If there is an added stimulation to any organ there will be an increased activity asserting

itself. If there is a depressing condition there will be a slowing down; if a drastic effect, every cell will work more rapidly to throw that out.

The mental work is to reinforce the mind with renewed activity, and thus increase the nerve energy by mental power and also quicken the circulation by renewed nerve force. Suggest to yourself: We are vitally related to the Supreme Mind of this universe and it is healthy, harmonious, and normal and I claim its manifestation in me and in the one afflicted. Suggest to him either audibly or silently: In essential nature you are one with the One Will, Life, and Substance, and as this Life enters your life fully increased activity manifests itself in every organ of your body and produces a normal condition. Your food will thoroughly digest and agree with you. Changes in the atmosphere will not affect you. You will love all persons, and all things work together for good to you in your whole personality. Oneness with Him brings peace, joy, happiness, and these conditions have an exhilarating effect on every organ in your body, and health is your inheritance.

You are one with God and His life and health enters your whole personality and all abnormal conditions are changing into normal and healthy manifestation. All congestion, inflammation, and distress are passing away.

For Rest and Sleep—Insomnia, Etc.

Tell the patient to watch against hurry, worry, flurry during the day, for these things produce tension on the body and its organs and they interfere with the venous circulation from, and the arterial circulation to, the brain. Have in your mind the consciousness of rest and when you sit down relax and remove tension and suggest, with eyes closed a few minutes, that you will sleep and rest that night. Make your suggestions with determination and desire that they will be realized. When in bed relax, breathe deeply, and suggest that "He giveth His beloved sleep." Get a picture in your mind of being sleepy. Hold it and act it out. See yourself enfolded in the Infinite Mind where there is perfect rest and hold quiet, sweet communion with that Mind, feeling that you are one with it. Accept the rest given, the love bestowed, and the refreshment afforded. Repeat the Twenty-third Psalm. Say: "I rest in Him." Say to the patient: If insomnia has bothered you don't resist but say, "I don't care if I sleep or not. I am resting in Him and He gives me strength, love, quietness, and perfect health. God's presence is all I need, and I am resting in Him." Say to the patient: When you are getting ready for bed, or near that time, sit, or lie down in a comfortable position and affirm that you are at peace with all men, and that your mind is not disturbed by anything of the

day. Be charitable in your judgment concerning things that occurred during the day and see by faith the enwrapping Presence of your Father and affirm that His rest is yours now, both in mind and body, and will be through the night. Your soul is at rest and is still in His presence. All fear has gone out of your mind—fear of failure, fear of foes, of sleeping—because you perfectly love Him. “When thou liest down thou shalt not be afraid. Yea, thou shalt lie down and thy sleep shall be sweet.” You will rest in God and you are perfectly satisfied every hour.

Relief and Help for Accidents

Say: We are in a world governed by law and order because God is the ruler, law-giver, and director. In His kingdom there are no accidents; He is everywhere present, and things that come to us He overrules for our good and for His glory. In this conviction you can rest and in it you can realize His presence and help just now. There is but one power, one will, one law ruling over all things and you can rest in that and find consolation, love, mastery, and peace. Looking to Him, and yourself as vitally related to Him, that which comes to you can and will be overruled for good. You know Him and your real self manifested through your body, and they govern your body and control all pain. No fear can alarm you, no harm can befall you, for God

fills you with Himself and you are master and shall quickly recover. You will dismiss the belief of disorder, pain, inflammation and weakness, for you are resting in the love of God and you are confident of His power and healing.

Neurasthenia and Allied Conditions

The nervous system is the connecting link between the mind and body and is similar to the telegraph wires in carrying messages between the sender and the receiver. The nerves are easily interfered with by abnormal conditions. Being plastic, pressure by a slipped vertebrae or contracted muscle may prevent the nerve carrying the full impulse or energy of the mind. There might be such pressure so that nearly all the impulse or energy might be prevented from reaching an organ or organs, and produce almost a state of paralysis. The organs innervated by nerves thus interfered with would slow down their processes and a condition of auto-intoxication would be produced. That state continued for awhile would produce neurasthenia, nervous prostration, and similar conditions described by physicians. The permanent method of cure will be to relieve the primary causes or to somehow augment the nerve impulses. Physical adjustment and manipulation can very readily give relief for the physical interference and mental stimulation can greatly help towards augmenting

nerve impulses. The nerves, if interfered with in the manner referred to above, will in a measure somehow in time increase their carrying power. Nature seems to help reinforce the power to overcome the interference and tries to remedy the trouble so that persons affected nervously, under good care and nursing, come to a state of recovery. The mental attitude that is cheerful, optimistic, and positive greatly assists in the recovery. Such a mental state has a tendency to increase the nerve force and the blood flow and thus establish a normal condition. Neurasthenia covers numerous nerve conditions and these all can be controlled and made normal by specific treatment. The diet, deep breathing, complete physical relaxation, bathing, and plenty of sleep with outdoor life will do much to aid in establishing a normal, healthy nerve condition.

The following mental and spiritual treatment will lead to complete recovery. Say to the patient: You are united to God through your mind by faith. His life, health and power are yours. You can truly use the words of Jesus when He spoke to the storm, "Peace, be still," and the nerves will quiet and your mental life will be still and in peace.

You live, move, and have your being in Him all the time, and you can be consciously certain of this as you make it a matter of realization. Your thought is centered and rests in God now

and the truth gives you freedom from all adverse conditions. Your fear is gone and perfect confidence manifests itself and there is peace in your whole being.

Every nerve center is in perfect health and the power of love acts normally and pervades your whole personality and gives restful sensations throughout the body and in the mind. Every nerve is an avenue of strength and carries the consciousness, feeling, and sensation of peace throughout the whole body. You find blessed rest, new spiritual energy and mental impulse by the indwelling of God in your life, so that you find health in His holiness and you are obedient to His command—"Be ye healthy for I am Holy." You may claim recovery, peace, health, power in the name of Christ.

Intemperance and Other Sins

Say: "Be ye clean" is a command of God and we are made clean through the word of God. Sin may be many things but it is certainly one thing—uncleanness. You can quench your thirst with the water of life and you can find cleansing from all sin in what Jesus Christ has done and can do. "If we confess our sin, He is faithful and just to forgive us our sin and cleanse us from all unrighteousness." The indwelling Spirit of God working through the truth can purify your heart and life and take away the desire for drink and

wrong doing. He does so work in your life now and you believe and claim the victory and act accordingly. You may open your life and be filled with the fullness of God. You will do so now, claiming the blessing and act it out and realize it in your whole person. Every night when you retire you will claim the victory and also before and after you arise, you will claim it and assert it many times during the day.

For Special and Specific Physical Troubles

Say to the patient: Claiming freedom of mind, spirit, and the physical system through the truth will establish an equalization of nerve force and blood circulation in the body. Your organs are being re-enforced with new nerve energy and blood and they are doing their work well and normally. You are untrammelled in body, thought, and mind. Nature tends to the normal and God works through nature or law in you and you are consciously at peace. You are hopeful and optimistic and every vital organ feels the impact of new power which gives it new activity. The kidneys are being strengthened, the heart re-enforced, the lungs augmented in power, the peristaltic action of the bowels is normal and every organ is performing its work normally. Hold your picture of a normal condition and normal workings for all the organs. (This treatment can be used for each organ at any time according to the need.)

Chronic Conditions.

Some acute diseases and conditions have a tendency to become chronic in form. This is true of rheumatism, kidney and heart troubles, and other well known ailments. One's mind will accept the suggestions of doctors and other persons that they are incurable and as a result there is a mental let-up in doing anything to remedy the condition and a resignation to one's fate. "Wherever there is life there is hope" of a change and an amelioration of the condition. Adverse suggestions and their effects are not easily overcome but there is wonderful power in one's psychical nature and omnipotent power in the Infinite Mind everywhere present, so that if these forces are united there is no telling what may be done in overcoming chronic and abnormal conditions and in the establishment of a healthy and comfortable state of mind and body. If one's mind is controlled by the suggestion of inability to do anything and a feeling of hopelessness there will be a continual chronic state of ill-feeling manifested in the mind and body. The bodily condition depends very largely on the mental condition. Urge an observance of the laws of hygiene, deep breathing, and exercise and then give a thorough mental treatment. This can be done silently or audibly or both with good results.

This form may help: There is one Perfect Mind filling all places and it is absolute in power. This Life and Mind are the source of all power and health, and as they enter your life fully and work in it the old chronic conditions are changed and the nerve energy is augmented and the circulations—venous, arterial, and lymph—are increased and all the organs of your body are increased in activity and elimination and a new condition of health is established. (Each organ or condition can be thus mentally treated effectively.)

You are not in bondage to any circumstances, you are free, you are not affected by external things like climate, what is said, or by disappointments or rebuffs. You have perfect peace in the depths of your real self and no external storms can affect that deep stream of peace that flows in your life because your mind is stayed on God and your trust is in Him. You are one with the Mind of Wisdom and Power and you receive what that Mind so freely gives and you make it your own. You recognize your dependence on that Mind and independence of things and persons about you. You are a changeless being in your real self and pure in substance because the Infinite Spirit fills you with His life, nature, and substance. You are overcoming the chronic conditions and you see yourself as master and victorious with a new mental attitude, normal sen-

sations, and complete relief. You will hold a picture of normal health and act it out with success, renewed vigor, and strength. You do this in His name.

Growths and Other Abnormal Developments.

The works of God are good and perfect. Abnormal conditions are the result of interference with those works. Many forms of interference are found in the world and in the human body, producing serious consequences in certain realms of manifestation. Man's spiritual nature naturally seeks to maintain a vital relation with the Infinite. Selfishness, wrong thinking, and choosing a wrong course of conduct interfere with a conscious realization of power, love, wisdom, and the manifestation of the Spirit in the life of man.

The mind will work and perfectly manifest itself through the body if not interfered with. Interferences are manifold and as a result certain physical manifestations occur that are called growths, tumors, etc. As in other physical ailments so in these there must be established a good normal nerve energy and a good blood and lymph circulation. Especially must there be a good venous drainage. Exercise, deep breathing, drinking plenty of water, and other physical auxiliaries will greatly assist and in some cases may remedy these conditions. The knife is sometimes required. The mental side of treatment is rather

important as that lies back of a renewal of power required to produce normal physical results.

An open channel for the spiritual power to work through will produce most amazing results. The mind must be impressed with the thought of strength, renewed energy, and power to assist and augment the vital forces in breaking through the interferences that do not permit a normal manifestation. Say to the patient: God works through your mind and body. His power removes all hindrance to the perfect circulation of blood and nerve action. The elimination becomes perfect and health is re-established. Love is a "consuming fire" and burns away false and abnormal conditions. It purifies the mind and cleanses the body and because you love God supremely He dwells in you fully and every part of your mind and body are permeated by His presence and all abnormal conditions change into a normal state. You will hold a picture of perfect relief and a normal condition and see that the One Life and Substance fills your whole life and removes the abnormal. All excitement, fretting, and mental disturbances will be relieved and a deep inward quietness will possess the whole personality. You will picture and assert quietness, health, and victory.

Pray—mediate—realize—and manifest.

Acute Diseases.

A peculiar condition of fear usually awakens in acute diseases and it has a very depressing effect on the minds of friends and on the mind of the patient. That fear and its consequences have a tendency to interfere with the functions of the body is undisputed. More serious results may follow than would under other circumstances. Bathing in warm water will be helpful in some acute conditions and relaxation of the whole body will have a tendency to equalize the nerve energy and the circulation. Suggesting sleep, quietness, and ease, either audibly or silently, may produce a comfortable feeling and bring some immediate relief. A thorough mental treatment as in other cases will hasten recovery and re-establish the health. Affirm ease, peace, and comfort, freedom from every feeling and appearance of disease, wholeness now and relief at once. (Use fear treatment to establish a quiet, relieved condition of mind. Separate diseases may be treated in the above manner with most remarkable results.)

Realization of Privilege, Inheritance, and Success

Talk to the patient thus: Get a strong belief in the presence of the Universal Spirit with whom you are vitally connected. He can pour into your whole personality all of his possessions. Know that "the Law of the Spirit of Life . . .

hath made you free from the law of sin and death." The Spirit's working is everywhere and in Him is perfect order which is made evident to you by right thinking, right speaking, and right acting. The opposite condition in you will produce disorder, disobedience to the highest law, and suffering will follow. Obedience to the Law of the Spirit brings one into relation to every promise, blessing, and inheritance. Disobedience severs such relation and deprives one of his freedom and interferes with a conscious appreciation of the things secured by obedience. Your inheritance is perfect life, peace, and health with freedom and possession of all things necessary. "All things are yours." Your privilege is to know consciously the Spirit's indwelling and His enriching power through the truth and realization of all your inheritance in Christ. You have the mind of success and hence the thought, words, and deeds of success. "God worketh in you." You are encouraged as all things are working together for good to you. You are patient, thankful, satisfied. Success and prosperity will come now in fullness to you. Claim, realize and manifest them. You are not anxious, but you trust Christ fully and you co-operate with Him. (This form of treatment can be used for adults or children, for success and prosperity, for idealization and realization, for contagion and fear, and other conditions in which help is needed.)

Colds, La Grippe, and Similar Conditions

La grippe, colds, etc., are due to a decrease in vital activity in the body. The causes of colds are worry, anger, fear or mental disturbance, over-eating, eating the wrong kind of food or wrong combinations; sluggish circulation due to lack of exercise; devitalized blood from lack of fresh air, sunshine and earth radiance; inactive skin, caused by heavy clothing or wrong clothing, which shuts out electricity and magnetism from the sun, air and earth; over-work, dissipation and any condition which lowers vital resistance. Drugs, serums and other abnormal things have a tendency to clog the circulation, interfere with and burden the organs of elimination. These are some of the causes which produce and augment colds, la grippe and similar conditions. Slowing down of nerve activity and the circulation are the primary causes of these conditions. As long as these conditions obtain the work of the bacteria can be carried on with corresponding ill effects. The mental power can be augmented and corresponding vital activity and elimination can be increased so that an end may occur to the abnormal condition very speedily. Bathing, rest, eating sparingly and thorough elimination by water drinking and enemas are good auxiliaries and should be utilized when first symptoms assert themselves. Relieve excessive accumulations by increasing the activity of the

cleansing organs of the body. Have the patient drink freely of hot water, bathe in it and drink also plentifully of cold water. If there is fever have him stop eating and use fruit juices. When the fever is broken and the appetite returns, have him eat fruits, raw or steamed vegetables. Have him exercise in the open air or in a well ventilated room, breathing deeply and exercising, by voluntary contractions and expansion, the abdominal and chest muscles.

An assertion that the mind will manifest new power and work more strongly through the nerves, circulation, and organs of the body, will help. When relaxed and quietly breathing deeply affirm the consciousness of the Spirit's indwelling and complete filling of the whole personality with strength, health, and life. Say to the patient: Your body is the manifestation of life and Christ came that you might have more abundant life. Perfect life-action is manifesting itself in every part of your body. Your mind is pure in thought, your body is feeling the power of the Spirit's manifestation and the fever is subsiding, the organs are doing their work normally, and you are free from la grippe and cold. Life action is all powerful in every part of your body. You have the mind and consciousness of health and express perfect health in thought and in your whole body. You will now have a picture of perfect health and you will think the thought and

speak the word. (The treatment can be given silently or audibly or both.)

Fear and Sorrow and Similar States

There is an intimate relation between these characteristics of the human soul. One leads easily to the other and all have produced most serious consequences in life. They each have their particular sphere of manifestation and are largely conditioned on the attitude of mind and state of the body. A self-poisoned state of the latter and wrong thinking of the former will produce an abnormal condition of fear and sorrow whatever may be their primary causes. An excessive, unnerving sorrow is sinful and should be conquered; an inordinate fear should be mastered and exorcised from the mind. Looking at things reasonably will assist in preventing an undue amount of either. Sorrow for the loss of loved ones should be tempered by the thought that they and ourselves are always in God's presence and we cannot be separated in thought, life, love, but only in change of place. Resting in the Wisdom, Love, and Life of God unites us with them and when our eyes are opened as are theirs we shall see them. The Omnipresence of God and our vital relation to Him takes away sorrow and also fear as to those who have passed out of our touch for a little time. All life, visible and invisible, is one and no power can sever it. The

spiritual nature is the Holy of Holies of the human personality, and when the Shekinah manifests His light therein there is "Comfort for sorrow and love for fear." "A thread of our life, without a break, is ever unwound from His." In His life is all truth, peace, love, joy, and comfort. Let in the light and darkness will vanish. Let in love and hate and fear will pass away. Let in comfort and peace and sorrow will cease. You are living in Him and your belief in God and in Christ, who reveals God, will bring comfort and peace and deliverance from fear. Get a picture of God's indwelling and see yourself abiding in Him and receiving all things from Him. Repeat some Scriptures like the following: "Let not your heart be troubled neither let it be afraid." "Sorrow not as those who have no hope." "Perfect love casteth out fear."

Pray—meditate—realize and manifest.

(This treatment can be used silently or audibly.)

Realization of Ideals and the Truth

Say to the patient: There is one very important principle presented in a two-fold form that everyone ought to understand. It may be stated as follows: Every mental impression strives for expression and every mental picture strives for realization. This is really one of the most im-

portant laws of psychology. Its far-reaching application no one can understand until he has thought and worked it out. The highest ideals have a tendency to call into play all of the finer forces of the spiritual nature and they lead to the most effective realization in the whole personality. The essential power of those forces is the truth. Hence freedom, love, peace, joy and deepest satisfaction grow out of the operation of the truth through these forces. The truth also leads to sincerity and purity of heart in which there comes a vision of God to the spirit of man. The vision transforms, renews, and uplifts. The highest ideal that any man can find in literature, art, life and history, is Jesus Christ, the Son of Man, and the Son of God. To know the truth and to realize it in one's life is to know Him, believe into Him, and follow Him. He brings eternal life and deepest satisfaction. A picture of Him placed where you can see it often and the mental picture held as graphically as possible will greatly aid one who desires to become like Christ. Seeing one's self enwrapped in His love, power, peace, and joy, seeing one's self "living, moving, and having one's being in God" and allowing the truthful manifestation of the Spirit's indwelling life to show in thought, speech, and act will bring a realization of the highest ideals more speedily than in any other way. Asserting com-

plete freedom from doubt, fear, and blindness and the manifestation of wisdom, love, and power are very helpful. Claiming the fullness of God through Christ and complete victory over adverse conditions, and a realization of all that is highest and noblest will help you to know God, see Him in Christ, and realize Him in the Holy Spirit. Say to patient also:

Pray—meditate—realize and manifest in your whole life.

A Time of Silence and Meditation

Say to the patient: Take time for this when you will probably not be bothered by anyone intruding. Go into a quiet room, sit in an easy chair, or lie down on a couch or bed. Relax every muscle of your body and relax your mind. Have a definite subject or object before you upon which you will concentrate your attention. Shut out other thoughts and in a quiet but definite way see the one thing you are to meditate on and try to see all sides and especially the truth of the subject, and hold yourself to your task until you feel that you are master of it. Open your mind to the Spirit who can lead you into all truth, and let Him make the subject plain, and also make plain your duty in regard to it. When you leave the room do your duty with all your might. Realize that you drop worry, care, fear when you go

into the quiet place. It will also be a help to make a positive statement either silently or audibly or both. This form of statement is a good one: "God is here. He is my life. Christ lives in me and reveals the Divine Love to me and in me. I live and move and have my being in God." Make these statements until you become thoroughly conscious of their truth and realize the one Supreme Presence filling your whole nature. The untold blessings you will not be able to enumerate when you come into this realization.

Pray—meditate—realize.

Instruction Concerning Conditions of the Patient Under Treatment

He must relax mentally and physically, holding the thoughts: "I am relaxed, quiet, and peaceful." "Peace fills my whole being," and mentally intending and seeing that it does. Having an open and receptive mind. Forgetting the ailments and thinking of health, peace and strength; thinking all that is good, true, and beautiful; expecting a realization of these things in the whole personality. Expecting a clearer view of the truth and mentally laying hold of the truth will greatly help. Being ready to receive is a better attitude than mentally reaching out after what the healer gives, as that mental state will have a tendency to make one anxious and tense. This condition

will cause all kinds of thoughts in the mind of the patient and interference with the work to be done. Holding the thought of complete recovery, renewal of spiritual power, and a full realization of the presence of God will help in the work. Having confidence in what is being done and obeying directions. Refraining from thinking about his ailments and refusing utterly to talk about his sickness to his friends. Health is what is wanted and the way to get it is to think, talk, dream, and mentally picture it to one's self and others. This is and ought to be also the healer's attitude and will be if he is to succeed in his work. If the patient talks the opposite he is undoing all the help the healer is giving, rejecting all thoughts of health which he is sending and undoing all that the patient can help to do for himself.

Tell the patient to act out health, for that impresses the mental life and strengthens it and causes it to think positively of recovery. Be regular in taking your treatments. Expect the best and co-operate as fully as possible in order to get all possible physical health, mental strength, and spiritual power. Be thankful for every indication of improvement and thank God for it. (Phil. 4:6.)

MORNING AND NIGHT THOUGHTS 159

Morning Thoughts Before Rising

For All

I am thankful to God for sleep, rest, and strength. I awake to righteousness—right thinking, right acting—which I shall carry out today. I shall do everything today for the glory of God and for good to my fellowmen and myself. I shall take pleasure in my work and be happy in doing it. "I shall be fervent in spirit, serving the Lord." I shall be successful in everything that I undertake that is right. God gives me this day and my daily bread. He feeds my soul on spiritual food and gives strength and desire to do His will. I shall think good of all persons and try to do good unto all for the Master's sake.

Night Thoughts After Retiring

I have had a good day and shall sleep soundly tonight. I carry no memory of hatred and I have a good feeling for everybody. I have no condemnation hanging over me, because I am in Christ Jesus and I confess my sins unto God who is faithful and just to forgive my sins and He cleanses me from all unrighteousness. I have eternal life and that life is in Christ. He lives in me and I manifest that life. I have given up anxiety and I lay all my burdens down at Jesus' feet. "He giveth His beloved sleep" and my rest shall be sweet and helpful to my body and mind. All in His Name.

How to Go Into the Silence

1. Retire to a quiet room or place daily for one-half hour or longer if possible. Get away from everybody and everything and alone with God, your Heavenly Father.

2. Take a restful position, relax your body and mind, breathe deeply and rapidly for a few moments and in the last expulsions of breath make them complete. Then breathe in quietly and deeply, with the thought held as graphically as possible that you are breathing in the Infinite Spirit.

3. Shut out daily thoughts and cares, anxieties and worries. Become perfectly quiet and mentally dismiss bodily, mental and moral imperfections and get a picture of yourself as God's child and see yourself enwrapped in His presence, Love, Wisdom and Power, and these things filling your whole personality.

4. Take one affirmation, or two having in them the same thought, and hold in your mind, excluding as far as possible all other thoughts, and give yourself up to the thought and let it grip you. Try to realize its full import and power in your life.

Here are a few more affirmations that may be used:

Thy Eternal Life is my life.

Thy Infinite Wisdom guides me.

Thy Wondrous Intelligence illumines my mind.

Thy Perfect Health is revealed in me and is mine.

Thy Infinite Power upholds me.

Thy Almighty Strength is my support.

Thy Unchanging Love surrounds and fills me.

Thy Eternal Truth has made me free.

Thy Perfect Peace broods over me and fills my life.

5. Do not tense the muscles of the body when thinking, but let your affirmations pulsate through your whole personality. Be so relaxed that you will have a delightful feeling of rest over the whole body. See the Infinite Spirit taking complete possession and vibrating through you, the Infinite Mind thinking through you and Infinite Love filling you until you feel a oneness of life, love and mind with God. Realize that He reaches out through you to help others in thought, feeling and action.

6. Use the same thought and affirmation daily until you realize it in the very depths of your nature. After that take another until you realize fully its meaning and power. The power of a suggestion is realized by repetition. The development of your psychical nature, the revelations received, the unfolding of your spiritual life, and the mental comprehension depends on concentration and unifying your thought. Put

away all idea of discouragement or fear from your mind.

7. Make Christ a living, spiritual power in your life. Be specific in this and let Him be what He ought to be to you, a real, actual, essential and glorious life in you and living through you to bless, help, heal and comfort others.

8. Memorize and repeat the following three times after each meditation and affirmation:

My heart is filled with God's Love, my mind is filled with His Wisdom, my spiritual nature is filled with His Power and my whole being is filled with His Health and Holiness. I put out of my mind all thought of discord, discontent, wrong desire and disease, and shall cultivate the thought and spirit of harmony, happiness, health and heaven.

In order to get the best out of the silent meditation there ought to be a regular time and place, preparation and a thoughtful spirit at the close to deepen the impressions. No one can understand the helpfulness and spiritual, mental and physical benefit that can come from these simple exercises carried out in this time of silence and meditation.

TWENTY-THIRD PSALM**and New Testament Explanation**

Some one has found a beautiful fulfillment of the Twenty-third Psalm in the words of Jesus. With a little rearrangement it is reproduced here.

"The Lord is my shepherd; I shall not want."

"I am the Good Shepherd."

I shall not want rest: "He maketh me to lie down in green pastures."

"Come unto me all ye that labor and are heavy laden, and I will give you rest."

I shall not want drink: "He leadeth me beside the still waters."

"If any man thirst, let him come unto me and drink."

I shall not want forgiveness: "He restoreth my soul."

"The Son of man hath power on earth to forgive sins."

I shall not want guidance: "He leadeth me in the paths of righteousness for his name's sake."

"I am the way, and the truth, and the life."

"Follow me."

I shall not want companionship: "Yea, though I walk through the valley of the shadow of death, I will fear no evil; for thou art with me."

"Lo, I am with you always, even unto the end of the world."

I shall not want comfort: "Thy rod and thy staff they comfort me."

"I will not leave you comfortless. Ye are in me, and I in you."

I shall not want food: "Thou preparest a table before me in the presence of mine enemies."

"I am the bread of life; he that cometh to - me shall not hunger."

I shall not want joy: "Thou hast anointed my head with oil."

"That my joy may be in you, and that your joy may be filled full."

I shall not want anything: "My cup runneth over."

"If ye shall ask any thing of the Father in my name, He will give it to you."

I shall not want anything in this life: "Surely goodness and mercy shall follow me all the days of my life."

"Seek ye first the kingdom of God and his righteousness, and all these things shall be added unto you."

I shall not want anything in eternity: "For I will dwell in the house of the Lord forever."

"Whither I go thou shalt follow * * *
That where I am, there ye may be also."

Help and Healing Series

MANUAL

OF THE

League or Class of Healing and Helpful Service

Plans and Purposes of the Organization
as an Assistant to the Pastor
and the Church

Originated and Organized by
DR. C. F. WINBIGLER

Author of "Healing and
Helpful Series of Books;"
"Suggestion; its Law and
Application," etc., etc.

LOS ANGELES, CALIFORNIA

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INTRODUCTION

The League or Class for Healing and Helpful Service may be an organization or may be made a part of an already formed class or organization in the Church. The objects for such work, as is planned for this League or Class, are very definite. The objects are:

1. To assist the pastor and Church.
2. To assist Churches in carrying out Christ's command to "heal the sick" and to disseminate spiritual and scientific principles in order to help those in need and those who desire to realize all that is highest and best in life.
3. To help individually by giving healing treatments, advice and comfort.
4. To emphasize the laws of healing found in the Scriptures and especially in the New Testament, and the utilization of the latest discovered principles of psychology, hygiene and optimistic philosophy in caring for the body, soul and spirit.
5. To show how these principles can be used to develop and keep in prime condition the physical, mental and spiritual life.

6. To show the unreasonableness of denying the testimony of the senses and one's best judgment.

7. To develop and make efficient and practical helpers in the Church, assisting the pastor by visiting and helping the sick and infirm, encouraging the discouraged and hopeless ones, and thus make practical the whole gospel of Christ.

8. To conserve the interests of the Church by holding those interested in these healing and helpful principles in the church and giving them an opportunity to help others and bring them to Christ and into the Church.

HELP AND HEALING LEAGUE

Officers

1. President
2. Vice-President
3. Secretary
4. Treasurer
5. Teacher
6. Executive and Advisory Committee
 1.
 2.
 3.

The Pastor is ex officio overseer and advisor of the organization.

Constitution and By-Laws

This organization shall be called **The League or Class of Healing and Helpful Service** of theChurch or organization. Every person who is willing to prepare himself or herself by study to utilize the principles in the books of instruction gotten up for this organization shall be admitted as a member by recommendation of the pastor and a vote of the League.

Motto and Duties

The duties of the members shall be to do all the good they can, in all the ways they can, to all the people they can, and in all the places they can. They will be given certain names of persons that they may visit and treat by the principles which they have learned from the Scriptures, from the books of instruction, from psychotherapeutics, and from optimistic philosophy. They shall be encouraged to visit any people outside of the church or in the church in need of their services, advice, and ministry; doing all they reasonably can to lead those unsaved to Christ as a Savior, and comforting and helping those in distress who are Christians. Their special helpfulness to those out of the church shall be to administer help, healing, and comfort to them and by teaching and invitation lead them to trust in Christ for salvation.

They must live exemplary lives and show by life and action that they know Christ as Savior and Lord. **He only can take to others what he himself has received.**

Duties of Officers

Section 1. President. The very best person, qualified by knowledge and life, shall be chosen for this position and shall preside at the meetings, outline the work with the executive and advisory

committee, and become acquainted with and learn the qualification of those who are to do active work in the League.

He shall appoint all committees unless otherwise provided for; shall construe all laws of the League, decide all questions arising, and perform all the customary duties of such an officer.

Sec. 2. The Vice-President shall perform the duties of the President in the latter's absence.

Sec. 3. The Secretary shall keep a complete record of the meetings held, send to any member names of persons to be visited and helped, and give information received to the President and pastor.

Sec. 4. The Treasurer shall receive and account for all moneys coming into the treasury of the League and shall disburse the same by order of the President and Secretary. He shall render a report to the League every three months.

Sec. 5. The Teacher shall be as thoroughly equipped as possible in Scriptural knowledge from the books of instruction, in the principles of psychology and psychotherapeutics, and optimistic philosophy. The teacher ought to be thoroughly good, spiritual and thoughtful, and filled with the Holy Spirit.

Sec. 6. The executive and advisory commit-

tee shall take the oversight of the work in general, and with the President shall direct the organization in such a manner as to accomplish the highest results and reach the largest number of people. They shall, through the Secretary, request those helped by workers to come to the prayer meeting and give testimony concerning help received and urge them to join the League and do what they can to advance the work of the same.

Sec. 7. The officers shall be elected by ballot at an annual meeting and shall hold office until successors are elected. The executive and advisory committee shall be appointed by the officers with the approval of the pastor.

The Reason for This Organization

The needs of a league or class of the character named in this manual is almost self-evident. Certain cults are taking out of our churches numbers of people who would be glad to work in the churches if they knew what they could do along the line of assisting the church in restoring the sick to health, the despondent to joy, the obsessed to their right mind, and the fearful to a condition of peace and quietness. Some of these principles have been advocated in magazines and papers, in books and lectures, so that many are

getting ideas which they feel could be effectually used to help those in need. Having no opportunity or encouragement to do what they could to help others by the use of these principles, or, if they try to do so, being immediately accused of belonging to certain cults—these people go where they feel that they will not be misunderstood and find sympathetic companions believing and practicing what they believe. The churches ought to hold these people and put them to work, thus securing the benefits of the help which they can give. The truth which Christ taught covers the spiritual and physical needs of mankind.

Name

“The League or Class of Healing and Helpful Service” is a name that exactly expresses what is intended by this new organization. It is intended to utilize all sane and reasonable principles of truth, to recover the ailing and to bring help to all that are in need.

Principles Used

The principles of the New Testament and the whole Scriptures, psychology, psycho-therapeutics, optimistic philosophy, and the knowledge in the special books of instruction, will be utilized and applied by those who are prepared to use these principles.

Preparation

Some training will be necessary for those who have never made a special study of these principles and in the books of instruction will be found many teachings which if practically applied will accomplish remarkable results in recovering those who are sick, fearful, disconsolate, disappointed, depressed and helpless, from the state and condition which they are in to an opposite and normal condition in which they will find joy, happiness and success. There is no reason why all these agencies referred to shall not be utilized in order to bring out of life all the finest elements it possesses and bring to those in need of physical, mental, and spiritual help the very things that make for comfort, strength, power and salvation.

The Church's Work

The church is not only to lead a soul to salvation but is to edify and build that soul into a spiritual temple. To change the figures, the Church is to develop the life of its membership so that there shall be a complete unfolding of the whole man physically, mentally, and spiritually. Hence there is to be definite work which only can be performed by utilizing definite principles.

Time Ripe for This Work

The time has come for the church to take up the matter of specific help for the sick, worried

and fearful, and do the work by the utilization of sane and scientific principles and thus stop the loss of membership to cults that are practically denying the fundamental teachings of Christianity.

Cults Use Suggestion

Different cults are simply utilizing certain forms of suggestion in an effective manner and yet they positively deny using it. Any one who knows anything about suggestion and its law knows that their denial gives those cults the falsehood or else brands them with ignorance. It makes no difference whence the suggestions may come, whether from physical sensation, mental causation, or spiritual origination it is suggestion. There are antidotes for poisons and there are antidotes for things that are wrong. Truth is the antidote for error and as we suggest the truth and use it effectively we conquer error and put it down.

Mortal Mind—Dilemma

It is utterly senseless to deny error, sin, sickness, and death. Christ did not deny them and why should we? The "mortal mind" is a thing these cults conjure with and a mere assumption without any reason. If they mean the conscious mind then they must act differently in order to make such assertions about it or else they must

cease following its leadings and cease doing what seems to be very reasonable. To be consistent they must cease to eat, to wear clothing, to carry an umbrella when it rains, stay in the house when it is cold, be utterly indifferent to all the laws of health. The conscious mind leads to reasonable action. These people act reasonably but talk very unreasonably.

Consistency

If the followers of these cults will say "we assume the existence of mortal mind in order to have a straw man to knock over and make our denials of matter, sin, sickness, and death in order to hold up our unreasonable philosophy" then we have nothing more to say.

No Harmony Between Their Teachings and the Master's

To claim that these things are in accordance with the teachings of Christ and the Bible is to claim what is not true and to misrepresent our Lord and His word. There is no possibility of making their negations to accord with the teachings of Christ and the Bible, except by perverting the Scriptures, misinterpreting them, and giving a specialized and unreasonable meaning to them. This is done by "Science and Health," and other books by these cults. The Bible is a book of life and its principles are to be interpreted in a reasonable, scientific, and simple way so that "the

wayfarer" and "he that runs" may read and understand them.

**Scientific and Reasonable
Therapeutic Agencies**

The Scriptures present certain laws and principles which if obeyed and used will secure spiritual, mental, and physical health. Psycho-therapeutics and mental healing bring to us formulated laws that may be used in recovering man from worries, fears, physical, mental, and spiritual darkness and disease. Optimistic philosophy, based on the utilization of the Law of Suggestion, will bring most remarkable results to the human being that obeys its principles and laws.

Denial of Senses

It is not necessary to stultify our conscience, dethrone our reason, act contrary to our best judgment, and deny our sense life in order to get helpful, healthful, and splendid results in our lives. We can keep ourselves in a normal condition, act consistently with the highest and most reasonable philosophy and not deny the most evident experiences of our lives.

**Power of Mind
Over Matter**

Sin, sickness, pain, death, and matter are things to be reckoned with in our present environment. No legerdemain of words or silence can success-

fully deny them. They can, however, be mastered and controlled by spiritual and mental forces brought into proper relationship to the life of man; their power will become ineffective because man's mind will then be superior to them and can conquer them. A Christian Scientist said, when I made this statement, "Why, that is what we believe." I answered, "Why don't you say so?" We shall take those things for granted and go to work and control them and become master of them.

Real Work of the Church

The teachings and practice of Christ and His apostles concerning healing, optimism, and help as well as salvation are plainly given in the New Testament. The Church has gotten away from those teachings, but she will gradually return to them and then she will do the work that the Master gave her to do in its completeness.

Prevention Better Than Cure

It is far better by a system of education and training to prevent nervous breakdowns and abnormal conditions than to permit them to occur and then try to cure them.

Testimonies

Dr. Robert McDonald says that "healing the sick must be made a regular, recognized department of Church work." Dr. Elwood Worcester,

one of the leaders in the Immanuel Movement, says: "The healing work of the Church in the early centuries of the Christian era had a most powerful influence on Church life and custom and was an influential factor in the Christian propaganda."

Principles Successfully Tested

The Emmanuel Church of Boston, and Bishop Fallows in his Church in Chicago, and one or two Churches in New York and other cities have tried out these principles most effectively and have proven their efficiency in helping people out of their grief, fear, worry, disappointment, selfishness, sickness, and all kinds of nervous conditions.

Nature of Treatment

Their treatment is very simple but very effective. It consists of a plain talk which leads to a statement of the causes of disturbance in temperament, character, and circumstances; directions are given to be followed faithfully according to the specific needs; waking suggestions are repeated over and over again, and the treatment ends with prayer and good wishes. At times, by these simple exercises, almost miraculous results are obtained in the lives of the people who come for help.

Many Different Cases Helped

A large variety of cases can be helped: those who have given up the battle of life; the victims of overpowering fear and distrust; the afflicted, suffering from religious depression, which threatens to destroy reason; those who suffer mentally until they are down to the very verge of suicide; the physically ailing, the worried—all receive great help from persons who know how to use effectually the principles of the New Testament, suggestion, and optimism. Neurasthenia, with all its attending ills, surmises, fears, and suspicions, has been relieved and a normal condition has been established.

Results Obtained

Self-surrender and self-control can be taught; religion can be made a real and not a theoretical matter; the emotions can be controlled; the will can be re-enforced and set in operation; the mind can be impressed and directed; the vital forces can be mentally augmented in action; the physical, mental, and spiritual life can be quickened by the utilization of the principles referred to in the fourfold classification given. These principles apply to and work in every department of life and why should the Church not use them effectively in helping every member and bringing the personality and individuality of each into a perfect stature and condition in Christ Jesus.

**Harmony of Religion
and Science**

Religion and science are handmaids to help, bless, and perfect humanity. The clergyman and physician can work together, and trained helpers can do most splendid work in the name of the Master, thus helping to establish the Kingdom of God in the hearts of men and women.

**Remedy for Present-Day
Nervous Conditions**

Nervous conditions, due to the rapid rate of living and the abnormal conditions of life, are developing rapidly in this nation, and threaten its peace, health, and spiritual life as never before in its history. Infectious and contagious diseases have been controlled, thus preventing an epidemic manifestation as in the past, and so we expect that the nervous conditions arising from physical, mental, moral, and spiritual causes can be relieved by the positive utilization of the principles of the New Testament, psychotherapy, and optimism, etc. The conditions are becoming appalling and the remedy is at hand to be applied for prevention and recovery. It is not in any sense another cult, but simply the using of forces and methods that are at hand to secure the best for mankind in thinking, feeling, and willing, thus glorifying God and realizing His will.

Main Object of the League

The great object in the organization of this League or class is to fix in the minds of the ailing ideas of health and holiness. It is to aid in right thinking, spiritual discipline, and the establishment of right mental and spiritual habits to help the church and glorify Christ.

Powerful Remedial Agencies

Instruction, testimony, and prayer, will be utilized by the workers to recover the ailing and those in distress of mind or body. It is a well-known fact that prayer and tactile suggestion with oil or without may lead to recovery and therefore may be used as a therapeutic agency.

The books of instruction entitled "How to Help and Heal One's Self," and "How to Heal and Help Others" are ready for publication and they with the large work for advanced students can be secured from the author. The title of the advanced work is "Suggestion: Its Law and Application; or, The Principle and Practice of Psycho-Therapeutics." It has 472 pages and covers the whole field of psycho-therapeutics and optimistic philosophy.