



PERSONAL AND PRIVATE
INSTRUCTIONS

♦ ♦ IN THE ♦ ♦

ROSICRUCIAN ART

OF

*Absent
Healing*



Rosicrucian Art of Absent Healing



PART I.

IMPORTANT PRELIMINARY INSTRUCTION



BEFORE any member of the Rosicrucian Brotherhood attempts to use the system outlined in this pamphlet, every word on every page should be read carefully, and with concentrated attention. Every paragraph is important, and nothing that is unnecessary has been put into this pamphlet.

The Sixth Grade of the higher Temple Monographs of our work contains a complete system of healing intended for those of our members who want to delve deeply into the unique Rosicrucian laws of *contact healing*. This system of personal contact healing is different from any that has ever been given by any of the oriental or occidental schools of metaphysics except the Rosicrucians, and is especially valuable to physicians, nurses or those healers who have had some practical experience in healing, though it is very helpful to every member in maintaining perfect health in his family.

In some of the higher lessons various methods are presented and suggestions outlined for the use of the Rosicrucian healing methods in giving absent treatments instead of contact treatments. So many of our members wish to co-operate with us in the giving of absent treatments, and also wish to help their relatives, and friends who are suffering from various ailments, that for this reason this special pamphlet has been compiled, outlining a very thorough system of absent treatments based upon the principles contained in the various grades of study. This pamphlet does not take the place of the suggestions and instructions given on absent treatment in the higher studies, but does enable those members in the lower grades to apply some of these principles before reaching the higher grades.

It is necessary, therefore, that these instructions be followed very carefully, and that each step in the process of giving a treatment be followed exactly as outlined herein. Reading this pamphlet several times and becoming acquainted with each detail will bring a very large reward in the matter of successful treatments.

WARNING

This little pamphlet is issued privately and exclusively to the members of the AMORC. It is not to be sold, given or loaned to those who are not members, and the matter contained in it is confidential, and comes under the same protection given to all of our monographs.

THE NATURE OF ABSENT TREATMENTS

Absent treatments are those treatments given to a person at a distance, whether that distance be a few feet, or many miles. Absent treatments may be given to a person in an adjoining room, an adjoining building, a distant city, or in any place or circumstance. The *contact treatment* referred to previously in this pamphlet is a treatment that must be given at any time, and in almost any circumstances. But there are very definite rules that must be followed; and if these rules are ignored there will be a small percentage of results obtained.

THE FIRST STEP

The first thing to remember in giving absent treatments is that the greatest success will be obtained if the patient is *anxious* for some treatments of this kind, *and has asked for them*. The patient need not know exactly what kind of metaphysical treatment you are going to give, nor need you mention the fact that you are a Rosicrucian, or going to give Rosicrucian treatments, if you do not care to do so; but the patient should know that you are going to give metaphysical, or Divine, or Cosmic treatments; and the patient should know that you are going to give treatments that are based upon scientific as well as Cosmic laws, and not merely some form of Divine treatment based exclusively upon prayers. But, whether the patient knows anything about the kind of treatment you are going to give or not, the patient should be willing that some form of Cosmic treatment be given *in addition to whatever other treatment he may receive from physicians, doctors, nurses, or whomsoever*. In other words, you will have less success if you attempt to give treatments to persons who do not know that you are going to do anything for them, or that you are going to petition the Cosmic in their behalf. Therefore, your first step should be to ascertain whether the person who wants your help desires some additional help to whatever form of treatment he may be receiving. If you can call him on the phone, or visit him, or write to him, or someone in the family can do so and secure an assurance that the patient will be glad to have you help with your form of treatment, then you have made the *first step* that is very important.

THE SECOND STEP

If it is possible to do so, and you can arrange a period of time for your treatments when the patient can be in a relaxed condition to receive them, you will have an additional feature of helpfulness that is of value. Your absent treatment can always be given at night when the patient is asleep, and therefore in a relaxed condition. Such treatments can be given, of course, without the patient arranging for any specific time. But, some additional treatments during the daytime are often necessary, and if these can be given when the patient is sitting down or lying down in a relaxed condition for ten minutes, they will be of great value. Therefore, if you can arrange in most cases to have the patient lying down or sitting down in a relaxed or quiet condition for ten minutes, say beginning at ten o'clock in the morning, and again at three o'clock in the afternoon, or at any other hour that is convenient to you and the patient, it will be an additional help. If you cannot contact the patient or get in touch with him in any way to make such an arrangement for daytime treatments, you will have to select a period in the morning and a period in the afternoon for your treatments when you think the patient needs them, or when it is most convenient to you. Remember, that even when the patient is more or less active, moving about, or thinking of other things, the Cosmic contact can be established to *almost* the same degree as if the patient were sitting or lying down in a relaxed position and mental attitude.

THE THIRD STEP

Be sure that you advise the patient and advise the relatives or friends of the patient if you can explain anything to them about your work, that they *should not dismiss* any physician, nurse, or other kind of helper who may be aiding the patient to recover. The Rosicrucian system *does not* interfere with anything that is being done for the patient by any system of therapeutics, whether it is medical, physical, mental, or spiritual. In other words, you must have it understood that you are not taking the place of the physician they may have, nor taking the place of any system they may be using, but simply adding to what is being done without interfering in any way.

You should also make it plain to everyone that what you are doing in the way of giving absent treatments is in connection with your studies and your work as a student of the Divine principles of life, and that you are not posing as a professional healer (unless you are a licensed physician, nurse, or healer of some kind) and that you are not making a business out of your

treatments, *nor charging any fees*, and not trying to injure or defame the character of any other system of healing, or any school of healing, or any physician or healer.

EMERGENCY TREATMENTS

If you see persons injured in an accident or learn of a number of persons who are hurt in an accident, and you wish to help them, you can use this system by retiring somewhere, where you can be alone and unobserved, and instantly give an absent treatment to those who need it without consulting them, or consulting anyone else, and you will find, in most cases, that your work has been of great value. But, outside of such emergency cases it is always better to ask a patient, especially if it is a friend or relative, whether he wants the treatment from you or not. There is a Cosmic law for this, and it is said that none of the great healers in the past, and that not even Jesus, gave any treatments without being asked for them. When a person asks for a treatment, or *expresses a desire* to have some help from any individual, *he automatically places himself in psychic and spiritual attunement* with that person, and this is very helpful.

PART II.

THE NATURE OF THE TREATMENTS

The system given in this pamphlet is not based upon *faith treatments* or upon *faith* on the part of the patient. While it is true that it is helpful to have the patient *co-operate* with you in relaxing and being quiet at certain periods when you are giving the treatment, it is not necessary for him to do anything else than put himself in a *receptive* mood. You do not have to build up his faith by telling him *what* you are going to do, or *how* you are going to do it; nor do you *need* to tell him anything about the success you have had with any other cases, or anything of this kind. You will find from your experience in treating persons who are in co-operation with you, and in treating persons who do not know you are treating them, that they have the same sensations, and have the same strange realization of your treatments as do those who know that you are treating them. Of course, if a person does not know you are treating him, he cannot be using *his faith in you* to help. So, you must eliminate from your mind any idea that *faith on the part of the patient* is necessary. But you must have *faith* in the *system*, and have *faith* in the *Cosmic* to do what is right and essential! You must not have faith in your ability *as an individual*, for you are *not* the one who is doing the healing. God does all the healing that is done at any time, by

any system, whether medicine is used, electricity, surgery, prayer, massage, or anything else. You are merely an instrument between the Cosmic forces here on earth, and the patient, after having offered yourself to God and the Cosmic to be such an instrument or channel. In fact, you are no more the true healer than is the delicate knife in the hands of the surgeon. His wisdom is guiding the knife in doing certain things, and that same wisdom that guides his hand will also guide the processes of nature in healing after the surgical operation is ended. But just as the surgeon learns from experience to have faith in the knowledge he has obtained, and have faith in nature's processes to bring about certain results, so you must have *absolute faith* in the system you are using, and never give a treatment with the idea of merely seeing whether the system will work, or with a vague hope that it will work. If you are not sure that what you are going to do for a patient will help him, *then do not give the treatment.*

DIAGNOSING

Just because you are not doing the healing it is not necessary for you to do any diagnosing. Of course you should always ask what it is that a patient is suffering from, or what the doctors or others say it is, so that you will know whether you are treating a broken bone, a toothache, an injury to the head, a long-standing disease, or what. But it is not necessary for you to go into the minute details of asking how much temperature a patient has (unless you merely want to check up on the results of your work in reducing the fever), nor do you have to know what the pulse is, nor just what symptoms in different parts of the body the patient claims, or anything of this kind. And, for the same reason, in giving treatments you should not attempt to determine *how the cure should be made.* This is the worst blunder that any healer using Cosmic methods can make. It is equal to trying to put yourself into the place of the Cosmic, and telling the Cosmic just what to do for the patient. This is where nearly every other system of healing fails, including medicine and surgery. It is impossible for the patient, let alone a second person, to know exactly what is wrong inside of an ill person, and exactly what should be done first, second, third, fourth, etc., in the process of healing. If you leave the whole process to the Cosmic, you will find that the cure is made better and more quickly than if you attempt to visualize what should be done.

THE FIRST STEP

It is important, however, to ask some patients who have had a sudden illness come upon them, what they have done in the days past to violate

some of nature's laws. If it seems that the disease or illness is due to wrong eating, wrong living, wrong thinking, or rash acts of any kind, the patient should be made to understand that if he, or she, continues to violate these laws of nature, the illness will probably continue, regardless of any treatments that are given. It is especially important to tell patients who are suffering from an illness that has lasted many days and many weeks, or that seems to be affecting the entire physical system, to keep in mind the fact that hatred, jealousy, enmity, or any kind of destructive thoughts held in the mind of the patient toward any living being, will keep the patient from getting well. Such is probably the cause of the illness.

In other words, the patient should be made to understand that if the treatments are going to be helpful, *the mind of the patient must be free from all destructive mental attitudes*, and the patient must discontinue any acts of any kind that have been contrary to nature's laws. Overworking, improper clothing in cold weather, exposure to the elements, working under poor light, lack of exercise, overeating, or lack of nourishment, the wrong combinations of food or drink, and many other things are violations of nature's laws which must be discontinued. These are the only recommendations that you should ever make to a patient.

SECOND WARNING

Never prescribe any medicines, salves, tonics, drinks, pills, tablets, diets, special foods, or anything of this kind, because according to the laws in the various states such recommendations may be interpreted as *prescriptions*, and you would be violating the medical laws, and placing yourself in a serious predicament. You can tell those persons who want to know about diet that there are many books easily secured from the library, or by writing to various organizations, which outline diets and the proper combinations of foods. *Never make any recommendations in writing that can be interpreted as a prescription, or a diagnosis, or a formula for treatment.* Recommending a glass of ordinary cold water (not any special form of bottled water) is the only thing that you can safely recommend to a patient without transgressing upon some law, and be sure that you, yourself, never give this glass of water to any patient at a bedside, or elsewhere, but let some member of the family do this for you.

THE SECOND STEP

First of all it is presumed that you are in good health at the time you are giving treatments. If you are suffering from headaches, fatigue, or any

form of indisposition, mental or physical, you should not attempt to give treatments while you feel in such mental or physical state. You should always approach each treatment in a prayerful, spiritual, humble attitude. You should be thankful of the opportunity to give a treatment, remembering that as you serve the Cosmic in its work, the Cosmic will be willing and ready to serve you. You should never be boastful about what you are doing, nor proud of your results. You should never accept a personal, individual reward for your services, nor allow yourself to be praised as one who has special powers, except so far as your knowledge for treating is concerned.

Having arranged either a special period for your absent treatment, or having selected a period that is suitable to yourself, and which may not be known to the patient, your next step in the giving of a treatment is to sit down where you can be quiet and alone, if possible, although such treatments can be given while you are riding in a train, or even standing on the street.

The important thing for you to do is to cast aside your present whereabouts, and with the concentration of your mind try to think of only two factors—the patient who needs help, and the Cosmic powers about you who will use your mind as a channel for the treatment. This is no place or time to try to explain to you why the Cosmic uses your mind as a channel, for all of this is covered in the lessons and monographs.

You need not try to visualize the patient so clearly that you can see the patient, or feel his suffering, or anything of this kind, nor should you visualize the nature of his condition in minute detail, nor attempt to visualize the nature of the treatment that the Cosmic should give. You may not even know the name of the patient, but merely know that it is a woman or a man living in a certain part of the city, suffering from some general condition that has been briefly explained to you, and whom you wish to reach.

The Cosmic will take care of establishing the right connection if you just think of the person who is now to receive the treatment through you. After having established your mental attitude with these two thoughts in mind—the patient and the Cosmic—then you should take a very deep breath and hold it as long as you can, and then slowly exhale it through the nose with the mouth closed; and while you exhale you should hold the thought that you are coming in mental and psychic contact with the patient. Then you should offer some brief prayer to the Cosmic which you should say mentally and silently. The prayer may be something like this: "I humbly ask God and the Cosmic powers to send through me to the patient the healing forces of the universe, and an awakening of the constructive,

creative powers resident in the patient, that pain may discontinue and normal condition return, leading to perfect health."

You can make the prayer longer if you wish, and you can repeat the prayerful thoughts as many times as you wish, but do not attempt to tell the Cosmic what to do in any specific form of treatment. Direct your prayer to God and not to any individual "master". Offer yourself as the channel of attunement and connection through which the treatment will be given.

Keep repeating these mental thoughts and prayers for five or ten minutes that you are giving the treatment. Five minutes will usually be enough in ordinary cases of any condition, but in emergency cases where accidents have occurred, and persons are rapidly losing blood through injury, or are in intense pain, you may make the treatment of ten minutes' duration. In such extreme cases a second treatment should follow within an hour, and more should be given during the first twenty-four hours. In all ordinary cases of illness a treatment during the morning, one during the afternoon, and another one at night when the patient is asleep will be sufficient for each twenty-four hours.

THE THIRD STEP

As soon as you have finished the five to ten minute period of concentration, you should express a short prayer of thankfulness to God and the Cosmic for this opportunity to help, and then rise from your position of concentration and go about your affairs with an attitude of complete confidence that the Cosmic is at work and continuing the constructive healing work in the body of your patient. You should have no question or doubt in your mind that the treatment is at work, nor should you have any doubt in your mind that you have reached the patient. Your mental attitude at this point is very important, and it should be a humble attitude as well as one of extreme confidence.

It is not necessary for you to think of the patient between the treatments. Keep in mind whatever schedules you have arranged for the patient and adhere strictly to them.

NIGHT TREATMENTS

One of the most successful periods for night treatments is when it is between two and three in the morning in the place where the patient lives. If the patient is very distant from you, then the hour from two to three a.m. where the patient lives may be three or four where you live, or one or two where you live. The important period is *between two and three a.m. in the*

district where the patient lives. This is the hour when persons who are ill are in closest Cosmic and psychic contact, and in a very special psychic receptive condition. And it is the hour when our special workers at headquarters give hundreds of treatments. Whether the patient be sound asleep, or only drowsy and quiet and relaxed, this psychic hour of the morning is very effective.

After several days of treatments you should have somebody report to you the condition of the patient. Each day should show excellent improvement in all ordinary cases, but in cases where the physical condition of the patient has continued for years or many months, a longer period of treatment will be necessary; in some cases it may require several weeks of daily treatment to bring about the results that are desired.

SPECIAL IMPORTANT POINTS

Remember that any system of healing that claims that it can cure any illness in each and every case is misrepresenting the facts. *Transition is inevitable in the life of every person*, and it is one sure thing that will come to every human being. There comes a time in the life of every living being when transition must take place, and that time may be in the first year of life, or in the hundredth year of life, or in any of the years intervening. Regardless of how well and healthy the person may have been, when the Cosmic decrees that transition is due, something will happen, and the patient will either become ill, or have an accident, or suddenly break down in health, or sense some strange condition. If it is the Cosmic's decree that transition is to occur, then nothing that any system of treatment can do will prevent it, and any claim on the part of any physician or healer, or any Divine School of healing, that perfect health can *always* be maintained, and that the breaking down of the physical system is unnecessary, is a misrepresentation, and leads to many sorrowful disappointments. Therefore, you will occasionally have a case for treatment where nothing that you have done, or anyone else has done, has prevented the Cosmic law being fulfilled, and transition coming in due time.

Occasionally some illnesses are the direct result of wilfully wrong actions on the part of the patient such as overdrinking, or drinking of poisonous liquors, or of overeating, overworking, or of the committing of a crime or violent outbreak of temper. Such illnesses are often decreed by the Cosmic not as a form of punishment, but in order to teach a lesson, and in such cases the Cosmic may be a little slower in restoring normal health, than in other cases; and if you find that a patient is continuing to remain

ill in spite of the treatments you have asked the Cosmic to give, you should not attempt to pass judgment. Never let anyone hear you say that the patient's illness is a Cosmic punishment, or a Cosmic law, or a Karmic manifestation, for you are then attempting to be a judge and to pass sentence. Simply state that you have done your utmost and that you are confident that the Cosmic will do what is best for the patient, and that they should be patient and not doubt, but wait for the ultimate results.

In treating persons who have very severe colds it should be noted that the treatment you give them between two and three in the morning will usually cause them to perspire very freely before six in the morning, and you should advise such patients to keep themselves well covered in bed, and not to throw off the covers, or attempt to get up if they are overheated or perspiring. Such patients should remain in bed the next morning until noontime in order to have the effects of the perspiration gradually pass away. One such treatment will usually be sufficient to break up a cold. You will be greatly interested in noting the manner in which the patient perspires, and the fever and congestion are reduced. It will be helpful in such cases, if not in nearly all cases, to tell the patient when you can that he should drink a glass of ordinary cold water just before retiring. This will help in the treatment that is given between two and three in the morning.

Never attempt any contact treatments where you have to put your hands on the patient's body, nor use any of the peculiar methods that some schools use such as blowing your breath on parts of the patient's body. Stick strictly to the system outlined here in this pamphlet.

Do not feel that as an instrument for the treatments you will absorb or take on yourself some of the patient's conditions through absent treatments. While it may be true that in some cases your sympathetic feeling for the patient's suffering may cause you to sense some of his suffering, this sensation on your part will disappear as soon as you are through the treatment, and is not due to any psychic transference of the condition.

Patients who are going through an operation at the hands of some competent surgeon in a hospital or elsewhere can be helped by you if at the exact moment of the operation you send an absent treatment for strength and the awakening of the creative constructive forces in the patient's body to keep them in action throughout the operation, and immediately thereafter. If the patient happens to be unconscious at the time of the operation through an anesthetic of some kind, he may even sense you during the treatment, and if he is not unconscious he will know you have been helping him, and the pain will be less severe.

Children are very sensitive to absent treatments, and so are elderly adults. Many others do not sense you during the treatment and do not feel that a treatment has been given, but notice the effects later on.

It is the hope of the instructors at the headquarters of A.M.O.R.C. that the members of our organization will use this system, and any other means taught in our lessons to help anyone and everyone in their personal problems of life to the utmost degree, and thereby help us to carry on the great work of the organization. It is the desire of the organization to see its members become instruments in the service of mankind so that every member will be a potential power for good in the human brotherhood. Do not fail to review some of the early lessons of the Neophyte Grades wherein advice is given regarding the causes of illness, and disease, so that you will be familiar with certain fundamental laws. Make yourself an intelligent and efficient worker in the organization. We always will be glad to have you report to us the results of any *extraordinary* cases that have been helped through the use of the Rosicrucian system.

PLEASE REMEMBER

1. Never criticize any other system of healing or surgery. A Rosicrucian recognizes in every known system many good points, and the great good that has been accomplished for humanity through such systems.
2. Never discuss with a patient the good or bad effect of any previous forms of treatment given by anyone. Neither you nor the patient are properly qualified to understand what good has really been accomplished by any other previous treatments.
3. Never encourage the discontinuance of any form of treatment which the patient may be using for the other systems, methods, or treatments may be accomplishing some good of which you know nothing, and of which the patient knows little. You are not to supplant the work of any other system, or any other physician, but to add to the good that is being done and to give additional or extra help.
4. Never prescribe anything in the way of medicine, remedies, or accessories by specifically mentioning the names of any things to be taken inwardly, or applied externally. This is not your field, nor your privilege, nor your right. Use the Rosicrucian methods entirely, and leave everything else to licensed physicians to recommend or use.

5. Do not accept any fees for your work unless you are a licensed or registered and recognized physician, and are charging for your time of labor, and not for the treatments.

6. Be sure that you are well and in good health, and that you are neat, tactful, polite, tolerant, and thankful for the opportunity to serve.

7. Keep a careful note of all of your work in a diary or some book to which you can refer at any time in the future, and know just what treatments you gave to each and every patient, and when, and where, and why, and what the results were.

8. Co-operate with every Rosicrucian activity of helpfulness, especially the Sunshine Circles and Welfare Committees in your community if there are any, and if there are none see that you do your utmost to establish such committees of helpfulness as soon as possible by writing to the Secretary of the Sunshine work, in care of AMORC Temple, San Jose, California.



ROSIKRUCIAN BROTHERHOOD
AMORC
SAN JOSE, CALIFORNIA

ROSIKRUCIAN PRESS, LTD.



(PRINTED IN U.S.A.)