

CHAPTER X

THE OPEN DOOR TO HEALING

WHEN you make up your mind to accept the idea that a certain work is being done or has been done in your body, the accomplishment of the work becomes a fact, for the reason that that which is done in the body is really done in the mind. Sometimes your mind cannot accept the idea that everything is free and perfect, especially when you suffer keenly from pains, aches, and other physical ailments. It is then that a dynamic method is necessary to bring immediate relief. In order to bridge over the twilight period between a treatment and your conviction or belief in a desired result, you must keep your vision steadfast on the work that is being accomplished.

That which you make up your mind to believe, you can believe, through an understanding of your true nature and your creative power. The moment you have the realization that your body and mind are subordinate to you as a Spirit, your difficulty is over. It is not a question of time or of how long it will take to accomplish a result, but a question of your conviction. As for your body, it always adjusts itself to your mental conviction. So if you believe, or have the mental conviction that the work has been done, it will be done. **DO NOT JUDGE A RESULT BY AN OUTER CONDITION, BUT BY YOUR INNER CONVICTION.**

If you desire a quick outer manifestation, then learn to rest your mind on your conviction or belief in your perfected work.

In your direct self-healing it is expedient to hold your mind on the vision of the perfected work for a time. In your indirect self-healing you should dwell upon the idea that your real body has never been afflicted. Each method appeals to its own type of mind. The direct method of healing is dynamic, and the indirect is static. In the first case you see the work as being brought to a perfect ideal condition, or you see yourself as gradually arriving at that perfect condition. In the latter case you vision and realize the eternal perfection. Of course, in the final analysis all conditions exist in your mind. Any method that is easy for your mind to accept, you should adopt.

There is one thing that a student must not forget, and that is that a self-conscious mental life is a creative life. It creates disease as well as health. In the metaphysical sense everything is perfect, but mentally we have to work up to that realization of perfection. Our Spirit is never affected by any condition of mortal belief, and our mind itself as an instrument of awareness is also perfect. Our body in essence is absolutely free from any organic trouble. The only thing we are concerned about is that which we ourselves have created, or are holding in our mind. In practice, where we accept all conditions as our mental creations, healing also becomes a creative work. Whether we affect a healing through impressing our mind by stating the absolute truth, or through a direct conscious effort, or through invoking the aid of the creative universal life, one thing is certain, and that is that we create a condition in our mind.

To emphasize the doctrinal value of any special method is sheer nonsense. Even those who are claiming the eternal perfection of all things are passing out of this visible manifestation just as is every one else, or just as are those who are achieving health and happiness by means of other metaphysical methods. It is true that we should always keep in mind the following three ideas—the fundamental truth of our being, our relation to the universal creative principle, and the real nature of this creation. But in our work of demonstration or realization, we should adopt whatever practical means will make an immediate appeal to the mind. Since all healing is really healing of the mind, let us make the most of our God-given creative power.

You should also remember that of those people who have been dogmatic in their insistence upon a definite method of metaphysical healing, more have suffered and died than of those who have been flexible in adopting the means or method suitable to their nature. The understanding application of Truth alone can alleviate our pains and aches and enable us to live God's free life without fear. Upon being healed by some one method, if you still harbor the fear thought that the same old devil will get you again unless you walk the chalk line, you get little freedom from that healing. By continually negating everything of this objective world, you will gradually fade out of the picture without having experienced God's exuberant life, youth, and freedom.

I am going to give you some examples of the superstitious beliefs of the human race. Many Hindus believe that meat-eating is an unpardonable sin, though Christians do not think so. On the other hand some Christians be-

lieve that if you take an intoxicating drink for other than sacramental purposes, you sin against man's moral sense and against God. Mohammedans believe that pork is an unclean meat, but that beef and mutton are acceptable as food. Again, some people believe that smoking is a bad habit, and they take a treatment to cure it. In other words, they try to form the habit of not smoking. When they succeed in overcoming the desire to smoke, they believe they have attained a great victory over a mortal belief. Yet they do not hesitate to eat nicely cooked food, to dress well, and to earn money like ordinary unmetaphysical people; and all this they do without offending their immortal sense.

It seems that no one offends his God as long as his habits and actions correspond with his particular doctrinal hobbies. I knew a young woman who could not eat strawberries without having pimples break out on her face. Therefore she preached in season and out of season against eating strawberries. She wanted everybody to believe her and to quit eating the tempting berries. So I told her that she was giving too much power to the helpless innocent berries that were not at all concerned about her, and I said that in all justice to the poor things she should leave them alone if she did not like them.

My belief is that you may enjoy a thing you like, provided you practice moderation in the use of it. If it does not agree with you, you may either treat your mind or your personified stomach by taking a positive stand as an ever free Spirit, or you may invoke the aid of the omnipresent God who dwells in your stomach. If it is a question of stomach trouble, you may adopt one of the following methods: (1) Realize your stomach as being made of ever

free divine substance: (2) Stimulate the function of your stomach by talking back and forth to your mind: (3) Talk back and forth to your personified stomach: (4) Ask God in your stomach to make it strong. Any one of these methods will help you if you can make up your mind to accept it. Do not try to stop eating on the supposition that eating itself is a mortal function, and do not ignore your stomach on the theory that it does not exist in God's perfect manifestation. If your stomach, the teeth in your mouth, and other members of your physical body do not exist in God's perfect manifestation, why in the world do you want to treat them?

The reason you treat your stomach when you have stomach trouble is that you wish to improve its digestive function. The trouble in your stomach may not be a reality, but your stomach itself is a positive fact. If it were not so, there would be no necessity for treating it for its proper functioning. That is God's unvarnished truth, no matter what metaphysical interpretation you give your treatment. **THE MORE FEARLESSLY YOU FACE GOD'S TRUTH, THE BETTER YOU LIVE.** We know that your pure Spirit—the animating power—does not have to eat in order to exist. But we still maintain that we must feed the body in order to glorify God upon earth, or to express our mental life in accordance with God's preordained plan. If there were no purpose in God's perfect manifestation, why the necessity of such manifestation? Also, we maintain that we can repeat the Lord's Prayer without any mystical or metaphysical subterfuge.

Here is the dictum of the universal law: If one eats, believing that it is a mortal function, he sins against his

better judgment. Anyone who believes that all the normal functions of life are unreal, and who yet continues to live and act, becomes a hypocrite to his avowed faith. There are no mitigating circumstances to excuse him for violating the tenet of his faith. Anyone who believes that the five senses are mortal and who yet uses them in singing, praying, and listening, is liable to the judgment of his own conscience. That which you deny will deny you, unless you are a hypocrite in your denial.

If God did not give you ears with which to hear perfectly, you would not hear the melodious sounds of this universe nor would you treat a deaf person in order to overcome his deafness. If He did not give you eyes with which to see the glory and beauty of His creation, you would not treat to overcome defective eyesight. Yes, I grant you this, that no sense organ can function independently of your mind, and that your mind cannot function independently of your Spirit. I am willing to go a little further and state that without the physical organs of sight we can see a great deal more than otherwise. Even your so-called objective vision is after all subjective. You can see as much as you are mentally able to see.

As an ever free Spirit you can directly command your mind in your eyes to function properly. It is immaterial whether you personify your eyes and talk back and forth to them, telling them to function properly, or ask God in them to bring out the perfect sight, or draw the cosmic creative substance into your eyes to improve their functions. All that is necessary is a perfect understanding of Truth and its underlying working principle. You should remember that a disease is a negative condition in your mind;

consequently, a disease of your mind is always healed by Truth, and by nothing else.

It is true that when you heal your mind you heal all diseases. Yet different people have to use different metaphysical methods based on the same fundamental truth. Those who have power, realization, and wisdom can easily dispense with all methods and by the mere declaration of the truth obtain the desired result. But all have not that realization. In fact most people ask for treatment for a specific thing. For instance, a person who has trouble with his hearing wants treatment for his ears. He is not particular about the metaphysical knowledge you may possess—he wants results.

In a metaphysical treatment the result depends upon three things, as far as the average person is concerned. These three are, faith in the treatment, faith in the healer, and an understanding of Truth. In most cases the person becomes well through faith in the healer and only secondarily through faith in the method of treatment. If the healer has a good general working faith in himself or in his method of healing, he usually transmits his conviction to the impressionable patient. Although this transmission is almost automatic, that is, subconscious, its effect is nevertheless very beneficial to the patient.

Some patients because of a weakened state of mind and body are very impressionable. But they cannot all pull themselves up by the healer's anticipation and realization when their mental resistance to a disease belief has been broken down. We maintain that anyone sufficiently interested in metaphysical healing can develop into a good healer. Through the constant thought and application of

Truth, or the working principle of healing, he is bound to generate a conviction in his mind, not only of Truth, but also of his ability to heal. We should not forget that **WE ARE LIVING IN AN ANIMATED WORLD OF ALL-GOD** and that **EVERYTHING IS TRYING TO CO-OPERATE WITH US TOWARD THE FULFILLMENT OF OUR DIVINE DESTINY.**

Here we will give a few sample drills for the treatment of different diseases. If you understand your own relation to your mind, you can make it agree to do anything within its jurisdiction. Of course it needs the cooperation of God or of His creative energy, or of yourself as Spirit, for the performance of any constructive and creative work.

FOR OVERCOMING DEFECTIVE EYESIGHT

Drill No. 1

You—"My mind, that defect in the eyesight exists in you."

Mind—"I admit that."

You—"You can accept or reject any condition that you desire to accept or reject."

Mind—"Yes, I can accept or reject any condition that I desire to."

You—"You are from above, therefore it is beneath you to accept any condition that is not of God."

Mind—"I admit it with all humility."

You—"As your master I command you to accept the idea that your eyesight is perfect."

Mind—"Yes, I accept the idea that my eyesight is perfect."

You—"Now, Mind, function as perfectly as God has intended you to function."

Mind—"I promise I will."

You can also personify your eyes, in which your mind is included, and command them to function properly. The following drill is most suitable for that:

Drill No. 2.

You—"My eyes, you are the living expressions of God."

Eyes—"Yes, we are the living expressions of God."

You—"Draw the all-pervading cosmic creative substance and be vitalized."

Eyes—"We are drawing it right now."

You—"This illumined substance will be the light of your eyes and will enable you to function perfectly."

Eyes—"We are accepting this light as God's unalterable truth."

You—"Now feel that you are energized and can function perfectly."

Eyes—"We are energized and are functioning perfectly."

When more than one method appeals to you, you may practice them all accordingly as it is convenient, keeping in mind the fundamental principle of healing, which is this: **EVERYTHING IS PERFECT IN GOD'S CREATION, AND GOD CAN RE-CREATE ANYTHING THAT YOU DESIRE, THROUGH YOUR MENTAL ACCEPTANCE.**

As a Spirit, watch your mind and also imagine that your mind is watching you, in the way a trained dog watches its master, ever willing and ready to do his bidding;

or imagine and vision that your mind is busy at work in the performance of its allotted task, or the task that you have commanded it to perform. Here is another drill for overcoming defective eyesight:

Drill No. 3.

You—"My mind, I am watching you."

Mind—"I am conscious of that fact."

You—"Your eyes are part of you."

Mind—"They are the projection of myself."

You—"My mind, your eyes are together with you."

Mind—"I am aware of it."

You—"God has given you the power to change your eyesight."

Mind—"Yes, God has given me that power."

You—"You are greater than the condition that your eyes are manifesting now."

Mind—"I admit it."

You—"You are from God, you are perfect, and so are your eyes."

Mind—"Yes, I am perfect and my eyes are perfect."

You—"Then decide to see perfectly."

Mind—"I have decided to see perfectly."

You—"Impress yourself with your promise so that you may not forget."

Mind—"I am impressing myself right now."

In the above drill we have treated mind and eyes as being inseparable. You will have to realize that the determination on the perfect functioning of your eyes depends upon your mind, or rather your mental acceptance. While commanding your mind to take an impression, always have

a concrete picture of what is taking place. As a paper takes the impression of a rubber stamp, so your mind takes the impression of an idea. It is the impressions on your mind that regulate the functions of your body. Only through impressions do you manifest a quality automatically. The mind itself can do nothing. The reason we command our mind to do a certain thing is that it enables it to take an impression quickly.

The understanding of your body as made up of mind stuff will help you to manifest a perfect condition in accordance with your mental determination. If it is difficult for you to do this, then know and realize that the functions of your body depend upon the impressionable side of your mind. Any idea that your mind accepts becomes a reality to it.

Drill No. 4.

You—"My mind, any idea that you accept regarding your body becomes a reality to you."

Mind—"Yes, I know it."

You—"Then accept the idea that your eyesight is perfect."

Mind—"Yes, I accept the idea."

You—"Accept the idea that your eyes are functioning perfectly at this moment."

Mind—"Yes, they are functioning perfectly at this moment."

You—"Then imagine and believe that you are taking the impression of this perfect functioning right now."

Mind—"I am taking the impression."

The following is a still simpler method:

Drill No. 5.

You—"My mind, God is light."

Mind—"Yes, God is light."

You—"Vision in your imagination that the light of God is in your eyes."

Mind—"I am visioning that."

You—"Your seeing power is the light of God."

Mind—"Yes, my seeing power is the light of God."

You—"This light is growing brighter and brighter and functioning through your eyes."

Mind—"This light is growing brighter and functioning through my eyes."

When you use your eyes, keep the vision that this light of God is functioning through them.

The following drill may appeal to a certain type of mind:

Drill No. 6.

You—"My mind, God in your eyes is helping you to see perfectly."

Mind—"Yes, God is helping me to see perfectly."

You—"God is light and power in your eyes."

Mind—"God is light and power in my eyes."

You—"Believe that the work is being done, and it will be done."

Mind—"Yes, I believe the work is being done."

The following is the devotional method:

Drill No. 7.

Mind—"God in my eyes, I am calling You."

God—"I am ever present in your eyes."

Mind—"Function perfectly in my eyes, Lord."

God—"Have no fear, I am functioning perfectly; become conscious of it."

Mind—"Give me perfect peace and trust, Lord."

God—"I give you peace and trust; receive them."

Mind—"I thank Thee, Lord. I am receiving peace and trust."

The following drill is for the purpose of drawing the cosmic creative substance in a personified significance. In this drill it is your self-conscious mental life that is beseeching.

Drill No. 8.

Mind—"Cosmic Light, enter into my eyes and vitalize them."

The Light—"I am entering into your eyes and vitalizing them."

Mind—"Lord, abide in my eyes and make them perfect."

The Light—"Have peace, I will make them new and perfect."

Mind—"I thank Thee, Lord."

When you have attained to the conviction that the cosmic creative energy is doing the work, you should rest your mind. It is still better for you to divert your mind from your eyes or to become busily engaged in some creative or recreational work.

The drill below is for the purpose of realizing the eternal perfection of your eyes.

Drill No. 9.

You—"My mind, your eyes are made up of divine substance."

Mind—"Yes, they are made up of divine substance."

You—"Divine substance is eternally perfect."

Mind—"Yes, it is eternally perfect."

You—"Divine substance never changes."

Mind—"I am realizing that fact."

You—"Your eyes are eternally perfect."

Mind—"My eyes are eternally perfect."

You—"Realize that eternal perfection."

Mind—"Yes, I am realizing that eternal perfection."

A practitioner should ask his patient to procure a copy of this drill book. To obtain quick results, it is better for the patient to select the drill that particularly appeals to him. Then the practitioner should ask the patient to repeat understandingly every statement after him, allowing the patient sufficient time to take an impression. In practical application a drill should be repeated several times. Christ said, "I say unto you, That if two of you shall agree on earth as touching anything that they shall ask, it will be done for them of my Father which is in heaven." In case a practitioner is not available, a patient can practice his drill himself with a proper understanding and vision.

From now on we will use only vital, dynamic methods.

FOR OVERCOMING IMPERFECT HEARING

Drill No. 10.

You—"My mind, God exists in your ears. God is life."

Mind—"God is life."

You—"God is active in your ears. Imagine and vision this activity."

Mind—"I am imagining and visioning this activity."

You—"Imagine and vision that every particle in your eardrums is vibrating rapidly."

Mind—"I am visioning this rapid vibration."

You—"God is bringing perfect hearing."

Mind—"Yes, God is bringing me perfect hearing."

The following is the devotional method; your mind is speaking to God—that is, your mind and God are speaking back and forth.

Drill No. 11.

Mind—"God in my ears, I am calling you."

God—"I am answering your call. I am ever present in your ears."

Mind—"Quicken my hearing, Lord, with Your vital presence."

God—"I am quickening. Imagine, vision, and believe."

Mind—"I am imagining, visioning, and believing."

God—"I am your hearing. I cannot fail you."

Mind—"I believe You, Lord; strengthen my faith."

God—"I am helping you."

DRAWING THE COSMIC CREATIVE ENERGY

Drill No. 12

Mind—"Cosmic Creative Energy, I am drawing you into my ears."

Energy—"I am entering into your ears."

Mind—"Abide in my ears; vitalize and quicken my eardrums."

Energy—"I am vitalizing and quickening your eardrums."

Mind—"I believe You, Lord; I am keeping my vision on You."

DRILL ON ETERNAL PERFECTION

Drill No. 13.

You—"My mind, your ears are eternally perfect. They are made up of divine substance."

Mind—"Yes, they are made up of divine substance."

You—"My mind, divine substance always functions perfectly."

Mind—"I accept this truth."

You—"Your ears are functioning perfectly."

Mind—"Yes, my spiritual ears are functioning perfectly."

You—"Always vision the perfect functioning of your ears."

Mind—"I will vision the perfect functioning of my ears."

TREATMENT FOR OVERCOMING WEAKNESS IN ANY
ORGAN OR MEMBER OF YOUR BODY, FOR
INSTANCE, A PARALYZED HAND

Drill No. 14.

Mind—"God in my hand, I am calling You."

God—"I am ever present in your hand."

Mind—"Function in my hand, Lord; I am conscious of Your presence."

God—"I am functioning in your hand. Imagine, vision, and believe that your hand is moving with My power."

Mind—"I am vitally conscious that my hand is moving

with Your power."

TREATMENT BY DRAWING COSMIC CREATIVE ENERGY

Drill No. 15.

You—"My mind, draw cosmic creative energy into your hand."

Mind—"I am drawing it."

You—"This creative energy is a living thing."

Mind—"Yes, it is a living thing."

You—"It is making every cell of your hand alive and active."

Mind—"Yes, it is making every cell of my hand alive and active."

You—"This creative energy can revitalize and rebuild an organ."

Mind—"I believe that."

You—"Let it revitalize your hand."

Mind—"I am accepting your injunction."

NO MATTER WHAT METHOD YOU ADOPT, ALWAYS TRY TO REALIZE THE FULL MEANING OF YOUR STATEMENT AND TO VISION THE IMMEDIATE ACTION IN A VITAL SIGNIFICANCE. This is very important, and must be explained by the practitioner to his patient. No result can be obtained through mere mechanical practice. When the desire is to revitalize and to rebuild an organ, some people receive immediate benefit from a drill that personifies the organ. The personified organ is supposed to draw the cosmic creative substance, becoming vitalized in this way. When you make this drawing a vital reality by the help of your imagination, you are bound to feel its effect.

Drill No. 16.

You—"Hand, you are a living, conscious personality."

Hand—"Yes, I am a living, conscious personality."

You—"You are now conscious of what I am saying to you."

Hand—"Yes, I am conscious."

You—"You can draw or inhale this all-pervading illumined creative energy and absorb it."

Hand—"Yes, I can do that."

You—"Then I command you to draw this energy and become vitalized."

Hand—"Yes, I am drawing it and becoming vitalized."

You—"Say to it, 'Vitalize me, vitalize me,' and imagine and believe that it is doing so."

Hand—"I am saying to it, 'Vitalize me, vitalize me, and it is vitalizing me.'"

Any weak organ or member of your body can be vitalized in this manner. In your drill work you simply substitute the name of one organ for another. You can also obtain your result by treating an organ as belonging to God. The following drill is a wonderful example of this method. By the help of your imagination see God looking at you through the organ. You can do this with either your mental eye or your physical eye.

Drill No. 17.

You—"Lord, I see You in my hand, looking at me. You are the living expression of it."

God—"I am conscious of you, as you are conscious of Me."

You—"Lord, everything belongs to You. This hand is also Yours."

God—"Yes, this hand is also Mine."

You—"Use it, Lord, as You use this vast cosmos."

God—"Yes, I am using it. Have a clear picture and vital realization of that."

You—"I am vitally realizing that You are using it."

Some people cannot discriminate between truth and untruth. They are still going through the animal stage of consciousness, and therefore their mentality is very low. They judge a thing by its outer appearance and its functions. Consequently they should be taught the spiritual meaning and the purpose of every function of the body and mind. They should be taught that God has given man hands for doing creative work and not for striking; eyes for beholding the glory of His creation, and ears for hearing the melodious sounds of the animated creation rather than the discordant stories of the negative world. **EVERYTHING THAT GOD HAS GIVEN MAN HAS A PROPER PLACE AND FUNCTION. REALIZING THE ONENESS OF ALL LIVES, WE LEARN TO GIVE AN EXALTED MEANING TO ALL THE LEGITIMATE FUNCTIONS OF LIFE.** Most of our so-called mental and physical defects can be traced to the abuses of the normal functions of life.

In treating an organ, do not name any disease. To keep in mind that you are simply trying to remedy a certain defect, will be sufficient. For instance, you have heart trouble; you are aware of this from its functional irregularities or difficulties. Then why should you bother to specify the trouble? Just treat your mind in relation

to your heart, or treat your heart in a personified form with Truth, and you will obtain the desired result. Why burden your already overburdened mind with more fear-provoking, negative suggestions and thoughts? One of the best methods for treating an afflicted heart is to realize its state of eternal perfection. The following drill is an example of this method:

Drill No. 18.

You—"My mind, your heart is made up of indestructible divine substance."

Mind—"I am conscious of it."

You—"The functions of divine substance are perfect."

Mind—"Yes, the functions of divine substance are perfect."

You—"See the perfect functioning of that substance in your heart."

Mind—"I am seeing that right now."

You—"Draw the all-pervading creative energy into your heart and let it revitalize and rebuild your heart."

Mind—"I am drawing the creative energy at this very moment."

You—"Imagine and vision that your heart is renewed and is functioning perfectly."

Mind—"Yes, it is renewed and is functioning perfectly."

I have added to the latter part of this drill a dynamic method for quickening the mental action. In using this dynamic method, a practitioner, in the case of an absent treatment, should imagine the patient as in God and talk to him back and forth, telling him to receive the treat-

ment. The full details for this can be found in our book, **THE TRIUMPHANT SPIRIT**.

In treating to overcome stomach trouble, you may personify the whole abdominal region. In the case of digestive or elimination difficulty, you may either treat your mind, or personify your stomach or bowels, commanding them to draw cosmic energy and to become active and vitalized; or you may ask the ever-active God in your stomach or bowels to act, meanwhile visioning that He is acting. Always remember that what you want to believe you can believe, and that that which you believe then becomes a reality to you.

A practitioner may treat any organ by substituting its name for that of an organ treated in the previous drills. In the case of an absent treatment a practitioner should imagine his patient as being in the lighted presence of God, repeating statements of Truth with him. This will not only bring the practitioner's mind to a higher level but will also keep him in close touch with his patient. Before each treatment, whether it be a present or an absent treatment, the practitioner will say to his patient, "Be receptive and ready," and the patient will reply, "I am ready and receptive." These statements should be repeated several times so that the patient's mind may get into a receptive state. An unconscious patient should be treated like an absent patient. An imaginary conversation or a dialogue should be carried on until the practitioner feels a sense of peace in his mind. No practitioner can make his patient receptive without the latter's cooperation. Some practitioners may prefer the following dialogue in treating an unconscious or an absent patient:

Drill No. 19.

Practitioner—"I see you radiant and perfect in the omnipresent God."

Patient—"I am radiant and perfect in the omnipresent God."

Practitioner—"You are drawing the cosmic creative energy and becoming vitalized."

Patient—"Yes, I am drawing the cosmic creative energy and becoming vitalized."

Practitioner—"Respond quickly to this treatment and claim your divine heritage."

Patient—"I am responding and claiming my divine heritage."

In the meantime the practitioner must realize that his patient is actually absorbing the cosmic creative energy and becoming vitalized. Sometimes a patient's innate ability to recuperate, or the practitioner's mere realization of the patient's eternal perfection, may help. But there is nothing definite and vital in that. If a practitioner has a strong realization, he may obtain phenomenal results by asking God to do the work. But in this drill book we are adopting methods that are scientific and that are vital and dynamic in their appeal. These afford the students of Truth a definite working basis before they have attained to the perfect realization.

Another thing we should all remember is that when we treat a patient we really treat his mind; that is, his mind self, or mental self. Since it is in our self-conscious mental life that we conceive both health and disease, we may call the self-conscious mental life the mind self, or mental self.

We may call our pure Spirit, which is ever free and detached and at one with the universal undifferentiated creative life, the Spirit Self. We use these names for the sake of convenience; they have no especial value in themselves.

All affections, emotions, desires, and aspirations belong to our mental self. It is our mental self that needs the expression of life. It also needs redemption when it is involved in its misconception. In this objective manifestation it plays the important part. Therefore we cannot dissociate it from its form. In other words, we cannot conceive it without a form. In our absent treatment, when we vision a man in the illumined presence of God, we vision him in an objective form. We cannot very well treat him effectively in the abstract. But we as practitioners should take a stand as Spirit Self. It helps us to contact a mental self from a commanding position. It also immunizes us from the disease belief of the mental self that we treat.

A practitioner before treating may prepare himself with the following drill:

Drill No. 20.

You—"My mind, I am an ever free Spirit, a child of eternal God."

Mind—"Yes, you are an ever free Spirit, a child of eternal God."

You—"My mind, I am above all conditions of mortal belief."

Mind—"Yes, you are above all conditions of mortal belief."

You—"I occupy a commanding position with the omnipresent God."

Mind—"You occupy a commanding position with the omnipresent God."

Always try to vision and realize what you say. In the case of treating a tumor or any other unnatural growth, adopt the following drill:

Drill No. 21.

Mind—"Lord God, Your creation is perfect, and free from any blemishes."

God—"My creation is perfect; vision this perfect creation."

Mind—"I am visioning it, Lord."

God—"Whatever you vision Me as doing, the same I do for you."

Mind—"Remove this abnormal growth, Lord."

God—"I am removing it. Vision that it is dissolving and fading away."

Mind—"I am visioning it, Lord."

God—"Make this vision vivid and real."

Mind—"I am making it real."

Or you may adopt the following drill:

Drill No. 22.

God—"Anything untrue that you command to leave, if you realize My presence while doing so, does leave you."

Mind—"I command this unnatural growth to depart."

God—"Vision that it is departing and fading away."

Mind—"I am visioning that it is departing and fading away."

God—"Nothing has power to stay in you when you command it to depart in My name."

Mind—"I am commanding this abnormal growth to depart, and it is departing."

In the case of treating a cut, the following drill is very effective:

Drill No. 23.

You—"My mind, the creative power of God in this cut is healing it."

Mind—"Yes, I believe it."

You—"Then vision that the power of God is mending the cut rapidly."

Mind—"I am visioning that the power of God is mending it rapidly."

You—"That which you vision and believe becomes real to you."

Mind—"I am visioning and believing that this cut is perfectly healed."

Or you may adopt the following method:

Drill No. 24.

You—"My mind, draw the radiant creative energy into this cut."

Mind—"I am drawing this radiant creative energy."

You—"Imagine and vision that it is healing the cut rapidly."

Mind—"Yes, it is healing the cut rapidly."

You—"Imagine and vision that the work has already been done."

Mind—"Yes, I am visioning the cut as perfectly healed."

TREATMENT FOR STOPPING HEMORRHAGE OR BLEEDING

Drill No. 25.

You—"My mind, I command you to stop this bleeding."

Mind—"I am stopping it."

You—"My mind, vision that you have stopped this bleeding."

Mind—"Yes, I am visioning it."

You—"God in your body is helping you."

Mind—"I believe in God—He is helping me."

Or you may adopt the following drill:

Drill No. 26.

Mind—"Lord God in my body, stop this bleeding."

God—"I am stopping it; believe Me."

Mind—"You are the Creator of all beings and things. Your word is the law."

God—"I command this bleeding to stop, and behold! the work is done."

TREATMENT FOR THE CURE OF BLOOD POISONING

Drill No. 27.

Mind—"Lord God in my body, in Your presence a poison cannot exist."

God—"My radiant presence absorbs all and destroys that which is not true."

Mind—"Your vibration destroys all that is untrue."

God—"Vision and feel that that poison no longer exists in your blood."

Mind—"Create new and pure blood in my body, Lord."

God—"Behold, it is already done!"

Or you may adopt the following method:

Drill No. 28.

Mind—"Remove this obstruction of poison, Lord."

God—"I am removing it; vision that it is going away."

Mind—"I am visioning, Lord."

God—"Behold, the work is done!"

TREATMENT FOR THE CURE OF CANCER

Any negative condition that you imagine and believe as going out of your body, will go out. In the case of a cancer, however, the belief against an easy cure is very strong; consequently we will adopt a powerful method. The belief is growing among people these days that the radium ray can destroy cancerous tissue. Therefore we will bring to bear upon the afflicted part of the body the highest vibratory ray in this universe. It is the Cosmic Creative Ray, which destroys anything that is false. A cancerous growth is unnatural to the human body, and therefore it is not true to God's perfect creation. This parasitical growth cannot stand the intensive light of cosmic creative energy. While practicing the drill that is to follow, imagine and vision this intensely concentrated, brilliant ray.

To form a concept of it, think of the unbearable brilliancy of the sun. The sun is supposed to be the cause of all organic creations on the earth. We must not overlook the fact that the power back of the sun is God. Therefore we maintain that the sun is the visible expression

of the cosmic creative energy. But its invisible aspect is ever present in everything. Only through our mental vision and acceptance can we ever utilize this energy. The idea of drawing simply gives our mind a dynamic play.

Now in treating a patient, imagine that a most brilliant, concentrated stream of light is pouring on the afflicted part and destroying the infected tissue. Before the treatment, explain to your patient what this sun-like radiant stream of light is supposed to do. This will not only give him a concrete idea of the light and what it should do, but will also enable him to feel the effect of it by the help of imagination. Following is the drill:

Drill No. 29.

You—"My mind, vision that this intensely brilliant stream of light is pouring upon this cancerous growth."

Mind—"Yes, I am visioning it."

You—"The light is burning the malignant germs and completely destroying them."

Mind—"It is burning and destroying the malignant germs."

You—"My mind, vision that the cancer has disappeared."

Mind—"I am visioning that it has disappeared."

You—"God is helping you to believe in your freedom."

Mind—"I thank God—I am free."

In an extreme case of any kind a group treatment is very effective. A group of people together may follow a drill led by a leader. The patient who joins this drill is sure to feel the effect of the united consciousness. When

the patient is weak, the drill should be practiced in a low but very distinct tone.

TREATMENT FOR CURING A COLD

Drill No. 30.

You—"My mind, your body is made up of spiritual substance."

Mind—"I am realizing this truth."

You—"Mind, a cold cannot reach your spiritually made body."

Mind—"A cold cannot reach my spiritually made body."

You—"Your body is forever free from colds, pains, or aches."

Mind—"I am realizing the truth that my body is forever free from colds, pains, or aches."

Or you may adopt the following method:

Drill No. 31.

You—"My mind, God permeates your body."

Mind—"I realize His presence in my body."

You—"In God there cannot be any cold."

Mind—"In God there cannot be any cold."

You—"My mind, your body is vibrating with God. It is released and free from the negative vibration called a cold."

Mind—"Yes, my body is free from the cold."

You can also treat a cold with the cosmic creative energy. Avoid all forms of mechanical practice. Any mechanical practice is likely to lead to confusion and you may find yourself trying all sorts of drills to obtain the

desired result. But when you practice a drill understandingly, your mind is clear as to the result. A result depends upon your mental conviction. To have that conviction, you practice a drill. The practitioner may read a few pages from this drill book, or from any other of our works, for the purpose of inspiring faith in his patient before giving a treatment. The following drill shows the way to treat a cold with the cosmic creative energy:

Drill No. 32.

You—"My mind, draw this illumined cosmic creative energy into your body."

Mind—"I am drawing it."

You—"Vision and realize that it is energizing your body and driving away this cold."

Mind—"I am visioning and realizing that the cosmic creative energy is driving away this cold."

You—"Imagine and vision that your body is free and perfect."

Mind—"I am imagining and visioning that my body is free and perfect."

TREATMENT FOR CURING CONSTIPATION AND FOR
REMOVING OBSTRUCTIONS

Drill No. 33.

You—"My mind, God in your body is moving that obstruction."

Mind—"Yes, God in my body is moving that obstruction."

You—"Vision and actually feel that it is moving out of your body."

Mind—"Yes, I am realizing it."

You—"Now find rest. Let God take care of your eliminations."

Mind—"I will let God take care of my eliminations."

Or you may adopt the following method:

Drill No. 34.

You—"Bowels, draw the cosmic creative energy and be active."

Bowels—"Yes, I am drawing the cosmic creative energy and becoming active."

You—"Now eliminate and function normally."

Bowels—"I will eliminate and function normally."

You—"Let the creative energy help you."

Bowels—"I am accepting its help."

Do not fail to have a clear vision of your personified bowels or of any other organ in which there is an obstruction. When you personify an organ, you should vividly imagine that it is conscious of you and that it can understand and obey you.

TREATMENT FOR OVERCOMING PAINS, ACHES, ETC.

Drill No. 35.

You—"My mind, this pain is a poisonous obstruction."

Mind—"I realize that fact."

You—"Draw the cosmic creative energy into the afflicted part and let it carry away that obstruction."

Mind—"I am drawing the cosmic creative energy and visioning it as carrying away the obstruction."

You—"My mind, this pain has gone out of you."

Mind—"I know it has gone out of me."

You—"Let the creative energy take care of the rest."

Mind—"I am letting it do that."

TREATMENT FOR HEALING A BURN

Drill No. 36.

You—"My mind, your body is made up of the divine substance."

Mind—"Yes, my body is made up of the divine substance."

You—"No burn can ever affect your body."

Mind—"No burn can ever affect my body."

You—"Your body is free from this burn."

Mind—"Yes, my body is free from this burn."

Or you may adopt the following drill:

Drill No. 37.

You—"My mind, God in the afflicted part of your body is the healing power."

Mind—"Yes, God is the healing power."

You—"Where God is, there cannot remain any burn."

Mind—"Yes, I fully realize that."

You—"Vision and realize that your burn is already healed."

Mind—"I am visioning and realizing that it is already healed."

TREATMENT FOR TAKING DOWN A SWELLING

Drill No. 38.

You—"My mind, this swelling is not a normal condition of the body."

Mind—"It is an abnormal condition."

You—"Then vision that it is shrinking and fading away."

Mind—"I am visioning that it is shrinking and fading away."

You—"It no longer exists in God's perfect creation. It has gone."

Mind—"I realize that it has gone."

Below is a novel way of treating a disease or an abnormal condition. Here we personify the disease and command it to leave the body. This method can be used only for those who are very simple and yet not metaphysical. We will deal, for instance, with the idea of pain.

Drill No. 39.

You—"Pain, you do not belong to the Kingdom of God."

Pain—"I know it."

You—"This body is the holy temple of God. You have no right to be here."

Pain—"Wherever I am invited, I stay."

You—"Who has invited you here?"

Pain—"The bedarkened mind of a man—the bondsman of the flesh."

You—"Emissary of darkness, begone; I command you in the name of the Most High, whose temple you occupy."

Pain—"Have mercy—I am going. Tell me, whither shall I go?"

You—"To the outer darkness, from which you have come."

Pain—"I am going, going, and gone."

Your patient is supposed to vision that the pain has left him or gone into the outer darkness. For the benefit of students who desire to carry out experiments, I am leaving in this work a few pertinent suggestions. As for myself, I have had neither the time nor the opportunity to carry out all the experiments I once desired to. But from the result of the few experiments I have conducted, I have come to the conclusion that similar results can be obtained from other similar experiments. It is my belief that a personified organ of the body under a mental stimulation can draw essential elements either from food or from the atmosphere, and become vital and active. By imagining, visioning, and believing, we can cause that organ to draw the elements necessary for reviving its lost vigor and its functions.

Let us now take a simple illustration to explain what we mean by drawing necessary elements. For instance, you have an acid stomach, and you need alkali to neutralize the acid. Without taking alkaline substance internally, either you can mentally draw it into your stomach by the help of imagination, or you can let your personified stomach draw it. Nature is full of alkaline substance. Your mind has drawing power. That which you believe you are mentally drawing, you draw. No matter how much alkaline food you take, if your stomach has not the backing of the subconscious, it cannot utilize that alkaline food. Sometimes the result may be the opposite from what you expected.

Some time ago a bald-headed gentleman asked me whether or not it was possible to draw mentally the proper elements for nourishing the roots of the hair. I answered

in the affirmative. Another gentleman, who was listening in on our conversation, remarked, "Why not let God do the work?" I replied, "If a person has a realization, that is the best and the perfect way to obtain a certain result. But when a question is asked with the purpose of experiment in view, you have to answer accordingly." However, a few weeks later the first gentleman reported to me that he had obtained a phenomenal result by mentally drawing the elements necessary for feeding the roots of his hair. When I asked him how he knew what the necessary elements were, he replied, "I trusted my cell-mind to determine it. I simply visioned that my head was drawing the required elements, whatever they might be, and vitalizing the hair roots."

Here again we notice the creative play of the human mind. **WHAT OUR SUBCONSCIOUS CAN DO, IT CAN ALSO UNDO, UNDER THE PROPER INCENTIVE AND STIMULATION.** Whatever inspires its faith also stimulates its action.

Even the drawing of oxygen in the process of breathing is a subconscious function. Improve the functions of the subconscious, and it will draw other necessary elements from the atmosphere. The body is very porous and is not quite as solid as it appears to be. Once the subconscious receives an idea, it acts automatically. No one teaches the young birds how to build their nests during the mating period, yet they do it. So when your conscious function becomes subconscious, your mind knows what to do. Then its action becomes instinctive and automatic.

In personifying an organ, you simply give your mind a direct play by means of which to mold your subconscious

nature. Some people maintain that by trusting God in any organ of the body to draw the proper elements for reviving its activity, the result will be still greater. But we should remember that **A RESULT DEPENDS UPON ONE'S MENTAL CONVICTION, AND NOT UPON ANY ARBITRARY DOCTRINE OR DOGMA.** Even our conviction, our belief, or our faith is a matter of subconscious impression or acceptance. Many of us are aware of the fact that old age is a subconscious race belief, and that when it comes upon us it affects the functions of the glands. Now the glands are the objective mediums through which our subconscious works for our body. Some people may suggest, Why not change these mediums and arrest the progress of old age? But how?—that is the question. However, very few people have any idea of where those glands are situated in the body. Therefore we make a compromise offer; just treat a weak organ in a personal significance and ask it to draw the elements necessary to make it vital and active. If your imagination and vision are vivid and strong, you will soon notice an astonishing result. At the same time we suggest that, since your mind is accustomed to lean on some agency in following an untrodden path, you give it an agency which is supreme on all occasions. That agency is the creative and animating principle of this universe. So it is expedient for all of us to keep our mind constantly in touch with this agency.

THE DIRECT ACTION OR COMMAND

As an ever free Spirit, by means of a direct command to your mind you can achieve wonderful results. But this requires a certain degree of the realization that your

Spirit, although individualized, is not separate from God, and that your every positive command is a command of God. When practiced with this understanding the following drills are very effective.

WHILE CATCHING COLD

Drill No. 40.

You—"My mind, I command you not to accept this cold."

Mind—"I will not accept it."

COUGHING

Drill No. 41.

You—"My mind, I command you not to cough."

Mind—"I will not cough."

INDIGESTION (AFTER EATING)

Drill No. 42.

You—"My mind, I command you to digest this food."

Mind—"I will digest it."

HEADACHE

Drill No. 43.

You—"My mind, I command you not to accept this headache."

Mind—"I will not accept it."

ADJUSTING A PHYSICAL FUNCTIONAL DIFFICULTY

Drill No. 44.

You—"My mind, I command you to adjust this functional difficulty."

Mind—"I am adjusting it."

Here you must vision that your mind, or mental self, is actually obeying your command and doing the work.

RECTIFYING A PHYSICAL DEFECT

Drill No. 45.

You—"My mind, I want you to rectify this defect."

Mind—"I am rectifying it."

PAIN

Drill No. 46.

You—"My mind, I command you to refuse to accept this pain."

Mind—"I am refusing to accept it."

You—"It is gone, and it does not exist any more."

Mind—"No, it does not exist any more."

HABIT

Drill No. 47.

You—"My mind, I command you to be free from this habit."

Mind—"I am becoming free from this habit."

You—"Enjoy your life without forming any habit."

Mind—"I will."

MEMORY

Drill No. 48.

You—"My mind, I want you to have a good memory."

Mind—"I will." (Or, "I am having a good memory.")

ELOQUENCE

Drill No. 49.

You—"My mind, I want you to have freedom in your speech."

Mind—"I am having it right now."

You—"My mind, you are eloquent in your expression."

Mind—"I am eloquent in my expression."

COURAGE

Drill No. 50.

You—"My mind, have courage. I am with you, have no fear."

Mind—"I have courage; I have no fear."

WITH THE PROPER REALIZATION, WHATEVER YOU COMMAND YOUR MIND TO DO, THE SAME IT WILL DO. All advanced students of Truth can easily make their mental self do what they wish by direct command.

If you are an advanced student of Truth, the conception of duality between your Spirit Self (Spirit) and mental self (mind) will help you attain immediate control over your mind. By separating yourself as an ever free Spirit from your mind or mental self, you occupy a commanding and advantageous position for rectifying a false conception. The very idea that you yourself are never involved in a misconception gives you a free hand in dealing with your mind, which cannot function unless it is animated by you. Again, by assuming that only your mental self is involved, while you yourself remain free, you minimize the importance of any negative condition that

gives you trouble. This concept of duality enables you to keep watch over your mental self by the help of imagination, and to direct it to accept or reject any idea that you may desire. The more you impress your mind, or mental self, by talking back and forth about the nothingness of a negative condition, the greater will be your mental freedom. When you assume the position that it is your mental self that becomes angry, jealous, envious, and ill, and entertains all sorts of negative thoughts and ideas, you can at once control your mind by identifying yourself with the Spirit Self. We have used mental life, mental self, and mind as synonymous terms.

A SUPER-METHOD

What is a Super-method? It is a method that denies all falsity and claims the absolute truth; it is a method that enables you to forget the unpleasant and remember the pleasant; and it also enables you to renounce all claims and responsibilities that are not true. If your heart is breaking, you can say to your mental self, "It is not true—it is not real. It is a false negative dream and it does not belong to you." If some one hurts your feelings you can say to your mind or to your mental self, "Why bother about things that are unreal? This hurt is not real, and it never can be. Anything that does not belong to me cannot belong to you. I am Spirit and I sustain and support you."

If you are disappointed, depressed, and discouraged, or if you feel lonely and forsaken, you can say to your mental self, "Look here, my mind, you are going through a bad dream. Wake up and this dream will melt away into its nothingness. Wake up from the slumber of misconcep-

tion, and the picture of falsity will fade away." A brief analysis will reveal to you that you as Spirit have not erred or have not fallen into the bogs of despair and misery—that it is only that your mental self has been entertaining those misconceptions.

You will also discover that all emotions, desires, aspirations, and expressions belong to your mental self. You have the prerogative of separating these bad dreams from your mental self or of retaining them. When your mental self is caught by a negative emotion arising from your race habit and belief, you can at once release it from its misconception. This Super-method of overcoming falsity bids you renounce all past and all negative obligations, ties, and bonds as of mythological origin.

That which you renounce does not belong to you any more. **SO WHEN YOU RENOUNCE ALL YOUR PAST AND PRESENT NEGATIVE CONDITIONS AND EMOTIONS, THESE CANNOT REMAIN WITH YOU ANY LONGER.** You set your mental self free by the truth of your own being. You are an ever free Spirit and your mental self is merely a self-conscious expression of yourself. When you consciously realize the truth of your own being, your mental self reflects you. Then the line of demarcation is wiped out and your mental self becomes as free as you yourself. This wisdom comes only to those who have seen the illumined field of All-God.

Here is a wonderful drill for overcoming the general class of negative emotions. In your imagination look at your mental self and let your mental self look at you. Always feel yourself detached, free, and uncontaminated.

Drill No. 51.

You—"My mind, I am an ever free Spirit. No negative emotion can ever touch me, because it is unreal and false."

Mind—"You are an ever free Spirit."

You—"My mind, I am the power back of you. You belong to me."

Mind—"Yes, I belong to you."

You—"That which belongs to me belongs to you."

Mind—"That which is yours is mine."

You—"I am above all negative emotions."

Mind—"I also am above all negative emotions."

You—"They are false; they are not real; renounce them!"

Mind—"I renounce them, and I am free."

TREATMENT FOR OVERCOMING FEAR AND WORRY

Drill No. 52.

You—"My mind, this fear and worry are false. They do not exist in God's kingdom."

Mind—"They are false, and they do not exist in God's kingdom."

You—"My mind, do not claim anything that is unreal."

Mind—"I am not claiming it."

You—"Fear and worry are not real."

Mind—"I have no fear and worry."

You—"Become as free as I am."

Mind—"I am as free as you are."

TREATMENT FOR DESTROYING INJURED PRIDE
OR HURT FEELINGS*Drill No. 53.*

You—"My mind, your hurt is not real. It does not exist in God's eternal kingdom."

Mind—"My hurt is unreal."

You—"Do not claim that which does not belong to you."

Mind—"I am not claiming it."

You—"Your false pride is unreal."

Mind—"I am renouncing it."

You—"My mind, you are as free as I am."

Mind—"I am as free as you are."

You—"Always watch me and I will watch you."

Mind—"I will watch you."

In this Super-method we simply establish the unreality of a negative condition or emotion in our mental self; we do not take any active part to drive it away or to wipe it out of our consciousness; we let it fade away as non-existent in the light of Truth. This method may at first be rather difficult to many; but a little practice and realization will make it easy. We can soon accustom ourselves to negating a negative condition.

The function of our mind is to think. A thought emotion exerts a tremendous influence in our life. To bring our thought to a higher basis and regulate it there, we adopt a Super-method. In the Super-method below we make our mind the mind of God and let the God thought flow through it.

Drill No. 54.

You—"Lord God, everything in this universe belongs to You."

God—"Yes, everything belongs to Me."

You—"Lord, my mind belongs to You."

God—"Yes, your mind belongs to Me."

You—"Let Your creative thought flow through it."

God—"Stand aside and watch My creative thought flowing through it."

You—"Lord, when Your thought flows through my mind, no negative condition can touch my mental self."

God—"Your mental self is free from the snare of evil thought. Bespeak peace to the whole world."

You—"Peace, peace, peace."

ADDENDA

No. 1. Metaphysical practitioners and self-healers should always remember two facts: first, that all the conditions your body manifests exist in your mind as subconscious impressions; and second, that your entire body and your physical system are regulated by your subconscious impressions.

What is popularly known as the cell mind is nothing but the mass of your subconscious impressions. Your very cell structure depends upon these. The subconscious is the impressionable side of your conscious mind.

When you believe that your mind is accepting a positive proposition, it really does accept it. To be more specific, when you imagine, vision, and believe that a positive proposition is reaching your subconscious through your conscious mind and making a definite impression, your

mind actually is accepting that positive proposition. **THE REGENERATION OF THE SUBCONSCIOUS IS THE REGENERATION OF THE SELF-CONSCIOUS MENTAL MAN.**

In order to explain the control and functions of the subconscious, we will take a concrete example. Suppose you have a headache. Naturally, because of your race belief you will accept this as an external fact. Yet you know that the head of a dead man does not ache, and that the cells of your head cannot function without a submind, or certain subconscious impressions. Now if you can loosen the negative grip of the subconscious over your head, or change the negative subconscious impressions that are causing the headache, doing this by means of a direct command or otherwise, you can readily obtain the desired result.

When through a certain drill you offer a positive proposition to your mind for its acceptance, if you imagine and vision that the idea is reaching your subconscious through your conscious mind and becoming an established fact, you will receive an astounding result. So whenever you practice a drill, take particular notice that the affirmative or confirmatory response from your mind is sinking into your subconscious through your conscious mind, and becoming an established fact. You may imagine your subconscious as just below your conscious mind.

When your mind gives the report through the subconscious that, due to a disease or to old age, you are lacking in vitality, you can at once say to it, "It is not true, it is your false race belief;" then you can draw the cosmic creative energy to offset this misconception.

If you face your mind squarely and fearlessly from your commanding position, you will have no difficulty in attaining to the mastery of your subconscious. When you wish to have a graphic picture of your mind as receiving the cosmic creative energy, imagine that this energy that you are drawing is sinking into your subconscious either through the afflicted part of the body or through the body as a whole, and that it is thus becoming absorbed.

Over-anxiety or tension in the desire to overcome a negative condition will not only cause a strain on your mind and body, already overburdened with negative race beliefs, but will also make your subconscious unreceptive. **AN UNDERSTANDING APPLICATION OF TRUTH DOES NOT REQUIRE ANY FORCE OR ANXIETY.** Through the use of the proper drill, the moment you have the realization or conviction, you will obtain the desired results. Do not forget that whatever you encourage and indulge in, becomes a predominating factor in your life. The more you give in to negative conditions, the more you will have to give in. Therefore do not invent excuses to give in to a negative condition at its slightest manifestation. When your mind becomes indolent or refuses to practice a much-needed drill, whip it into line. Never compromise. Clear the subconscious of all negative impressions. **WHAT YOU HAVE UNCONSCIOUSLY DONE, YOU CERTAINLY CAN CONSCIOUSLY UNDO. YOU CAN TRAIN YOUR MIND TO DO ANYTHING, REGARDLESS OF YOUR AGE OR CONDITION.** Everything depends upon your understanding application of Truth. When you have confidence in your mental self, that mental self can do anything.

No. 2. In dealing with your fellow men, do not anticipate trouble. Adjust all conditions within your own mind, in justice and fair play. Any condition that you meet within and solve, is solved. Divine wisdom always guides you if your mind is clear.

Do not be hasty in your judgment when an important decision should be made. Wait for the inner urge to move you. At least consult with your Spirit Self before you act, and you will not make any mistake. You can also imagine that your mental self is looking to your Spirit Self for the receiving of a proper direction. Your Spirit Self is a centralized expression of the universal undifferentiated Spirit. Therefore when you speak to your Spirit, you speak to the universal Spirit. You should remember that only a message of good can come from God.

No. 3. Any condition that affects you becomes a dweller in your mind. You can consciously banish an undesirable condition and welcome a desirable condition in its place, making this a dweller in your mind. In order to obtain the quickest results, you should personify the desired condition and treat it as a vigorous, dynamic dweller in your mental empire. Thus you can make health, happiness, wealth, peace, joy and other holy attributes of God, dwellers in your mind, and you can see them working for your interest within your imaginary mental empire. The self-conscious man is whatever his mind is. You as Spirit can build an empire within your mind and rule it. That which you vision within your mind and make a reality, becomes a reality, whether it is growing a head of hair, or visioning a personified divine attribute working for you. You should always remember that a means or

method is conceived only for the purpose of reaching a certain type of mind. All the theories of the world may change, but the fundamental principle of Truth remains ever intact. So do not be dogmatic when you champion the cause of Truth.

No. 4. It may sometimes be best for the practitioner to take one important, vital statement from a drill and make his patient repeat it several times, with a clear vision and understanding, until the realization comes. Some people prefer one simple statement of Truth to several.

No. 5. If you do not know how to talk to your mental self, then stand before a mirror and talk to your image, imagining that you are an ever free Spirit—the Animating Power. Your mind permeates your body.

No. 6. Have the realization and vision that whatever is done to your mind, is also done to your body, and vice versa. When you have a clear mental picture of the organs of your body as becoming vital and new, due to the cosmic creative energy, the same becomes true.

No. 7. Some people have not yet arrived at a point where they can realize the subjective reality of an objective phenomenon. If such a person will learn to personify the particular objective phenomenon with which he is concerned, he can derive a great deal of benefit from the resulting intimate contact with it. He may, for instance, consider the sun in that way. Its productive and creative power on this objective earth is well established in the minds of the enlightened, though the real cosmic power back of it may be rather vague to many. To benefit from the sun's rays, they may be personified, and the following simple drill may then be used.

You—"Creative Energy in the sun's rays, vitalize me."

Energy—"I am vitalizing you."

You—"Burn all impurities and build up new cells in my body."

Energy—"I am doing that right now."

—OR—

You—"God in the sun, renew and re-create this body."

God—"I am doing it right now."

Then imagine and vision that the energy you are absorbing is doing the desired work and producing the desired result. One may even practice this drill sitting in the shade. A mental picture of the sun or of its rays can serve the same purpose, though this requires a believing mind to derive any benefit. The sun worshippers of this modern age will get a great deal of benefit and comfort from this drill. **ANYTHING THAT STIMULATES ONE'S MIND WILL INSPIRE ONE'S FAITH.** Faith always works in the positive sphere of God. As long as we adhere to the fundamental principle of Truth, we are in no danger of falling into the worshipping of a false God.

No. 8. No matter what comes or what happens, you should always remember that Providence is back of you and regulating the destiny of your mental life. It will relieve you of all worry, anxiety, and fear of the future.

All your troubles are mental. Even your so-called real troubles are mental, because without your mental recognition and acceptance, a trouble cannot exist. By talking to your mental self of your eternal freedom, you stimulate your mind. When your mind is stimulated, it accepts a positive idea quickly.

If you are philosophical, regard your self-conscious mental life as a divine play, and you will never lose your sense of humor.

No. 9. When depressed, go out of doors and commune with nature, ever vibrant and animated, and your mind will be refreshed and revitalized. Your physical vitality is equal to your mental vitality. Therefore keep your mind vital and active by the help of imagination.

If you desire to empty your mind of the annoying picture of the world, imagine that a picture of joy and happiness is rushing into your mental vision.

No. 10. The more constructive or creative your thought is, the more it will enable you to create, and the more it will build you up physically and mentally. Any thought that is calculated to promote good feeling and mutual help, benefitting yourself and others, is a creative thought. No health-producing new idea can be born in your mind unless you are creative in your thought.

No. 11. Do not worry until something happens. When something happens, just wait and see how it ends. This will end all your worry.

No. 12. Whenever you feel a heaviness or a discomfort, you should know that you have not been eating or drinking in moderation. To enjoy normal health in mind and body, practice moderation in all things, and do not forget to be thankful to your Creative Life for your every normal and natural enjoyment of life.

No. 13. Do not take advantage of a person, but take advantage of an opportunity. **NEGATIVE GOODNESS IS POSITIVELY BAD.**