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Training School

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Coursework L.E. Meyer
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Lesson One - "SPIRITUAL HEALING" - by H. B. Jeffery.

Spiritual healing is a work of the Spirit. "I of myself can do nothing, it is the Father who doeth the work." Our first approach in healing is not to the appearance of disease, but to Spirit (God). We are to disregard the cry of mortal man, and give heed unto the Word of God, the Spirit in man. Moses apprehended this law and wrote: "In the Beginning God." In the beginning of every treatment, God. We are not treating the patient, nor his disease, in fact we are not doing anything. We can do nothing it is the Spirit that accomplishes the work. All we can do is to turn to the Spirit. The turning is looking away from disease to the cause of all Health. Our work always is to lift our own consciousness to God, the Giver of Health.

The natural desire of man when he hears the distressed cry of his fellow man is to want to help him. Often this desire is to display some apparent power of mortal man, which does not exist. All power is from God. "God is all there is, beside Him there is none other." There is One Being, One Intelligence, One Substance, One Form, God. When the attention is focused upon Him Light shineth forth out of darkness.

"When thine eye is single, then thy whole body shall be full of Light."

Our eyes must be single to heal, single to health and the Giver of Health. We are to look beyond the appearance, for it is the unreal.

"The things which are seen, were not made of the things which do appear. "By faith we understand that the very worlds were framed by the Word of God." The Word of God is Creator of all things. It is the Real. The most successful healer gives all his conversation to describing the Spirit, the Reality.

Every case of disease and illness is the result of vain imaginations.

The Light of Truth is resident in every man. It is the Light "That lighteth every man that cometh into the world." In his inner nature

every man is conscious of his Divinity and knows the Truth. We are to appeal to this inner Being and Knowledge and call it forth into expression. Spirit is always present in man. It cannot be put into him from the outside, nor is it necessary for it is always present in man. Turning to the Spirit within ourselves causes the Word of healing to be quickened in us that we "may speak a word in season to him who is weary" and he shall go free. We are not dependent upon certain worded formulas or affirmations. The right word will always be given to the one who keeps his attention upon the Most High. God is all. The true being of man is God manifest.

Every case that comes to us for healing is a challenge to our knowledge of God indwelling. We shall give our attention to this inner Man of God. "Be still and know that I Am God."

Healing is not our own doing, but the work of God. We must be careful to remember this at all times, lest we become puffed up in the work that is accomplished through us and thereby lose a consciousness of its Giver. Spiritual healing is the work of Spirit. The greatest healer and the one who brings about the quickest results is the one who knows that he has nothing to do, and does nothing. He abides by the Truth and in the Truth. "I am the Lord thy God - there is none other." Healing is knowing this truth. In the light of this knowledge all disease vanishes. There is no disease. All is health, harmony, peace, wisdom, understanding and their Giver. "Make the Truth real to yourself and it will be real to your patient." Our conversation shall be in heaven. We shall walk on the heights.

God is Good, perfect without disease. Man is Good, perfect, without disease. All else is delusion, a disturbing dream. Healing is the awakening out of the sleep of disease. It is beholding the True Self. There are not miracles, all is a natural working under the direction of definite spiritual laws. "God is Light, in Him there is no darkness at all. There is no shadow that is cast by turning." In God there is no turning. Disease is a turning from the Light. Health is a return-

ing to the Light.

It is not necessary to give formulae to the patient. There is no healing in mere words. They are only vain repetitions, unless they are given by the Spirit, if so then they arise within the individual, and not from the lips of another. That which arises from within us is from the Spirit. There are many quotations in the Bible which are absolute Truth and are safe to give where the Spirit is known. We should weight well the words we speak that they are charged with the fulness of Truth and not half Truths.

It is written that "Jesus went about doing good." His eye was single to the good, His conversation was good. His deeds were good. The power of healing lies in knowing the omnipotent good. Healing is sacred and the healer must be consecrated. He who would heal must "deny himself and take up his cross and follow Christ." The healer is not ministering for gain, nor for display. He is ministering because he is called to do so by the Spirit and can do nothing else. His work is sacred. His thoughts and conversations are filled with Truth.

"Many are called but few are chosen." All are called to the work of healing but only a few who go far enough to cross our self and magnify God. "The tongue of the wise is health. To him who ordereth his conversation aright I will shew the salvation of God."

Lesson Two - "SPIRITUAL HEALING" - by H. B. Jeffery.

In this lesson we are to take up specific ideas regarding healing. We are to begin with the LIVER.

We shall remember that the true spiritual healer's mind gives no heed to the body or the appearance of disease. His eye is single to the One in whom there is no disease or limitation. However, there is no harm in knowing some of the aspects of the human mind and organization. But as we progress we shall keep our inner eye on Perfection, so that outer appearances do not enter into consciousness. "Only with thine(outer) eye shalt thou behold evil" Only the outer physical eyes shall see the appearance, the inner Eye shall "stay" on God. In other words the picture will not enter into our consciousness.

The LIVER is an organ of purification. Into it is poured blood which is there purified. Blood flows into it from the heart and intestines. The liver represents interior purification. Jesus referred to those who keep the "outside of the platter clean," but neglect the inside. We desire to be clean throughout. "Cleanse thou me from secret faults." As we think and feel within our minds and hearts so are we. We should see to it that our thoughts and feelings are always in accord, with Truth. It is unwise to think one way and feel another. A man of integrity thinks and feels the same. When man thinks one thing and says another he causes a disturbance in the liver, which poisons the blood because the liver is over-burdened in its work and cannot complete it. An impure blood stream affects the whole human system. Regret and remorse bring about hardened substances in the liver which are deposited in the gall bladder and produce what is known as gall stones.

The liver and intestines are closely connected. What affects the liver will also show up in the intestines.

In the blood there fibrin, fats, salts, a sugar and starches. The sugar sweetens the blood stream. The blood that passes to the heart has

been sweetened. Thinking thoughts of Truth, loving the Truth causes the blood to become sweet and pure. Truth rejected hardens the liver and retards its action. The cause of this hardening is unknown to medical science, but known to metaphysicians to be in the mind, and not in the organ itself. In healing we deal not with the organ or with the mind either for that matter but with the Spirit. But as the mind is the medium through which the Spirit works, we poise it in such a manner that it harmonizes with the spiritual guidance.

Every case that comes that presents itself for healing is different from every other. For every person is different from every other person. So each case of healing must be handled in the Spirit, and as Spirit directs, as no two persons are the same inside or out.

Thus we can see that specific treatments cannot be outlined only a general method of procedure can be given.

Dwelling in the past affects the rhythm of the liver. Look away from the past, for "Now is the acceptable time. The liver can be loosened and shaken out of its hardened conditions through joy and love.

Laughing is good for it massages the liver. Joy at meal time is good for the digestion. Sad news brought at the meal time, causes a lump to form in the throat, which is nature's way of stopping the passage of more food to the stomach for the juices have ceased to flow and digestion has temporarily been discontinued. The liver corresponds to areas in the mind. Lack of harmony with others slows down the action of the liver. Harmony quickened the action of the liver.

Ideas in the mind must be put into action. Love the good, think the good, act the good. Belief in Good is not sufficient, we must act the good. There is good for each one, without him being envious of another.

There are many gifts in the Spirit. We must become acquainted with our own individual gift, that which is unique to us; that we can do better than any other person, and that for which we came into the world.

"Stir up the gift within you" We are to seek not the gift of another, but our own gifts. Imitating inhibits the soul and Spirit. "Quench not the Spirit." Let it flow freely. Be yourself. Wanting to be and do

as others breeds jealousy and envy. Turn to the Spirit, seek its informing, guiding Presence. Constantly seek its fruit, for it alone is able to impart inspiration. When the individual work is found there is joy. "Blessed is that man who has found his work for he shall be joyful in all his ways.

Joy produces strength. It places fibrin in the blood, which is then built into tissue and forms muscles. Our muscles are made with joy.

"The joy of the Lord is my strength." Joy is strength. "In thine hand are pleasures forevermore." A love of knowing and doing the Truth brings joy. Discrimination must be used in giving truth, where the student is not ready. For this reason Jesus spoke in parables, that only they who were ready might glean His meaning. He said to the disciples: "To you it is given to know the mysteries of the Kingdom"

It is unwise to place certain information in the minds of those who are not developed enough to use it rightly. Walking contrary to Truth produces disturbances in the gall bladder, liver and intestines.

We cannot deceive our own Spirit, or Higher Self. We shall not try it.

To they who remain free from resentment when under stress of trial, there shall flow from the liver to the heart a pure, sweet, blood stream. There shall be a proper amount of sugar in the blood to sweeten it. Not too much sugar, nor too little. If too much sugar is beginning to be formed it is immediately converted into starch and stored away where it can be quickly returned to sugar in time of need for it in the blood.

The blood stream is largely regulated by the liver. It is a very important organ or viscera. Our blood economy is governed largely by the liver and the liver is governed by the mind, and the mind is directed by the Spirit.

Certain diseases of the feet come from impurities lodged in the blood, which are placed there by impure thoughts. So as Paul instructed: "As much as within you lieth dwell at peace with all men." Others are growing and will open naturally to the Truth when they are hungry enough for it, just as the mouth opens itself to food which is placed before it when we are hungry. "Blessed are they who do hunger and thirst after

righteousness for they shall be filled." So there is to be no criticism toward others regardless of the plane upon which they are manifesting. If we are sincere we shall find many others functioning on a higher plane than we, who are tolerant with us. "Do unto others as you would have them do unto you." "There is therefore, now, no condemnation to them who are in Christ Jesus, who walk not after the flesh but after the Spirit." Gently lead them who do greatly hunger for Truth, and who are zealous of sharing it with others, before they are sufficiently filled to understand how best to do this. The foundation must be thoroughly laid before the super-structure is started. Headaches, dullness of mind and constipation come from forcing ourselves or others beyond that for which there is readiness. "He gently leads them." Be patient. Temper the zeal with love and wisdom. Great zeal without understanding sometimes results in tuberculosis.

They who work in the Spirit will sense the disturbances of their patients but will regard not the appearance except as it will suggest to his mind by means of his indwelling Spirit the Word of Truth to speak. "It shall be given thee what thou shalt say." "The Word is very nigh unto thee even in thy mouth and in thy heart that thou mayst do it. Thou has given us the tongue of the learned that we speak the right word in season to him who is weary."

Lesson Three - "Spiritual Healing" - by H. B. Jeffery

LUNGS: Man is the epitome of all that is - the summing up of all nature. In trees there are foliage, trunks, branches, leaves. In man there is a tree in reverse. The foliage and the trees themselves correspond to the lungs. The sap runs up into the leaves, comes close to the surface, takes on air and light, returns to revitalize the whole body. Trees breathe what man discards, and man breathes what nature discards. This is why it is refreshing to get where trees and nature are.

The blood comes from the heart and other parts of the body through the veins and rushes into the lungs through the capillaries where it contacts light and air, where it is purified. In the lungs the blood contacts light and is quickened and revitalized. The pure blood renews and purifies the body. The breath is energizing. Breath is Spirit. In breathing we breathe more than atmospheric air, we breathe a rarified spiritual essence.

The movement of the lungs moves the whole body, vibrates to the ends of the toes. Trees, fish and man die where there is no movement of air, water and mind. Natural people have 3 movements of the heart to one movement of the lungs. Spiritual people have 4 movements of the heart to one of the lungs.

When there is a difference between affections and wisdom there is a disturbance in rhythm of the lungs and heart. Lack of wisdom affects the heart. High aspirations and love feeds the lungs and heart. According to the desire is the blood fed. "The blood is a register of the affections." If the affections are high, we draw out of the invisible ether high things. The blood tells us that which we joy in. If the affections are high the higher ethers are drawn in and feeds the whole system. The higher the affections, the higher the energy. The

lungs are sometimes spoken of as lights. "Lung means Light" Light corresponds to understanding. The lungs breath deep and strong where the affections are high, light increase, and understanding is increased. There is always a correspondence between the movements of the mind and body.

As we meditate the breathing will change without our conscious thought. As we ascend in consciousness the breathing grows deeper and stronger. We not only breath with the lungs but with the mind. "The inspiration of the Almighty giveth man understanding." Inspiration - in Spirit - inbreathing gives understanding.

As the mind lifts so the body is elevated and becomes light. Where the desires are deep and strong the breathing is deep and strong. Then the body consciousness expands. Fear and anxiety cause disturbances in the lungs.

Pneumonia is caused by lack of air. Air is needed for pneumonia and other lung disturbances. A deep breather is always a good worker. His blood moves freely and is charged with energy and power and expression.

The blood is the life of the body and is dependent upon the breath. The breath depends upon the mind. The breath feeds the blood stream direct.

Whenever the mind is lifted in the love of Truth and the beautiful there is drawn into the blood the finer ethers.

Joy is a purifier of the blood stream. In pneumonia treat for joy, peace, happiness, contentment. Often in cases of pneumonia there have been disappointments. Awaken the patient to the realization of the source and Giver of Life.

Politicians defeated in elections often become stricken with pneumonia and kidneys troubles. Men in all walks of life fall under these disturbances because they do not know the source and Giver of their life.

Strain and disappointment interfere with the lung and heart action.

Doubt in the mind affects the bronchials. Bronchitis often comes from a pronounced doubt. Sometimes bronchial pneumonia. Strong personal will strikes in the throat and bronchials.

In lung disturbances there is always a lust of some nature. Lust for power, wealth, position, satisfaction are not always of the lower nature. (The heart is a large muscular organ)

The heart is as a transformer, that steps down the vital thrust of the pure, fresh blood so that the arteries can take it without bursting. The veins carry the waste back to the purifying organs and there it is removed and pure, sweet, blood is returned, to the whole system. Many disease are caused because the breathing is not deep and strong. There is improper breathing because there is improper thought. The mental blood is not pure. Every thought of the mind and love of the heart are pictured in the body. Where the loves are high and noble the blood is purified, with higher and noble essences. "My strength is as the strength of ten for my heart is pure." Lust after lower things affects the blood stream, the breathing is affected.

Often there is a secret lust and longing which burns the lung tissue and causes tuberculosis. The treatment is for purity, joy, peace, and satisfaction. Bring the eye to rest in the Spirit, the Giver of all Life and good.

Asthma is often caused from worry, strong willed people. They are idly curious. Scattered forces are cause of asthma. Sometimes here is a lust which comes from a false conception. Treat for receptivity of mind and heart to Truth and the Spirit.

When the breath is shut off the least bit there is fear behind it.

This is caused by an improper breathing of the mind.

Healing is the reestablishing to the harmony of the Spirit. So we awaken the mind to the spiritual understanding. The healer always deals not with the body but with the consciousness and that his own consciousness. "The Spirit of man is the candle of the Lord. The pure in heart shall see God." They whose affections are on high.

Lesson Four - "Spiritual Healing" by H. B. Jeffery

BRAIN: "The brain is the immediate organ of the soul. It is composed of three sections, cerebrum, cerebellum and medulla oblongata. The nervous system is an extension of the brain. It extends to the very ends of the body. Every part of the body including the hair, teeth and nails are fed by the nerves. There are sub-brains throughout the body. These sub-stations have all received training from the major brain. They have been so well disciplined that they know perfectly what they should do. Because of this their work has become practically subconscious. They can do their work without orders from the consciousness, and while the consciousness is asleep.

The life of the Spirit passes through the brain, out through the nerves to every part of the body. This is done through doors into the Invisible known as the ductless glands. Doctors do not know where the energy comes into or leaves these glands, for they can see no ducts leading to and from them. They are fed from the Invisible, and reach nerves which convey vital power to every part of the body, even to the hair, teeth and skin. The nerves are the INDEX to the body. They are the clothing to the Spirit, the soul of the body. The outline of the nerve system is identical to that of the body.

The major parts of the brain are cerebrum and cerebellum, which comprise the consciousness. The medulla oblongata is the center of the subconsciousness, or feeling. The cerebrum corresponds to the love of Truth, and the cerebellum to the love of Good. The medulla oblongata is the center of affections, and controls the physical body. If the affections are high and holy the body will be uplifted and purified. There is a close connect between the cerebrum and cerebellum. To be normal, healthy and perfect in being, these two must be balanced. The medulla oblongata and the cerebellum are connected, thus the three.

have an inter-relation. In other words the affections or feelings, meeting understand or wisdom and love in the top brain. The cerebrum corresponding to the Love of Truth, the cerebellum to the love of Good, and the medulla oblongata to the affections.

Spiritual energy pushes itself through the nerves. Where there is a poor contact with the Spirit, the energy of Spirit does not enter the nerves to as great a degree and there results nervous exhaustion. The cause of this is that the affections have been set on lower things, and the stream of Life, or the Higher things, seemingly cut-off. The doors of the Invisible into the visible is through the ductless glands

Where the Love of Truth and the Love of Good are balanced there is a balance throughout the body of man. His two eyes will be the same. His arms stretch will be the same as his height, the right and left side of the body will be equal. The left eye corresponds to the Love of Truth, and the right eye to the love of Good. The eyes show whether the intellect and heart are agreed. The eyes of an intellectual are sharp and piercing but cold; while the eyes of the spiritual are radiant with a soft, loving expression.

The love of the Good shows in the face. There is harmony and balance in it.

Materialists think that the brain generates thought, consequently when some of the brain cells are destroyed there is nothing that can be done for the patient. The very opposite is true. The thoughts build the brain. "As a man thinketh in his heart so is he." Think the Truth, love the good and true and the brain will be restored.

"The soul is form and doth the body make."

There are interior affections which have been carried over from another time, or handed down through inheritance which act independently of consciousness, until a certain period of spiritual unfoldment.

The center of these is in the medulla oblongata.

The organ of consciousness is the cerebrum. When man is naturally conscious of Truth for Truth's sake the face will show it. Such a man

will do things because he loves the good, and not because he has thought it is a good thing to do, or because others have thought it well.

The do good because they love the Good.

The impulses that pass through the nerves form the nerves themselves.

Everything in the body is but a "handwriting on the wall". It shows the loves, emotions and affections of the mind.

Thinking is centered in the top brain and feeling in the back brain.

Pressure in the back of the head is caused by anxiousness - seeking the Truth too diligently. Wanted the Truth to be benefited by it, rather for Truth's sake. The affections are disciplined by the front brain which is the seat of the will, which may be the director of wisdom if there is a love of the good and true.

There must be a perfect balance between love and wisdom, head and heart.

We deal with the body only as an indicator of the states of consciousness and subconsciousness. We heal not the body, but the states of mind. When understanding and affection are balanced the healing will take place. Then will there be freedom, harmony and perfection.

"I judge no man - he is judged already" said Jesus. The judgment of every man is written in his own flesh. Let his who has understanding read. The outer shows what is going on within. The nervous system is an outpicturing of the soul. If the nerve energy is anywhere depleted there will be a pulling in of that part. If it is too great there will be an extending of that part. where it is balanced there will be an even, graceful contour of the body. Read and treat intelligently. There is a lack of love of Truth in all cases which need healing. Treat then for a full, free expression of love for the good and true.

SPLEEN AND PANCREAS:

The spleen is an organ situated on the left side near the stomach. Its office is one of purification. The blood is received into it, and certain elements are removed and other elements introduced into it.

The spleen and pancreas work together. White corpuscles are generated in the pancreas. Here the worn out dead red corpuscles are destroyed. The spleen and pancreas assist the liver in purification of the blood. They make the blood ready for new chyle.

In the pancreas there is much fibrin in evidence. This fibrin is carried to the liver where it is cleansed and used in strengthening the body.

In the spleen, pancreas and liver there is a constant process of purification to keep the body vital and healthy and the blood clear, sweet and pure. The blood is blood only when in motion. It is called the life of the body.

The pancreas take out the super-abundance of fat from the blood and carry it to a receptacle where it is stored for use in emergency.

They also remove other substances that can be stored and used when needed. If there is too much sugar in the blood the pancreatic juice sometimes comes to the rescue to convert the sugar into starch. The spleen, pancreas and liver all work together. These organs all have correspondents in the mind. It is in the mind where healing takes place. Healing is centering the mind in Truth. In the mind is the cause of all disease. In the body is pictured the result. Set the mind right and the body is healed. The pancreatic function of the mind is to purify ideas. We must discriminate wisely. We may love the good, Truth and the beautiful, and yet be selfish in them. The good, Truth and the beautiful must be used for the purpose of helping

others. However we must be careful in placing our ideas before others. Let the Christ within direct.

The spleen has always been a puzzle to medical mind. People who see the good and the true but who do not receive it and use it are called spleeny people. The spleen and pancreas are out of balance. A drop of blood analyzed from any one of these people will be found to be lacking in white corpuscles. White corpuscles are distributed throughout the body to keep the blood moving. When the blood ceases to move it is no longer blood, it coagulates. The white corpuscles attach and destroy foreign substances.

It is good to know Truth, but wisdom must be used in its administration. Lack of wisdom in living throws the lymphatic system out of order. The mind is a body, the outer body is its cloak. Keep the inner body right and the outer body will be kept right. There must be a balance of wisdom and love, that we may know Truth and act in righteousness.

We say certain people are on the SQUARE. We mean that their thinking, speaking, feeling and acting all balance. They live in the fourth dimension. Without wisdom the emotions take control and enslave us.

We cannot occupy the place of another upon any plane, the mental, physical or spiritual.

Zeal for the Spirit must be tempered by love. Without active love toward others the pancreas, spleen and liver are disturbed. It disturbs the whole system. Often acute constipation results. In women the menses may be affected. The inner mind must ever be in contact with Christ for harmony. To retain the contact our attention must be focused upon the Author of Love indwelling. Health is of the mind.

What are our secret wishes and longings? These things are dissolved as we earnestly seek God. Through the blood the unclean things are washed out.

Often people see, love and desire Truth, but their former ideas bind them. They fear to go forward. This causes liver disturbances. Let not your heart be troubled.

Insanity is not a loss of mind. The mind is still there. There is but

one mind. Recognize that mind, speak to it, describe it, call it forth.

When the place of balance is reached, harmony will be restored.

There are mental correspondents to the spleen, liver and pancreas in the mind which sift ideas. Where love and wisdom are here balanced there will be harmony also in the organism. Where there are liver, pancreatic and spleen troubles we may know that wisdom and love are needed to harmonize the organism. Lift the mind.

In the time of temptation without a reserve of love and wisdom there will come a moral breaking. This reserve is held in the OMENTUM.

There are many omentums through out the body, there is a large one near the liver. The energy stored in the omentum enables us to do feats of phenomenal strength under great stress. The omentum regulates the temperature of the body. It stores away energy and substances which make for energy. All these things are held through the knowledge that they are present. The omentums store fats. Fat is representative of love for humanity. It is the symbol of affections. Jesus commanded: "Love ye one another."

Lesson Six - "Spiritual Healing" - by H. B. Jeffery

There has been a reported healing of shoulder condition. Behind this there was perhaps a wonderment as to the protecting, sustaining power of God. Now no doubt that wonderment has cleared. Now this individual knows that God is sustaining, guiding and protecting him. With the new confidence and assurance there will be a new strength in the shoulders and arms.

In the stomach the digestive work goes on in a general way. That which can be easily and quickly digested is introduced into the blood stream from the stomach, as some of the more volatile substances are digested as it passes through the mouth. That which is not digested in the stomach passes on into the intestine where the heavier and coarser foods are acted upon. That which is broken up and made ready for the blood passes into the lacteals and then out into the blood. Gradually the food moves from the small intestines into the large intestines where if there is an element left that can be used it is wrung out, the rest passes out as waste.

The blood is not pumped by the heart, but is moved by electro-magnetic energy. Medical profession believes that it is driven by the heart, but it is not so. The Holy Spirit teaches differently. The foods digested go to build up the body. Thus the digestion is very important. All of the movements in digestion have correspondents in the mind. There will come many asking help who have disturbances in the alimentary canal, especially in the intestines. The proper food elements have not been received. There is behind this a great soul hunger. They should be fed. We are to teach them the Truth. "Blessed are they who do hunger and thirst after righteousness for they shall be fed." Feed them Truth and the disturbances will disappear. Perhaps they have been living in a low environment, breathing a low breath. They are

reaching for a higher Truth and a higher breath. As they come to the center they shall receive what they desire. Abdominal disturbances are not in the intestines but in the soul. They are to be filled with Truth. "Feed my sheep." Feed them with the super-substantial bread. Some are eager to know the Truth for the Truth's sake, others will want it for selfish use. People who come desiring Truth to prosper their business, usually have trouble in the lower bowels. We cannot give them high Truth, but very simple elementary facts. Later they will rise above the words, into the Spirit. Then the form will be rejected. People will come who desire high Truth but want to hang on to the old. We may have to speak firmly and incisively to them, to loose them. These will be having difficulties in the abdomen. The old forms have been emptied of their contents. They do not get the good out of the food, thus living elements are lost. There are people who want good yet have secret loves for something not good. They must be purified or else they cannot progress. These have to be handled vigorously, sometimes they must be entirely ejected from the center. If we are wise and strong in Spirit this will not have to be done in a physical way. Such states of mind have to be eliminated. We must be positive. "Let the filthy be filthy still" but go on with the Truth. Those who are ready and will find their teachers. There can be no compromise. If you don't want your bowels tied up then have nothing to do with evil doers, nor be a party to evil. If we deal with them we will be required to eat the heavier and coarser foods, for the finer foods cannot be received by us. The anti-Christ's are moving everywhere. We must be on the alert, wide awake. The bowels of compassion extending out love just as far as we can. When it is not accepted and rightly used, cut it off. Deep compassion and love are necessary, but no compromise with evil practices are justified. Jesus loved the sinners but not their sins. If there is no response put out the evil elements. Keep the center clean, if you want light, power and healing strength. There are subtle influences at work, be alert and alive, abide in the word. Do not twist the Truth into believing a lie. Always the center

which permits such practices have difficulties in their finances. They have to resort to all manner of schemes and methods to raise money.

Know the Truth, live it and be it. "He who is - has"

Churches always beg for money. Why? Because they are devoid of the inner Light. They compromise with mammon. They drag into their organization a moneyed man, and let him dictate. If we would be strong we cannot compromise with the world. If we are True to Truth we shall walk in the narrow path. They who know the Source of their Good are alive. They are alive with the Spirit.

Digestion takes place in the alimentary canal. The most volatile substances are immediately picked up in the mouth and sent directly to the brain. The coarser foods are carried lower and used in the lower parts of the body and to more carnal things. There is a cleansing which is constantly going on in the body. A lack of oiling substance in the body causes friction. That which produces this lubricant is the joy of the Spirit. Where there is joy, the forces of the body move easily freely and are pure. In all departments of physics the finer forces are always the stronger and most active. They quicken the intuitive sense. "Thy joy of the Lord is my strength." It is also spoken of as the oil of gladness. The way to introduce joy into the body is to lift the mind to higher and finer things. "The oil of joy" passes out from the walls of the intestines. We live by the power of the Spirit which passes through the nerves. People who are willing to receive the Spirit are open and receptive to Truth teaching. Pure thoughts is the best blood purifier. Those of low states of mind radiate a foul odor. This can be detected in insane and penal institutions. "What is whispered in the chambers shall be shouted from the housetops." There are many ways of discerning spirits. Discern the One True Spirit.

Lesson Seven - "Spiritual Healing" - by H.B. Jeffery

PLEURA: The office of the pleura is to hold the organs of the thorax in place and also permit them the utmost freedom. The pleura is fastened to the ribs and also the diaphragm. Its folds extend into the lung tissue to the most minute places of the lungs. The pleura supports the lungs and forms a sack that contains the heart. Within is another sack protecting the lungs from the heart. The heart beats 3 or 4 times to the one of the lungs. The lungs and heart must always be kept in place regardless of the position or exercise. This is the office of the pleura.

There is a correspondence in the mind for the lungs and heart that of wisdom and love. The pleura acts as an intermediary. There must be a balance of wisdom and love to keep the pleura working perfectly. A disturbance of the pleura is serious. Seeking to know the Truth for selfish purposes often brings an inflammation of the pleura. Knowledge must be used to serve man.

There is a wall between the diaphragm and abdomen. The upper layer is the pleura, the lower is the peritoneum. The peritoneum holds the lower organs in place. The office of the diaphragm is to control the movement of the organs of the viscera. The diaphragm expanding and contracting causes our breathing. The movement is not for breathing but moving the vital organs which means for health. When the diaphragm expands it presses them to empty certain juices. The peritoneum and pleura are as one organ. They permit the organs to hold their place and perform their proper work.

The love of the pleura is akin to the love of ones in the center who love wisdom for wisdom's sake, who delight in bringing new members to the love of Good. "If man lacks wisdom let him ask of God who giveth to all men freely." The office of the lungs is that of wisdom. (Inspiration) If there is a love for the good and wisdom there will be a healthy pleura, and the organs will be held in place. Love of Good and wisdom will hold the members of the body in place. Wherever there is friction in the

center look to the mind and heart. There is a need of wisdom and love. There need be no struggling or straining to put over a message. Step aside and the Spirit will put over the Truth. The office of the pleura is to bring a balance action between the lungs and heart. If the pleura of the mind is healthy there is a balanced action between love and wisdom.

Lesson Eight - "Spiritual Healing" by H. B. Jeffery

The necessity of keeping the mind pure and clean. "Thou shalt not commit adultery. Thou shalt not adulterate. We have it in the pure food law. Dr Wiley saw this necessity. Paul warns the churches to BEWARE of false teachings. Keep true to Christ in whom is all treasures. If we are to heal, we must have a straight line of action, single eye. "The harvest is white unto the harvest, the reapers are few." False teachings are put in enticing forms, that the very elect are lured away if they are not aware. "God is in Christ, reconciling the world to himself." To whom shall we go, thou has the words of eternal life, Thou art the Christ the Son of the living God." Let Christ be all in all, there is no other way. Jesus said, "Watch" there are wolves among you in sheep's clothing. We are willing to become a fool for Christ's sake." Christ in you the hope of Glory." There is no presumption about this, we must go the way, and let the will be dissolved. He that is seeking after things are not going the way. "I ask thee for nothing, I want nothing, Only Thee!" Fear not ye shall be attacked by ravenous wolves, but fear not. Look to the Spirit. "Only the one-pointed succeed." "The pure in heart shall see God." BEWARE of fortune-telling with cards, astronomy, palmistry, rosicrucism (The true order of the Rosy Cross is not an order such as theirs it doesn't teach or do what they are doing) where is the Truth. It is ~~not~~ the Way of Christ. "Beware of the anti-Christ who are already in the earth." No one will be led astray whose eyes are open to Truth. "If our eye is single we shall be able to see, we need not fear. No one whose life is hid in Christ can be led astray. It is our work as disciples, of Christ to have the power of God. We can not be weak and stand in this work. This is no place for molecoddles. We may want to do good, but unless our vehicles are pure, we can accomplish nothing. "I can of myself do nothing, the Father within Me doeth the works." If Christ be

formed in you, you need not fear." Then will you speak with authority. God will go with you, and signs will follow. Great works always follow. "Put ye on Christ - be single minded surrender completely. They who die in Christ shall also rise in Him. "Be pure in heart for out of the heart cometh all of the issues of life." If it cometh not out of the heart, there will be no wisdom, no strength. "Feed my lambs" with what? No man cometh unless the Father first draw him. God is not mocked, He is present. He will guide us aright. Keep your mind and heart pure, if you would have your instrument sharp. There are no two human beings alike on this planet, there never has been. We must be keen to understand. "Preach the gospel, heal the sick, raise the dead" Only those who are hid with Christ in God can do these things. The Father doeth the work. Look within and see what is right judgment. Is your eye single? Are you one pointed? The universal Christ can instantly personalize Himself any place, any time.