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"HEALING PRACTICE"

#1 (used Wed. Sept. 12, 1934.)
Rockton, N.Y.

By H. B. Jeffery -

According to the appearances the world is very sick. They who look upon the appearances only see how sick the world is, but know no remedy to cure its ills. Most people think that healing is a matter of changing the appearances, and has to do with the body. In our healing study and practice we shall go beyond the appearances, and the body, to the Spirit which has made the soul, which in turn has made the body as it appears. If the body appears distorted the distortion is not in the body but in the mind or soul and must be there remedied.

In healing we shall consider and put into operation the principles taught and practiced by Jesus regarding healing. He taught men to look beyond the outer to the inner Man. "It is not I, but the Father who doeth the works."

So called scientists advance many theories regarding man. These theories are constantly changing because they are not based upon the Spirit or Real Self of man. There is no stability or security in the science of medicine because it deals with the outer form. The body or outer form of man is sustained and upheld by an inward spiritual Principle. In healing we consider the inward Spirit. Man has in his nature all the elements as they are found in nature. It is not necessary that some elements be taken from nature to heal him. He has the medicine of the Spirit within him to heal him.

Health comes from an Anglo-Saxon word meaning "Wholeness". Jesus said: "Go thou and be made whole,"- "Thy faith has made thee whole." The essence of wholeness is holiness. The holiness of the mind is reflected in wholeness of body. The ancient Hebrew priests would not enter the high places if they were not well. They would not enter the Holy of Holies if they had any appearances of unholiness on the body. The Hebrew people believed that Health came from the One Source of Life.

and they sought comfort and relief from sickness by going to the High Priests who ministered in a spiritual capacity, and who were regarded as those who lived in close contact with God.

There arose however some division of thought. Some began to believe in forms and outer manifestations, of nature. Here began the theory and practice of medicine.

Plato believed that the soul was the Real man. Out of this arose the (Pneuma) order of the numaticists. Numa means "breath", life-principle. Jesus was in accord with this school of Plato's, only He went farther to the embodiment of the Spirit of his teaching. Jesus knew that if there was some outer disturbance, there must be an inner disturbance. He knew that the numa, inner breath or Spirit needed to be acknowledged. He said: "The flesh profiteth nothing, the Spirit giveth life." The outer eye does not see. It is the inward Spirit that sees. "Judge not according to appearances, but judge righteous judgment." The outer is only an index to the Inner.

Sickness is always a partial death, that is there is a partial cutting off of the life Principle. Healing is a restoring of a full flow of the Life principle or Spirit breath. "I came that ye might have life and have it more abundantly. Where there is any disturbance, the inner breath is not flowing properly. The cause of this disturbance is in the mind. Healing is a restoration of the balance and harmony of the mind, and the flow of the Spirit, which brings wholeness or holiness. Healing is regeneration, a fresh current of life that renews, revitalizes and energizes. Recognition of the inner principle of life or Spirit. It may be likened to Light. It touches any and everything, but nothing touches it. It is immaculate. It touches the mind, but the mind does not touch it. It is the immaculate. The Spirit liveth, the Spirit quickeneth, the Spirit giveth life. "If the Spirit that raised up Jesus from the dead dwell in you, the Spirit that raised up Christ shall also quicken your mortal bodies." In healing we recognize that Spirit.

We accept the theory of Plato that the Spirit animates and permeates the whole being of man. It is a more subtle thing than thought itself. If man will recognize it, he will find his thought changing. It is like a shadow of the mind. The Spirit is like the Light of the Mind. It is the Light of the mind. "I am the light of the world."

we can know the character of thought by the expression written on the face. In fact it is expressed in every cell of the body. As the Spirit is quickened the body changes. The body is changing constantly according to the character of thought. Of itself, the body cannot be relied upon. It has no life of itself. It is a negative thing played upon by Life. There is an infusion of life through the body, but not in or of the body. Spirit is the activity of the body.

The breath or Spirit of God gives the body life. It moves the body. Disease is a lack of ease in the mind. Healing is a restoring of ease to the mind. It is a restoration of mental harmony. "Thou wilt keep him in perfect peace, whose mind is stayed on Thee." As the mind is quickened or elevated, it is easy to see the movements of the mind. They who have eyes open can read. When the mind is brought to a high state of perception it can sense false states of other minds. We want to emphasize that the outer form is not the real man, but the inner. The science of medicine is not real because it looks upon and deals with the outer form and appearance. There are constantly changing theories among the medical minded, because they deal with the outer. This is materiality. The principle of life never changes. God never changes. The movement of the Spirit is the Real Science. Man is a spiritual being. He must be treated scientifically. Truth is the One Science. God is the animating Principle of life. the Giver, Sustainer of life.

Healing is founded upon the Truth of man's spiritual nature. The re-establishment of man's relationship to the Spirit is healing. "Wilt thou be made whole?" Turn to that which is whole and perfect.

Every disease in the body is the result of false ideas. The mind is turned away from the Spirit. There is a contagious Principle everywhere present. There is a contagion of health which quickens the mind and body, which is shed by the Spirit. We should get our contagion direct from God. As we walk with God we become Godlike. "There is a Spirit in man and the inspiration of the Almighty giveth them understanding." As we come into a better relationship with God, there is an immediate change in the mind and body. To be well we must turn to the Almighty. "Return to the Almighty and be thou built up." "I will put my Spirit in man," saith the Lord. "I am the healer of all diseases."

"Healing Practice" (Lesson 2)

*Used
Wed. Sept. 19, 1934.
Rochester, N.Y.*

By H B Jeffery

In the person of Jesus we have the very embodiment of the principle of healing, for He was conscious of the Source of healing power. If we watch His acts we see he was conscious of an innerrealm of strength. Man essentially is a spiritual Being. Jesus knew this.

There are three phases of man's being, the outermost or physical, the realm of sensation - next the intellectual realm - and the innermost realm of love. The body of itself has no power, sensation or movement. The Spirit animates it. As healers we need to remember that there is no life in the body. The Spirit infuses itself through the body.

Knowing this we are not swayed by the appearances. There is no life or sensation in the body. This we need to know. It appears so to the sensory man, but it is not so. Pain is an impulse sent over the sensory nerve. It is picked up by the motor nerve which is a false movement.

When the impulse is driven back to the sensory nerve where it belongs the pain ceases. An understanding healer may by an act of his will drive it back where it belongs. The senses cannot be relied upon.

They report that the sun rises and sets. They report that fire burns, this is not so. An iron heated until it is red has the same effect upon the senses as an iron at zero temperature. We cannot rely on the senses. Jesus said: "Judge not according to the appearance, but judge righteous judgment."

We turn within to learn the Truth, to establish order and harmony.

Whenever we find disease or inharmony there is a partial withdrawing of the soul from the body. There needs to be a quickening of the soul to restore ease and harmony, there must be a refreshment direct from the Fountain of Life. In healing it is vital that we maintain a certain relation with the inner Source of Life. There is one Universal Life Principle. Man has behind him the power and force of the universe.

As he becomes conscious of it he is quickened. Touching the within we contact the angelic sphere. Jesus said that He was attended by twelve

legion of angels whom he could call upon to deliver Him from His tormentors. He was aware of his relationship with the Source of Life. Man in his inmost being is related with all life. When he is conscious of this he draws on Infinite Power.

People who live in the senses are constantly drawing attention to the false states of mind, and their false manifestations. As healers we must be careful not to be drawn from our true center. We must be constant, watch, steadfast in His Presence. We must walk in His Presence. Patients love to draw us away from the Source. As ministers we must keep contact. Jesus spent much time alone with the Presence of Life. Often He spent whole nights in recharging His conscious with the Spirit of Life. He spent much time alone in prayer and conscious unity with God. As ministers we have to take time alone and learn to draw from the Fountain of Life.

Our first act in healing is to withdraw from the external appearances to the within. Jesus dwelled here. We should follow Him. "If man will come after Me, let him deny himself and take up his cross and follow me" "Follow Me and ye shall do as I do, and I do as I see my Father doing." As we walk with Him we do the things He does.

The body is purely temporal, it comes and goes, hence we say that it is not real that is it is not abiding. As the body attempts to dictate to us we must assert our authority, and speak to it saying: "You move as I wish you to. You can do nothing without me." we thus speak from the soul. It is important to discipline the body that it may do marvelous things, and obey us in all that we require of it. We do this in the consciousness of Divinity and from the Christ center in us. We must live always in the consciousness of the Spirit within and about us.

When people come localizing their pains we must remember the Truth. They will try to tell us that sensation is in the body, it is not so. The disturbance is in the human Spirit or soul. As we direct the attention back to the Divine, harmony is restored. The universal life princi-

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ple is everywhere responsive to man who is the epitome of center of Divine authority. He is given dominion. There is one Spirit and One Life. All things will respond to the Divine Word of command. Jesus communicated with an intelligence as He walked on the water, multiplied the loaves and fishes and healed. He knew His relationship with the Source and He commanded from this center in cooperation never in violation.

When we know and understand miracles cease. We see exact laws. No man has ever had as close a contact with the Divine as Jesus, hence no man has ever done the works He did. They who do marvelous things do not boast of unusual ability. They claim unity with only natural laws. Jesus' work was scientific. His soul had union with the overSoul as mentioned by Emerson. "The Father and I are One."

In healing we must consecrate ourselves to the Fountain of Life and love, God. Out of God flows life. To minister to others we maintain the flow of Life. On the intellectual plane by an action of the will we may deal specifically to heal. This is possible, but is not the highest form of healing. The highest form of healing is in the realization of the allness of Life, the unreality of the body and disease.

Refusal to recognize disease will call forth the Spirit life. Healing may be extended to everything - plants, animals - human beings. We may do this by maintaining our relationship with the Source of Life.

Wherever we are we shall radiate healing life as we keep contact with the Fountain of Life. People delight to talk about disease and magnify it. This is foolishness, we must not heed it, but keep our attention on the Truth. The error is in the human Spirit in false judgment or thought. Living outside of the Self brings depletion to the forces of our being. People who are always hurt over things said have a weakness sooner or later somewhere within. People who suffer nervous exhaustion are trying to evade some responsibility. It is a form of selfishness. One who lies attention is selfish. He needs to be shocked. He needs awakening. In place of being ministered to he needs to minister.

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"We are ministering angels sent forth to minister." Jesus went about doing good. He never asked others to do for Him. He was ever doing for others. We shall watch and study the life of Jesus and work as He worked. The more intent we are in doing good, the greater will be the influx of heavenly power. Keep the mind open to the Spirit of Life, and you shall walk with the angels.

"HEALING PRACTICE" (Lesson three)

by H. B. Jeffery

(Used Sept. 25, 1934 Rochester, N.Y.)

The element of faith. In Jesus system of healing the element of faith was a very large one. He attempted to arouse faith in those who came seeking health. Salvation is not merely saving of the soul from punishment, it is the saving of the body also. Jesus devoted much attention to the healing of the body. Where there was no faith it is said that He did no mighty works. By faith He knew that it was something inherent, in man's nature. without it He would not be, he would not do. Faith grows through use, as any other talent. Faith is inherent, usage is drawing it out. Faith can be led forth and is a part of man's education. Faith is the free gift of God: It is a grace. Jesus knew faith was a part of the omnipotence of God. "We know that through the Word of God spoken in faith that the heaven's were made." Man made in the image and likeness of God has within him faith. To this faith Jesus appealed. We find a quickening of our faith through prayer or turning to the Divine. When His disciples asked Him to increase their faith, He pointed them to God. As one turns to God there comes an increase in faith. The Divine instills confidence as we contact it. This is the law of induction. "Thou restoreth my soul as I come in contact with Thee." After prayer one's store of faith is increased. The disciples wondered why they were not successful in certain cases that came to them for healing. Jesus said they lacked faith. They said to Him: "Increase our faith." He bade them repair to the Divine Presence. After a season of waiting upon the Lord they went forth doing mighty works.

Faith is a work of expectation. In healing we give our attention to the quickening or restoring a weak organ or part of the body. Disease is simply a result of a disturbance in the soul. By directing the attention to a certain part of the body we can fill that part with a new charge of life. This can be done easily. If we hold our attention upon any part of the body until we produce a distinct sensation. As the vital force increases the blood stream increase in activity. This is

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purely a mental process. Jesus worked in a deeper and higher manner. He worked with the soul. The range of the senses are limited. If we accept their judgments we incorporate in ourselves many false things. If the judgments are untrue a part of the body will be affected. Certain schools of metaphysics term the cause a belief. The thought may not be fixed directly on an organ, yet certain untrue judgments will manifest in the organs. We do not judge by the appearance. The picture does not state the Truth. Conditions of the mind often arise in disguised forms.

Jesus was able to heal the most difficult conditions because He could detect where the trouble was in the soul. He had faith He could do it. He also aroused faith in His patient.

If we can maintain a certain conscious contact with the Spirit we can build an organ where it has deteriorated or been removed. Faith arouses new power, creative energy, building strength. "I will set the house in order when I come." He comes when we call on Him or turn to Him. "I will give to them y Spirit. I will place my Spirit in you." Those who give themselves to prayer find this is true. The Divine imparts itself. When we partake of the Spirit there is a strengthening quickening, freeing. Thus Jesus admonishes us to pray;

In healing the first act is to turn to God. The attention is on God, not on the patient. The expectation aroused in the patient is faith. If there is expectation much of the healing work is done. Faith is a power. It is a Principle. It is behind everything that was ever done. Faith is a power. "It is the substance of things hoped for, the evidence of things unseen." It lifts us to a realm beyond our common understanding. It lifts us above the sense world into the Spirit realm. Faith transcends science. The time will come when physicians will know how to apply faith rather than drugs. There is no limit to faith. "According to your faith be it unto you." According to the degree of our faith shall we receive. We instruct people in Truth to arouse their hope and

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expectation. Christianity is practical in so far as we have aroused the element of faith. It is a gift of God inherent in us. It must be used; be drawn out. By faith the use of faith we develop it. As we have some success in its application we pass on to the accomplishing of larger things. By our word of faith we shall do mighty works. We increase our capacity to use faith as we use it. There is an inner seeing that comes with faith. As we use faith there is an increase in virtue and power. Jesus perceived that power had passed from Him in healing others. Through knowledge of it He immediately recharged His being. Through knowledge He received an increase or influx of new energy and vitality. "All things are possible with God." Can God set a bone? Why not? He has all intelligence and all power. With God it is easy. Jesus said you may all do as I do, only believe. Prayer increases faith. Prayer is attention to God. We walk in prayer as we keep our attention on God. As the appearances seem too real, we must go apart to pray. Jesus spent much time in prayer. As healers we must repair in prayer, receiving power to speak the quickening, freeing word. If we ~~did not~~ have faith in us, we could not heal. Faith is not purely an intellectual thing. At first there will be a belief, but as the belief deepens it becomes a conviction, and the feeling nature is aroused. The feelings are next to the Spirit. A musician could not produce music unless He felt it. As he feels it in his soul, he imparts it. So faith is generated as ^{we} feel it. Without feeling thought is impotent. Feeling is of the Spirit. When belief becomes a conviction the feelings are quickened.

Healing comes from the Spirit. We may use words like another has used in successful healing, but unless there is an inward feeling accompanying them, they are impotent.

All things are done by and through faith. It is the underlying principle in all creation. It is the creative force in man. Jesus dealt scientifically when He taught man to believe, and had faith Himself.

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Faith is essential to arouse an expectant attention. If we can arouse this in our patients we shall have good results. Behind every form of sickness there is a fear. When fear is removed, harmony is restored. Fear is just the opposite to faith. The cause is in the mind and the remedy is in the mind. We deal with the law of causation. "Be ye therefore transformed by the renewing of the Spirit of your mind."

"Have this same mind in you which was in Christ Jesus." This is the mind of faith. This is the substantial mind. Believe and God will work in and through you according to your faith. As faith increases which is the instinctive sense, the seeing power of the mind also increases. As we realize the allness of God we easily manipulate matter. It is done not by working with matter, itself, but in dealing with and in the Spirit.

Jesus upset many laws which seemed fixed until His day. He reversed the law of chemistry in turning the water into wine. He transcended the law of gravity when He walked on the water. He overcame the law of labor when He increased the loaves and fishes without effort.

"HEALING PRACTICE" (Lesson Four)

by H. B. Jeffery

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Today we shall continue the lesson on faith. Faith is very essential in the matter of healing. Without faith there would be no healing. Paul's definition of faith is doubtless the best ever given. "Faith is the substance of things hoped for, the evidence of things not seen." As James says we must be able to give a reason for our faith. We have that faith in the constitution of the universal. "God is the only Presence and Power, beside Him there is none else." "God is Spirit." According to the materialist Spirit is an etherial form of matter, generated by matter. Spiritual teaching is the reverse. The Spirit is all. All things have life because of Spirit. Spirit is the Source of all things. All things have life in the Spirit, and because of the Spirit. Spirit is the life-principle underlying all living things. We now know that all things are alive, even rocks and minerals. We have so long lived in the material belief that spiritual substance is usually conceived of as matter. This is the reason many fail in demonstration. The numbers in mathematics are not mathematics. Matter of the form is not the Spirit. The Spirit is Principle. Spiritual substance is a Principle. The thing that underlies mathematics is like the Principle that underlies spiritual substance. We shall think in terms of Principle. Jesus said: "God is Spirit and they that worship Him must worship in Spirit and in Truth." We might paraphrase this by saying: "Mathematics is Principle, and they that become proficient in mathematics must work in the Principle of mathematics." Working in the Principle we become a mathematician or a musician. We see Spirit or Principle with the inner eye, of the heart. We must learn that there is a Principle and meditate upon it. We shall go often to this Principle and meditate upon it and contemplate it. In healing this is essential. There is one universal, vital principle, that inheres throughout the universe. That Spirit is in man, placed there by God. This Principle upholds, sustains, supports life. Disease is a partial severing of the soul from the Principle. Death is a total severing. Healing is the restoring of the vital

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Principle in all its fulness. It is essential that we become saturated with a consciousness of the Spirit. In healing we are awakening another to the Principle. "Feed my sheep." To feed the sheep of the Spirit we must have spiritual substance. Healing is finding our relation to Spirit. As we become conscious of it we become at peace. In Principle there is always peace. Principle is without change. It is reliable. We can depend upon it. As we acquaint ourselves with this Principle we find it stable. we we recognize and acknowledge it, it will work. As we see it work, it quickens confidence which developes into a very stable faith. Faith is an expectancy. An expectancy when it is made full is realized as NOW. "Now is the acceptable time, Now is the day of salvation." In healing we must awaken an expectancy in our patient. Faith has many degrees. We do not always awaken the highest degree of faith in our patients. We may arouse a hope, a belief that there is a possibility. If we have done this, we have done much, for we have opened the soul to influx of new life. It is awakened in our patients and in us. They will look to us, we must point them to the Spirit. As their hope grows the element of time begins to diminish, until it is done away with and they believe that their healing can be accomplished now.

To those who doubt that they can be healed, we say little. Often we deal with a friend as the medium of faith which is very helpful. To say that we do not work in a case because a doctor is on it, or because it is in the hospital is foolish. Nothing hinders the action of the Spirit. Physicians often help to allay fear which is a definite help. Often as we work in the consciousness of the One Presence the physician will swing around, even though he is unconscious that he is coming close to the Truth. They will begin to change their diagnosis. It will become more favorable, until soon they begin to doubt if the patient was ever sick at all, that it was all in the mind. We never fear to work on a case in a hospital, no matter how severe it appears.

In treating we not only treat one case, but we are working in Truth which is universal. Others who are in the same degree of consciousness will be helped, no matter where they may be, even on the other side of the earth.

We look to the Spirit and the inner eye opens, and we look beyond the appearance. When the state of mind is corrected, health will spring forth. We shall not become discouraged because of appearances. We simply know that it indicates a disturbance in the human spirit, caused by an improper contact with the Spirit. A closer Unity with the Spirit must be established. We must see with the eye of Truth, to judge rightly. We must learn to function in the heavenly realm.

There is a point in man where heaven and earth meet. Jesus calls this the inner chamber. This is a place, not of geographical location but of consciousness. It is not in the body but in consciousness.

"He that seeth in secret shall reward thee openly." An awakening in consciousness is a returning to the Father's house. One who has seen his own soul will never again be disturbed. He cannot be touched or hurt. Nothing can hurt the immortal soul. Awakening to the Self the mortal puts off mortality and puts on immortality. This is a high and beautiful experience. It is a mystic marriage. When the inner and outer are one. Healing is bringing this union in consciousness. This is the coming of the Kingdom. "Thy Kingdom come on earth as it is in heaven." Healing is man awakening to his true estate.

True healing is returning to the realm of reality within. Healing is awakening man to the consciousness that he is a living soul.

Language is a man-made thing. It is an attempt to communicate the Spirit which is incommunicable. Spirit communicates itself. Nothing else can. Until we go beyond words we do not touch the Spirit. Unity works with words. This is a mental process. When we get into Spirit we transcend words and all mental processes. We transcend even thought and ideas. We come to a place of knowing. Knowing is above language

In spiritual healing we arrive at the Spirit. It is not necessary to speak when we touch the Spirit. When we touch the realm of reality we go beyond language. Language is the mind attempting to explain that which arises from within itself. Absent healing is very possible and is a higher way of working. We work in the realm of reality which knows no space or time. Wherever we touch it is present in all its fulness. In the inner chamber we touch omnipresence. When we work in consciousness we rise above the physical. We can transcend the mental atmosphere as we are in Spirit. As light shines through the window pane without regard to the form, so Spirit shines through the mental and physical forms without regard to the forms. Every case of healing is a challenge to a consciousness of the allness of God.

"HEALING PRACTICE"

by H. B. Jeffery

(Lesson FIVE)

THE FEET: The feet are quite like the hands, but have a different office. The thumb of the feet does not adjust itself as readily as does the thumb of the hand to the fingers. It maintains a straight line. It has much to do in maintaining balance. There is a direct connection between the soles of the feet and the top of the head.

The highest and lowest are in direct connection. The feet correspond with the power in man to move from Truth to Truth. They correspond to the love of obedience. Man is saved by knowing the Truth, but he is not saved until he learns to love the Truth. The outer man can come to the love of the Truth when the interior man draws him. There is a direct connection between the feet and the cerebrum. The cerebrum is the instrument through which wisdom acts. The voluntary movements of the mind are in the cerebrum. The feet signify the love man should have for the law of the Divine. The love for the Divine will and to carry out that will. The left side and the left hand are correspondents of thought. The right side and the the right hand correspond to the will. The right arm and hand are stronger than the left. because the will moves more freely through this side. When the will of another controls the left hand and side are weak. With the feet it is just the opposite.

In military training the first step is always on the left foot. This is a correct thing to do, according to spiritual law. We are acting right as we place the left foot forward. When we are acting right there is a more positive action of the left foot. When we are not sure we are right we will find we are prone to turn to the left. When we are positive we will go to the right. When we have a sense of obedience to the right we move to the right. The reason for this is that when we are in the right the forces of our being girate from the left to the right. In doubt the action is the reverse. When we have the love of

the good and true the body will always swing to the right. These are determined by the turn in the mind. The body is an open book to them who can read. In healing it is helpful to read aright. (The right foot corresponds to the will and the left side to understanding.)

The feet are of great importance. The balance of the body is maintained by the feet. If the feet are out of order, the whole body is out of order. Often a disturbance which shows in the upper part of the body is due to a disturbance in the feet. It is well to understand the office of the feet, knowing that they are directly connected with the cerebrum and understanding. If there is a disobedience it will show in a disturbed condition in the feet. The arches of the feet will drop if the human will is too strong. The toes lose their flexibility. The power of discretion will show in the feet. There is a good foot action if the love of the good is present. A good judge of a horse looks to its feet. If the feet move freely, the horse is spirited. "The gate of a man determines the fate of man." The feet are very sensitive to the right. The foot used rightly senses the ground at every step. They select a right place to step. This corresponds to the faculty of discrimination or judgment of the mind. "How beautiful on the mountain are the feet of them that bring good tidings and preach peace, and say unto Zion, the Lord reigneth." "Great peace have they that love Thy law: nothing shall offend them." Love of obedience brings peace. There is a baptism of wisdom as one moves to the interior of his being. Only those who obey can move into the Presence of the Most High. When the consciousness is right our paths are straightened and we walk in high places. Doors open in human society which before were unknown.

"He hath made my feet like hinds feet." This species of the deer are sure-footed. They run over crags and rocks and almost perpendicular mountains. "He maketh the mind to walk in higher spheres, which reflect in outer activity. As one arises high in mind there is breathed into him finer ethers, which bring revelations of mysteries. This all comes from

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love of obedience. Walking is symbolical of living. Living is a moving forward. Often we say of a quick, alert student that he just walked through a certain subject with ease. Walking corresponds to living. When one moves freely, he is more alive. We can tell the way a student walks whether he has his lesson or not. The feet are symbolical. They register the state of the mind, the state of the will, the love of obedience to the right.

Dancing in the right state of consciousness will help correct foot ills. The feet in women are different than men because their minds work differently. Women work intuitively, while men work intellectually. Of course this is only generally speaking.

We impart through the hands, but receive much through the feet. The feet are very important. Bunions are caused by states of consciousness in which there is a belief in opposition. When traced down we find behind it is selfishness. The human will is overriding the Divine.

When traced down we find behind it selfishness. When traced away back it is found as disobedience. A wrong movement in the mind produces wrong foot action, which brings friction, corns and bunions. The shape of the feet are determined by one's loves. A student often has a long foot which indicates that they are reaching out for newer and greater things. Different states of mind produce different movements and shapes of the body. (A woman insisted upon having shoes smaller than she should wear. When asked why she said that her feet felt so good when she took off her shoes.)

The higher the reach of the mind, the lighter and freer is the step. One who lives in high places walks on air. A child is always climbing when it is a certain age. This is but symbolical of his desire to reach up and out with the mind. When we recognize this we shall help him to make higher contacts.

"HEALING PRACTICE"

By, H. B. Jeffery

Lesson SIX:

THE HANDS: The hands are the extremities of the arms. There are four fingers and one thumb on each hand. The hand is a very useful instrument. It is a marvelous mechanism. We take hold of things with the hands. It can be brought to various degrees of action. With a strong will, there is a strong grasp. What man likes determines his hand. The hand signifies one's love of service - of doing things. The heart expresses itself through the hand. By the touch of the hand we are able to largely determine one's likes and dislikes. No two hands are alike. If we read the inner hand we find that the lines differ. No two fingers, or prints are alike. The finger prints are different in all people. The lines are records of what man is, showing his affections. It indicates also one's grasp on spiritual principles. It corresponds to our power of determining Divine Ideas, and to grasp and hold them. The hand indicates one's power to take hold of the good, also to impart the good. The hand indicates our ability to give and receive ideas. The more we give ideas, the stronger our minds become. We strengthen the mind of Good by giving it, the good, away. The more the hand is brought into service the stronger it is. The hand is a reflection of one's state of consciousness. It indicates the degree of wisdom and love one has.

The higher we ascend in consciousness the more that it is reflected in the hands. There are finer muscles builded into them, and they are quickened in sensibility. They act more quickly and freely. Sometimes auxiliary muscles are developed in a musician's hand, which are not found in other hands. Very often those who play musical instruments have muscles placed there by the Spirit which are not present in other hands.

One who has a good grip on Truth, has a firm, strong grasp, and a firm strong, but flexible hand. The hand is not so sensitive in a man who

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is doing common, ordinary things. His hand is strong and firm, but not so flexible. Different ideals and aspirations build different instruments through which to do their work. The wrist and fore-arm give the hand a rotary motion. The upper arm and shoulder permit a large sweep of the hands. The whole body throws itself largely into the hands. The one concentrated instruments of the body are the hands. They reflect the inner wisdom and love.

Man's speech is an organ of thought. Through speech he directs the hands. The hands are better indicators. When writing the thoughts we really show whether we know a thing or not. Writing brings us to exactness. "Reading makes a full man, conference a ready man, and writing an exact man."

The hand holds the office of ministry or service. Where there is a love of service, the hands are very sensitive. When people are in harmony there is a pleasant sensation felt by both when they grasp hands. Through the touch of the hand we are able to read the character of another. When the hand desires to withdraw, there is something which is sent out which the soul does not desire to receive. By the hand we can read the whole man. Women and mothers like to take hold of babies and fondle them, because they desire to grasp youth and innocence. A mother is wise who does not permit every one to handle her child. One who has been in a very angry state who takes hold of a child passes along to the little one a condition which is not helpful to it. Children are very sensitive. Watch who handles your children.

Jesus worked much with His hands. The state of mind will determine how much one receives. Where there was no receptivity, Jesus did no mighty works. Jesus blessed little children which were brought to Him. He did much with His hands. He knew that an energy was going forth from Him, and He also knew that there was a vital energy coming into Him. He kept contact with the Father that the charge of energy

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strong shoulders, arms and hands.

If we are called upon to give physical solace, we had better do it.

It is our minstry to help where help is desired. One must have a strong mind and a strong body to heal. There must be a balance.

It behooves us to spend much time in prayer to be charged with power.

Jesus was a balanced, normal, healthy man. He was well balanced. We too must be well balanced if we would heal.

"HEALING PRACTICE" Lesson SEVEN

By H. B. Jeffery

Jesus went about healing with instantaneous results. It was by and through His acquaintance, with God so He carried with Him the great peace that surpasseth understanding. "Acquaint now thyself with Him and be at peace." He lived in the Presence of God. Previous to His greatest works He spend whole nights in prayer. When He spoke the word Peace there was potency in it. In the largest per centage of sickness all that is required is peace. Peace is a great medicine. To be proficient in healing we must be at peace. To know Peace we must walk with God. "To know God and Him whom the Father hath sent is life eternal." So we must acquaint ourselves with God and know the Truth. "Great peace have they that love Thy law," nothing shall offend them" We must have peace which comes from knowing the One back of the Law. Seeking the author of Divine Law we have imparted to us wisdom, and order. Law always means order. The word when it goes forth brings harmony and order, where before there was confusion. The office of the healer is to restore order, Jesus said: "Feed my sheep." There is more in proper feeding than in drugs and medicine. Before we can feed we must have the food. The world is spiritually hungry and thirsty. People are seeking that which will feed them. There is a great search we are to stand firm and uphold. We are to extend helping hands. The whole world is in distress and sick. we are called upon to heal the sick, to preach the gospel. we are to make them see that in the midst of evil is good. "The Kingdom of heaven is at hand." The old order will never be restored. We are moving forward in a new era. It behooves us who have felt the call, to be strong in the Lord and the Power of His might. "We must be sure it is His might. "Not by might nor by power but by my Spirit saith the Lord." Healing is done by the power of the Spirit. Trying to force by mental power is not spiritual healing. Suggestion is not spiritual healing, it is mental. Its effect is not good. To bring in futurity is a false factor in healing. There is not time in God. "Now is the only time. Now is the acceptable time." Now is the day of

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salvation." Now is the fulness of time. Futurity did not come from God. To say: "You will be better soon is not spiritual." Now is the only time. Jesus spoke and immediately it was done. The word immediately appears much in connection with His works. Eliminate futurity. The man God made in His image and likeness is not a creature of time. We need to remember this in healing. Jesus said: "I do not these things of myself, The Father within me doeth the work." He gave Himself, His will, His all to the Father." The Father and I are One." If we would be healers then we must be imitators of Christ. One reason why we do not accomplish more, the self, gets in the way. Jesus went about doing Good, but there is no record that he did anything for Himself. We have no record where He said: "Look what I did" He never said "I" did anything. He said the Father doeth the works. If you know the Truth, you can do as I do. We must have a constant conviction of His Presence. We must be as conscious of His Presence as we are of His breath in us. Not in our selfishness but in Spirit and in Truth. We must be empty of self and desire for the self. Empty the self: "I came not to do my own will but the will of him who sent me." It is my will to do God's will. Thy will be done." we must lay aside our wills. "Many are called but few are chosen." Many are called in this work, but self gets in the way. they are not channels for the flow of the dynamics of the Spirit. People do not hearken to the, because they feel the personal presence of their will. When man becomes empty of self, they do the work of the Spirit. Get rid of the self is all that is necessary. The day of occultism is past, there is nothing hidden. "I do not judge any man, they are judged already." Their speech betraeth them, their walk betrays them. We can lift our vision to the heights and walk with God. We need not to judge. They are judged already. We need not to handle people's thoughts. Jesus had hid in Him all the treasures of wisdom and knowledge. If we are filled with wisdom, it will shine out. "If any man lack wisdom, let him ask of God." Many stick their noses in

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books seeking wisdom. The scribes spent their time in copying books, they knew the letter but not the Spirit. Knowledge of the Spirit is wisdom. Do not look in books, look to God. Wisdom transcends the intellect. It does not violate the laws of mentality. It fulfills them. "Go direct to God. Wisdom is from above. We can not impart wisdom, but we can shine with it, but it will cause him to shine who hath it. Let God be all in all. What I have seen my Father doing. said Jesus" Become nothing that God may become all in all, even as He is all in all. Our own will makes us tired. The Will of the Spirit refreshes us. "Walk with Me and be ye perfect." Walk with the Spirit Walk with the wisdom of God. Walk in the Way of Truth. Know Him this is the secret of healing. There is nothing mysterious about healing. "Whosoever will may come and partake of the waters of life freely." Let man see your Good works, not to glorify yourself, but to glorify God. We shine with the Godshine, others will see and feel it. "I will restore saith the Lord." It is God that healeth. We must know this if we would do healing. We are interested in the way of Christ. The Unity school is meant to be a school of Christ. We would have in us the mind of Christ. If we have the mind of Christ we cannot help healing. If we are conscious of Christ we will heal. Thought has no power in itself. Thought is only a form. Thought must be charged with Spirit. The disciples tried using the words of Jesus and failed. When they received the Spirit, they healed. They were full of the Spirit. It is not by holding thoughts but by the Spirit. This is life, to know God. God is the health of the nation. He is our health, all health, all strength, all power. The Father is the One Strength.

Lesson EIGHT

There are many forms of healing. One form is that of faith. There is no healing in the human or carnal mind. The body reflects the mind. A stronger will may change the mind, for a time, but it is not healing. Hypnotism is a false teaching. It is of the carnal mind, which the apostle Paul said is at enmity with God. The more constant we are in walking with God, the more proficient we become. Love is manifest in many degrees. There is human, intellectual and spiritual love. The human love is lowest. The love of a mother for her child is the highest form of human love. We are exercising intellectual love, when we are instructing our fellow man in Truth. Love tempered with wisdom is the secret of life. When we are instructing others in Truth we are following the command of Jesus: "Feed my sheep." There must be within us a deep yearning for the welfare of others. "Love seeketh not its own." To perfect human love we must have a higher yearning than the physical, a bowing down of the human to the Spirit. We are ever on the watch to instruct others in the Truth, to give of such as we have to others. As the mind which is trained musically senses a discord, so he whose mind is ever on God, sense a downward thought or word and corrects it. This is the exercise of intellectual love. The intellect is an instrument of great value. It can be trained to a high work. It must be trained to a high work. On this plane we affirm and deny. The leader and teacher should be alive and awake. The intellect is not something to be denied, it is to be disciplined. "Be ye therefore transformed by the renewing of your mind." Lift up the mind to Christ. It is necessary to mental life. The teacher and healer must be alive and alert. One grounded in the Spirit will meet trials with understanding. This is done in love. Where there is love there is righteousness. There is spiritual love which moves without effort. When another meets us and is inspired to a higher life we have shed a high, spiritual love. If we have walked with Christ in mind we move into the higher Realm.

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When the human ego is too active it stands in the way of the influx of Spirit. Unless we hold ourselves in accord with Spirit there is not an inflow. Often we do not attract hearers because the ego stands in the way. Men will hearken in the day that the spiritual power enters into us. Of ourselves we have no power, by being surrender to God.

His Spirit works in us. If we are constant in our attention to Spirit our work will be constant; our work will have quality and quantity.

However we never work for quantity, but for quality. The higher the love, the freer it is. The lower love is never free. As we arise in consciousness the more impersonal becomes our love. The higher we reach the farther we reach. When we transcend earth consciousness we are given a white stone in which is a new name.

Love enables us to be long-suffering, not in pain, but in steadfastness, standing firm. One in low states of mind cannot be lifted to the heights at once, any more than one who has lived in the lowlands can be lifted to the mountain tops. Love enables us to become gentle and firm. As we rise in consciousness we express more love which tempers our being. Love is the redeeming power. The closer we walk with God, the more we will be able to do. Where there is any fear as to our inability we are not yet made perfect in love. We need to walk with God, and in God.

Healing is done as we get out of the way. The Spirit must have its way. The mind must be clean. Jesus said: "Ye are clean because of the Word I have spoken unto you." Unless sin and false states of mind are corrected healing is not accomplished. We may know we are working in the Spirit when the character is renewed. When they are given the white stone, and have been made clean. This comes through the action of love. The less attention we pay to the body, and the more we pay to the Divine the swifter the healing. As we are steadfast there will be one instantaneous healing after another. Jesus followed the Spirit and walked in It.

"HEALING PRACTICE"

By H. B. Jeffery

Lesson NINE:

Our expresident Hoover said: "Poverty is a disease." It is an insanity. The victims do not realize the sickness. It is of the mind, the trouble is not outside. People look out thinking prosperity is without. "Man's riches consist not in the things he possess." Happy is the man who getteth wisdom - with all of thy getting, get understanding." Riches and honor are in the right hand of wisdom. "The man of wisdom is strong. Riches are of the Spirit and in the Spirit. Solomon was very rich. He knew wisdom is the core of prosperity. He said: "wisdom is the principle thing, therefore get wisdom." Wisdom is beyond riches, get the core of riches. God understandeth the palace of wisdom. Depart from evil. This is understanding. Do good this is wisdom. The one that has wisdom shall walk and not stumble. He shall lie down and his sleep shall be sweet. Where is wisdom? God knoweth the place thereof. If any man lack wisdom let ask of God, who giveth to all men freely." Wisdom transcends the intellect. wisdom is from above. Every good and perfect gift is from above." If we would understand the place of wisdom and receive, let us turn to the Giver. Wisdom makes the mind alive. It quickens the perceptions. It sharpens the power of the mind. Have discretion, keep discretion. David said: "He that loveth the law of the Lord and doth meditate upon it day and night shall prosper in all that he doeth." Jesus said: "Seek ye first the Kingdom of God and His riches and all these things shall be added unto you." Away back in the early ages, eastern sages said; when man is indifferent to things, and is aware of their Source they shall receive abundantly of things." "Ye shall not want." Many struggle to get. They plan, plot and scheme to get things. They that understand shall rest from their labors and great works shall follow them. Wisdom is the principle thing." God to the Giver. You will not get wisdom from men, from books, from things. It comes from within. Go within, shut the door, commune with the Giver.

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Here is the only place to find it. "I will instruct thee in the way thou shoudest go," saith the Lord. He that imparteth wisdom shall direct thy path. He shall direct thy feet and they shall not slip." He that lacketh wisdom, let him ask of God." He that hath wisdom, hath substance. Seek the essence, the reality, within, the outer things will be added. "In the day of the Lord, they shall cast their money in the streets." He who is indifferent to things shall draw them toward him. The late Mr. Herriman, a great railroad builder who handles millions of dollars, says: "Money itself is nothing, wisdom is all." The earth is the Lord's and the fulness thereof." No man owns money, no man owns anything. Even the government can own no money. The government calleth in the gold, what does it amount to? It is only a symbol. It symbolizes power, but where is power? God is all power. Power is in man, it works through man. Man has conceived money as a medium of exchange. The idea working is the real thing. When we are wise enough to place our silver and gold where they belong we shall have an abundance. "Silver and gold belong to thee."

J. Pierpont Morgan said: "Money is nothing. People handed their money over to him by the thousands and millions. He said I care nothing about money, take away all I have and I will have it all back in three months. Take away that thing I have in me, and I will have nothing." Each day Mr. Morgan stopped at St. George's chapel on his way to work. He gave God the praise for what he had. Here was the secret of his power and wealth. In a great eastern bank there is a silence room into which any one of the employees can go anytime and be perfectly free from interruption. There he can seek wisdom of God. Every employee from the lowest to the highest have the same privilege. These men seek wisdom, to them is given great works to do. "Durable riches belong to wisdom." Finding the source of wisdom we find the Source of riches, and symbols come to us in very natural, and normal channels and not through mysterious, foolish ways. "He that owneth the earth and the fulness thereof" find that all things

"healing Practice" 9-3

move toward him. "All that the Father hath is mine." "And I if I be lifted up will draw all unto me." The one who has wisdom shall not want for any good thing. They shall have an abundance of all things. Their cup shall run over. Spiritual principles shall be brought into every activity of our ministry. "He that soweth bountifully shall also reap bountifully." It is well to take care of everything in order. "He who is diligent in business shall prosper." Our business is to serve. The happier one is in his service the greater will be his service. No one should be in any business who does not love it and his associates. Love will distil substance to its possessor. "God is Love. He that hath love hath the owner of the spheres; whatsoever he doeth shall prosper." He will not strive and struggle. He knows the Truth he shall walk in it and be free. He shall shine wherever he goes. So long as one moves with you in his work shall he prosper. The joyous, happy loving person is the one who draws. He is magnetic. Every living thing instinctively moves toward the Light. If we are all aglow and a Light all things will move toward us. No power can keep from us substance. When we work with and in the Spirit, the Giver. If we know our sonship we need not want. In time of famine we will have plenty. "They that walk with Him shall not want." They who walk with God do not know lack. The world about us is governed by the Divine law. "Seek ye first the Kingdom of God and his righteousness and all these things shall be added unto you." Right knowing, right doing, and right moving are righteousness. Orderly living is living according to righteousness. Jesus hath all he wanted and could use although he was never encumbered by things. An appreciation is wealth. Understanding is wealth. Understanding is appreciation. Possession of things do not constitute riches, the man who goes free shall have all he needs, and all he wants. "We are ministering Spirits, sent forth to minister."

"HEALING PRACTICE"

by H. B. Jeffery -

Lesson TEN

The EYE: The eye is a marvelous instrument, wonderfully adjusted. The optic nerve goes back to the brain, and is protected in the front by the curtain of the eye. The eye is somewhat like the ear, but is more delicately formed. The eye is connected with the cerebellum which has to do with intelligence. The ear gathers sounds in a general way, and brings them into the inner ear, where they are sifted and received according to their need.

The eye gathers in the rays of light from the ethers and sifts out that which is useful. Those that serve the purpose of the inner man are retained. We see by a light from within, that meets with the light from without. The outer light has no intelligence, it may be called the Light of the world. We see with the Light of the Spirit which emanates from within. An unconscious person's eyes may be wide open, yet he sees nothing, because the inner light is not moving out. The intelligence is from within, an activity of consciousness. The consciousness is an activity of Spirit or God. Seeing is a spiritual process. God is without change, eternal. If we can see this clearly, or perceive it we know God and have the key to good eyesight. "There is a Spirit in man, and the inspiration of the Almighty giveth them understanding." We say: "I see" when we understand. Seeing corresponds to understanding, and understanding is of God. All we really see or understand is of God, This is Truth. There are many beliefs, but a belief is not necessarily True. Knowledge is Truth. We can only know that which is True. Man's capacity is spiritual, seeing is spiritual. To understand Divine Mind is true sight. The eyes correspond to the spiritual capacity to know God. It is a Christ capacity to perceive or understand the will, the way, and the ideas of God the Father. The Spirit of the Father is possessed by the Son. "The Spirit in man is the candle of the Lord."

Understanding has its outer correspondence in the eyes and ears. The ears have to do with one's love of obedience. The ears correspond with

the love of obedience. They who will hearken are blessed with good hearing. They who will not hearken are afflicted with a tightening in the ears, a shutting out of sounds. They get into a tense state through the exercise of their own will, rather than the Divine Will. The "I Am" holier than thou" people have trouble with their ears. They are intolerant with those who do not agree with them. If we are obedient as far as we understand, we shall have good hearing. The eye corresponds to a finer perception. It is a good thing to do, why is it so? One who has reached a high vision does not obey blindly, he finds the reason. He asks why, then obeys. Seeing and understanding correspond. There is a correspondence between inner understanding and outer perception. We do not deal with the appearance or outer, but with the Spirit. We deal with the inner man, particularly the sense of understanding. We know positively that man does not see with his eyes. Sight cannot be destroyed for it is a spiritual faculty or function. We know it cannot be destroyed. Another who has no intelligence will say; "we are not telling the Truth. We know we are, and we stand in the Truth. We know the Truth and stand firm. "I will put my Spirit in man." This Spirit sees. The eye was constructed by this Spirit within in the beginning. This is the creative power. The eye was created by the Creator. "He has not changed, nothing has hurt Him. He is all wise, all knowing, He has all might and intelligence. He has not changed. He who created the eye can recreate it. "I will restore, saith the Lord." If we understand this, believe it, and know it, and know that it is Good we can find the Truth that the Promise of God is eternal. Turning in understanding we see. Calling upon Him immediately the creative life begins to move, and destroyed eyeballs can be restored. "I will answer when they call." Return unto Me and I will return unto you. The prodigal when he returned to the Father, found that the Father had returned to Him and met him before he had reached the Father's house. God will meet and rebuild the eyeball and restore sight. Having the inner understanding we shall have

the outer correspondent, clear seeing, perfect organs, of sight.

The outer perception is like unto the seeing of a child who looks about and sees many objects, but who does not know their relations one to another, as yet. As he begins to discriminate and bring things into a better relationship, he draws into the second chamber. And as we clearly understand and perceive the Light of the Spirit. the inner chamber of the eye corresponds to the love of understanding. ^{If} we do not have this love we do not get into the inner side of understanding. They who have a

love of understanding, love to see the inner correspondence of the outer symbol. The love of art goes deep to sense the Spirit, of the artist.

He continues to look on a picture until he goes into the heart of the artist which is one with God. As we go deeper into Principle the eyes see clearer. The Principle is pure, immaculate. The one who has an innocent eye has one which is clear, pure, soft like the eye of a child.

When we go deep we touch the purity of Spirit, Within us. The eye is flexible, easily moved or held to vision as it wills and as long as it wills. The eye is a great protection. The eye of innocence and understanding knows where to go. The man who loves the Truth is like an eagle, who flies about in the heavens. He knows what is good for him and goes after it. He who loves Truth will have an outer eye which sees his good. He does not visualize, making mental pictures of his good.

He is enthroned in the Spirit. He casteth out all evil with his eye.

The left eye corresponds to the love of intelligence and Truth. The right eye to the love of good. When we see that Truth and Good we see one. We have two eyes which are the same. If we have one eye which is not functioning we need to turn to love of understanding, and love of Good. The eyes will focus when we center them on the Spirit. A

mind confused the eyes will have the peculiar disease known as astigmatism. Being lighted from above, the eyes will return to the right focus. To quicken the understanding and love of Good, return to Spirit.

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The eyes correspond to the capacity to know God, to see and understand Divinely. The eye tissue is like any other tissue. It is being constantly renewed. As we keep the attention upon God, the eyes will be ever new and clear. We receive direct from the Spirit. Let us turn and rest in the Spirit, and know for ourselves.

"HEALING PRACTICE"

by H. B. Jeffery

Lesson ELEVEN:

The HEART: The heart and the lungs are closely related. They work together. Their movements harmonize. These are usually three movements of the heart to the one of the lungs. The blood circulates into every part of the body, and brings away worn out matter, and carries new materials to build up. There comes down from the brain blood which has been acted upon by the lymphatic laboratories in the brain. Blood containing certain matters is poured into the heart from the liver, the lungs and also comes up from the small intestines.

The heart corresponds to the will and the affections and loves. The natural man loves the things of the flesh. His are grosser loves. The lungs correspond to wisdom, man's love for wisdom. As the blood coming from the lungs to the heart is purified, so wisdom purifies the loves.

The body is a reflection or outpicturing of the man, so the departments of the body. There is a delicate relation between the heart and the lungs. The movement of the heart and lungs is transferred to the viscera and the whole body. The movement of the heart and lungs correlate into one, which is the life of the body. When love is governed by wisdom it becomes purer. Then the heart is strengthened by pure blood. The blood goes to the lungs in a larger measure than it returns to the heart. The quality of the blood which returns however is finer than when it goes. The tissue of the lungs are double. The blood flows between these layers and is oxygenated. That which is useless is expelled. The lungs are organs of purification and correspond to intelligence. The affections of the heart are purified by wisdom. Over some ancient Greek temples there is written: "Love tempered by wisdom is the secret of life." The loves and affections of the natural man must be trained. If man follows his natural impulses he is prone to do that which is destructive. "Man is prone to evil as the sparks fly upward." When the light of intelligence shines in his loves are purified. His love becomes higher and finer and more useful. As man turns his attention to

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things above there is a purer essence which enters his being. This is outpictured in the breath. A long drawn breath often follows illumination. There is a direct influx from the realm of wisdom. When there is a dawning of new Truth there is an expansion of the lungs which reacts in the blood. The blood receives a greater purification. "There is a Spirit in man and the inspiration of the Almighty giveth them understanding." When we have an influx like this it is inspiration, the inbreathing of wisdom. The higher the thought the finer will be the essence extracted. There are ethers within ethers. The lungs will breath an essence which doubtless has never been breathed before. As the mind is lifted there is the breathing in of more subtle ethers. There are little cells of the lungs which cannot receive the coarser ethers, they are meant to breath finer substances. This corresponds to the elevation of the mind. The blood is purified and made stronger. The mysterious thing called vitality will be present. Scientists cannot see or analyze it but they know it is there. In this way the temple is cleansed. "Know ye not that your body is the temple of the living God?" The temple is made more clean as the mind is exalted. In case of heart trouble we purify the consciousness by lifting it to the love of God, the pure. Where is our affection? How are we acting? We act according to our affections. We act according to our will. The will is the man. The will must be educated, turned toward the source of wisdom. The movement of the will is felt throughout the mind, as the whole body is moved by the blood. The love of heavenly things will change to the movement of the will. When the will is surrendered to the Divine it does right things. One of the causes of heart trouble is that of being smothered by the love and affections of others. One may be literally "loved to death". The natural man whose love is not yet raised, has an element of fear in it. So fearful parents instill this fear into their children, and they come down with varying diseases. "Fear hath torment." Children are hurt this way. The Spirit is quenched. The Scriptures say: "Quench not the Spirit." Love not governed by heavenly wisdom is full

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of fear. We need not be anxious about the child. Know who he is, and where he lives, in the Spirit. God will protect, Divine Understanding will direct. The natural man is too concerned. To relieve heart trouble get back into your own consciousness and stand firm in the Truth. Stand in the midst of the one Mind, and the patient will receive his help.

The heart will be increased in strength. The breath will change, and the heart action also.

For general treatment of an disease, treat for purity. The body is tired and weak when filled with foreign materials. Keep the channels clean.

The arterial blood comes from the lungs. It is the purified blood, that which has been created. Man is as strong as his heart. "Give me thy heart." When the heart is inclined toward the Lord wisdom will be given.

"The feet will not slip when the heart is given wisdom. Wisdom also gives graceful necks. When the heart and will are inclined toward wisdom they are purified. The movement of the heart determines the strength of the body. Leakage of the heart is caused by strain. The human will is forced too far. When the child is born with heart trouble it is prenatal. The mother has had a struggle with something weighting on her heart. Treat the mother, and go beyond this separating the mother and child in the Spirit. Link the child with the Spirit. It is a child of God.

Angina pectoris is caused by forcing the love outward. They love their work too much, neglecting the home until this love cools then they want to change. This cools the blood and it hardens. Poor circulation is due to lack of the vital principle. Love has been directed externally, seeking satisfaction from without. Anxiety and fear cause shortness of breath.

They strive to know but seem not to attain. Pericarditis is inflammation of the heart. covering due to disappointment. Also often comes from curiosity to know things which do not elevate. The forces are scattered by scattering our interests. The lungs cause the bowels to move. They press the diaphragm which in turn presses the abdominal organs. Sighing comes after a strain. It is a sense of release. The lungs restoring balance.

"HEALING PRACTICE"

by H. B. Jeffery

Lesson TWELVE:

The NOSE: The nose corresponds to perception, more to the Truth in the abstract, while the eyes corresponds to the perception in the particular. The nose discriminates as to the food and passes it on to the mouth and stomach in impulse before the bulk arrives. The nose sifts out the atmosphere, the air is a food. The nose warns the lungs as to the kind and quality of air. If the quality is good, the nose opens wide. If the air is stale or unfit, the nose contracts, and almost closes at the upper part. The nose has to do with the finer essences, while the mouth deals with the coarser foods. The nose receives the more volatile food. The air food is most vital to our well being. We can do for a time without the coarser foods, but we can do only a matter of a minute or so without the air food. The food taken through the nostrils is more important than other foods. The nose is a correspondent to states of consciousness. Where the mind is on things above, the inner lining of the nose becomes very sensitive, sifting out the good air. It senses out the finer elements in the air. The lungs in their higher state of being are able to sift out finer states of being, just so with the nose. Where the mind is set on coarser things the cartilages of the nose are hard, the mucous is heavy and the linings thick. Certain forms of catarrh arise from this. If the mind is set on higher, finer things, the membranes are delicate, the mucous light and almost volatile. Forceful or wilful people have a large nose. The sensitiveness and delicacy of the nose is governed by our affections. When our attention is fixed on heavenly things it is reflected in the nose. Those who have catarrh better treat for purification. People who are browsing around and curious about others and prying into their business is nose-y. The curious mind is not necessarily an interested mind. It does not require a high mentality to gossip. Those who give themselves to gossip will lower their mentality. the brain becomes less vibrant. If the mind is set on things above it

it is reflected in the nose.

The sense of the nose shows our ability to follow an idea. The outer nose is but an outpicturing of an inner body. The real body is not the body of flesh. The mind is the man, not the body. Our body is not the flesh. "I judge no man after the flesh. I judge after the inner man."

Looking to this Jesus was able to bring out the Real Man. Jesus must have had a very good nose for He could read the thoughts and intents of the heart.

The LIVER: The liver is the largest gland in the body. It sifts out and purifies the blood, getting it ready for the heart to be sent again throughout the body. This has its correspondence in the mind. The liver has to do with Truth, the love of Truth, and the desire and will to put this Truth into practice. There are two lobes of the liver, which correspond to the love of knowing the Truth and putting it into use. It corresponds to that part of the mind that loves Truth. It is connected directly with the cerebrum. The liver sends four qualities of blood, one to the heart, one to the brain, one to the intestines and one to the gall bladder. It throws into the intestines that which is of little or no use. What cannot be digested elsewhere is digested in the intestines. This corresponds to states of consciousness and departments of the mind. That which we cannot make any use of in the mind we cast it out. We have found Truth useful, so we lay hold of it. Often there is presented to us many facts which may or may not be true. The mind discriminates. The liver is very discriminative. The physicians are careful not to cut near the liver. This indicates the vital nature of the organ. There are people who say they want Truth, but they want it for selfish purposes often for mercenary reasons. These people will have contracted livers. Regret are reflected in the liver. Regret for the past results in hardening of the liver. Physicians do not know what to do with this condition, so they say it is incurable. It is not so. If we take the

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admonition of Paul of forgetting the past we can restore harmony. Self-willed people gives rise to inharmony in the liver. The liver functions with all the parts of the body, so selfless people harmonize with others. The mind must know its relation with other beings. All of us should be interdependent. We are branches of the One Vine. The mind must know this. The spiritual sap flows through all. There must be a Unity with the whole race. The liver imparts warmth to the heart. In the liver there is a vital principle brought into play. The liver takes up its motion from the lungs, and the lungs takes its vitality from the air.

We must do away with our littleness and narrowness. By resentment we only stifle our good. We must take Truth for what it is, dropping all prejudices. This the liver does physiologically. The mind normally works this way. If we want to know Truth to use Truth, the liver will be strong and healthy. Love God with your liver as well as with the heart. Love Truth.

The BRAIN: The brain is the general organ of consciousness. It circuits run throughout the body. The gray matter of the brain is through the nervous system. Generally speaking the head represents the capacity to know God. The brain is the office of intelligence. Consciousness uses the brain. Consciousness extends throughout the whole being. We do not think entirely with the brain, neither do we feel entirely with the brain. People who lose the use of certain faculties, often develop other faculties to compensate. For example blind people may develop little brains at their finger tips. The brain impulses come from within, and from without. It is an organ of harmony. "The breath of the Almighty giveth man understanding." When one looks with the eye of the mind he develops true judgment. He can properly understand and harmonize the within and the without. We see, hear, feel and sense with our understanding. The brain corresponds to understanding. That which is good and true. Unless we have the inner Light we have really not seen or understood. The brain

is an organ of the affections. The will is born out of the affections. The brain controls and is master of the whole organism. The impulses of the brain goes to every part of the body. It interprets the sensations and often causes us to act subconsciously. There are subsidiary brains which have been disciplined by the main brain, so that they in many cases act almost involuntarily. We do things intuitively. The brain is the general supervisor of the body. The brain is the organ of consciousness. The Spirit is the Real Body. "As a man thinketh in his heart so is he." The inner Self is the Real Self, the only living Self.