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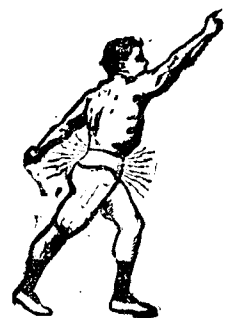
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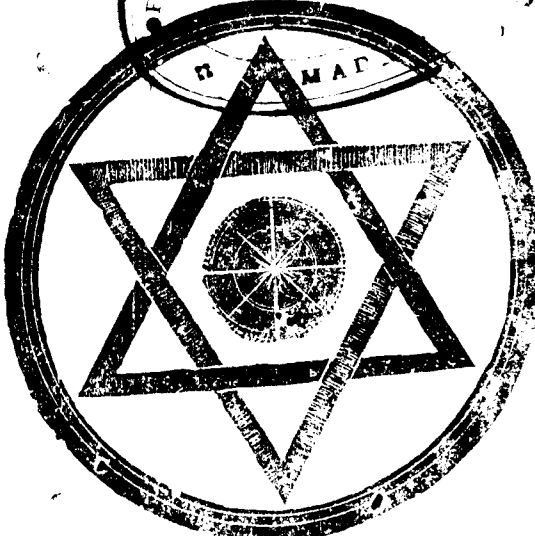
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The EDITOR,
SELF-CULTURE, KUMBAKONAM, Tanjore Dt., S. India.

❖ CENTRALIZATION ❖

❖ —❖ By Editor —❖

There is no better way to get along
in life than to realize the self and make
a calm determined effort to control
things by regulating the mind.

This means centralization, and centra-
lization means success.

Commence with the first waking mo-
ment in the early morning. Fix upon
some one definite thought embodying a
high ideal, and hold it firmly in mind.

It will be very hard to do so at first,
and it would be well to concentrate the
idea into a condensed vocal expression.
There is, for instance, no broader, more
comprehensive term than LOVE. Think
of that word as you wake up from the
night's sleep. Repeat it aloud in the
retirement of your chamber. Realize
what it means, and go out into the
world filled with the spirit of that thought.

As you go about the duties of the
day, the thoughts will grapple with the
problems presented; there will be trials
and temptations coming to you and
may tax your physical and mental re-
sources to a great extent, so much so that
if you are not self-controlled, backed up by

a strong WILL, your self will be lead
astray. Your tired mind and body will
then get disheartened. Then is the time
to remember your central THOUGHT-
LOVE. You will naturally fly back to
it, like a weary bird on the wing for
rest and comfort and surely a renewed
strength and VIM will come to your
self with each attempt of yourself to
cling to that WORD-LOVE.

Thus each thought, about which you
centralize your mental being, will day by
day, be made a tower of strength and just
think what an array of those good ele-
ments await your service. They are
Love; Hope; Peace; Courage; Health;
Strength and Happiness. Thus you can
build yourself. Thus you can journey
on the path to Bliss or Moksha.

Developing these faculties and others
good by the Centralization process of
Thought-Creating and Attracting, you
can have an all-round culture for
your Self. This is the deep and solemn
message which "SELF-CULTURE."
happily the name of this widely read
Journal, brings home to the mind of
every reader.

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Naturopathy

REVIEW COURSE IN NATUROPATHY

LESSON 4

BY

Rt. Rev. Edward, M. B. OWNEN, D. D., Ph. D., N. D., D.C., of U. S. A.

ANATOMY

[Continued from Last Issue]

VEINS have the same general structure as their companion arteries. Their calibre, however, is greater; the blood pressure within them is lower; they have less muscle and much less elastic tissue. A Vein may be described as an areolar tube in which a muscle coat is embedded, and which possesses an endothelial lining.

Nomenclature

Every Artery and every Vein has a special name, and many of the names are descriptive of the location of the artery or vein. One should become fully versed on the names of each, and this is one of the educational requirements for a fully qualified Naturopathic Physician.

The Lymphatic System.

Tissue fluid is the fluid that bathes the cells (and fibers) of the tissues of the body,

and it resembles blood plasma in chemical composition. From this fluid the cells get their nutritive material; to it they give their waste products; and through it they respire. Between the tissue fluid and the plasma of the circulatory blood a constant interchange of fluid and dissolved substances takes place through the semipermeable walls of the capillaries, and by this means the tissue fluid is refreshed.

Some of this tissue fluid fails to be gathered into the veins and is gathered up by LYMPH CAPILLARIES whence it is drained by LYMPH VESSELS through LYMPH GLANDS to the great veins at the root of the neck where it rejoins the blood stream. This fluid is called LYMPH. It is clear and colorless.

LYMPH CAPILLARIES occur only where there are blood capillaries, and like blood capillaries they form a closed

network, but with a larger mesh. They are especially numerous in the skin and mucous membranes. In two regions hollow finger-like sacs project from the networks ; (1) the papillae of the skin, and (2) the villi of the intestines.

LYMPH VESSELS that drain the networks are colorless, very small, and beaded due to numerous valves. They run in fatty tissue.

LYMPH GLANDS or Nodes vary in size from a pin's head to an olive, and are somewhat flattened. In color, they are pink in life and brownish in the dead ; but those draining the lungs are black from inhaled carbon, and after a meal those draining the intestines are white from emulsified fat. In structure, they have a fibro-elastic capsule from which trabeculae spread inwards, and the spaces between the trabeculae contain a supporting reticular spongework with reticulo-endothelial cells.

These LYMPH Glands, we have found at the American Therapy University

Clinical work, are the seat of most of the diseases that invade the body in the form of infectious Bacteria. It seems that once the Lymph Glands become overloaded a sort of a blockage is started and by the in-activity of the glands to pass on the lymph a congestion takes place. We feel that the Lymphatics are not given the proper place in the study of cancer.

Main Channels

There are three paired Lymph Trunks (1) the JUGULAR accompanying the internal jugular vein in the neck, (2) the SUBCLAVIAN accompanying the subclavian vein in the upper limb, and (3) the MEDIASTINAL from the thoracic viscera. A fourth channel, the THORACIC DUCT, drains the territory below the diaphragm.

Lesson 5 will take up the Anatomy of the Nervous System. Any one interested in asking questions regarding this Review Work, should feel free to write either the Author or the Magazine.



WHO IS A JIVANMUKTA

(Swami Sivananda)

A Jivanmukta is a liberated sage. He is released even while living. He lives in the world, but he is not of the world. He always revels in the eternal bliss of the Supreme Self. He has no identification with the body and senses. Hence he has no idea of enjoyment or enjoyer when he exhausts the residue of his prarabdha. He has no idea of action or agent. He reams about happily without attachment and egoism, with a balanced-mind and equal-vision. His state is indescribable. He is Brahman himself.

The sage, who has realised that there is no other reality in the universe than Brahman, that he is Brahman Himself and that everything is Brahman, is freed from the round of births and deaths. He has attained freedom, perfection and immortality. He is a Jivanmuktha (one who has attained liberation while living).

Not through matted locks, not through fiery lectures and crudition, not through the exhibition of miracles, does one attain perfection or knowledge of the self. He in whom the two currents, Raga, Dwesha, egoism, lust and anger are

destroyed in toto is ever happy and he is a Brahman or liberated sage or Jivanmukta. A Jivanmukta or liberated sage is absolutely free from egoism, doubt, fear and grief. These are the four important signs that indicate that one has attained perfection.

For a Jivanmukta there is no distinction between a rogue and a saint, gold and stone, high and low, man and woman, man and animal, censure and praise, honour and dishonour. He beholds the one Self everywhere. He sees divinity in everyone. As he is mindless all differences and barriers have vanished for him.

For a Jivanmukta who beholds the all-pervading, immortal, indivisible, self-luminous Atma everywhere, there remains nothing to be attained or known. He has attained perfection, highest bliss and highest knowledge. The sage becomes aware that he is free. He realises that rebirth is exhausted. He realises also that he fulfilled all his duties and that there is no further return to this world. He further realises that he has obtained everything, that all his

desires are gratified, that he nothing more to learn and that he has obtained the highest knowledge.

Raja Janaka asked a sage "O Venerable sage? How is it you do not perform Sandya at daybreak, mid-day and sunset?" The sage replied "O Rajan! The sun of knowledge, Gyana, Surya is over shining in Chidakasa of my heart. There is neither sunrise nor sunset for me. How can I perform Sandya when there is neither sun-rise or sun-set? Further my old grand mother Maya is dead." Raja Janaka bowed his head before the sage silently left the place. He came to understand that the sage is real Jivanmukta who is established in Brahmic Consciousness.

What a great wonder! What meritorious actions did these Jivanmuktas do! They become liberated sages while living. Through their Satsankalpas they work wonders. They are Gods on earth. How peaceful they are. They always possess unruffled mind. Wherever they go they influence people. They do not speak and yet teach the aspirants through their silence. Additions to such exalted beings!

A Jivanmukta is a great spiritual hero. He is an enlightened sage who has knowledge of the Self. He is pre-eminent amongst men. He is the con-

querer of the mind. He is absolutely free from desires, craving, fear, delusion, pride, egoism, etc. He is a powerhouse of spiritual energy. He radiates his spiritual currents to the different corners of the world. Sit before him. Your doubts will be cleared by themselves. You will feel a peculiar thrill of joy and peace in his presence.

A Jivanmukta is an ocean of mercy. He tries his level best to rescue the worldly-minded who are deeply immersed in the mire of misery. He guides the aspirants in the attainment of Brahma Gyana which leads to perfect freedom. His very presence is thrilling and inspiring. He guides the students by his mere silence just as the silent Dakshinamurthi guided the four Naistik Brahma chairs, Sanak, Sanandhan, Sanatsujat and Sanatkumara in days of yore.

The way of living of Jivanmuktas or Sages differs. One sage lives in a princely style. Bhagirata lived this kind of life. Another sage lives in a beggarly manner. He lives always in seclusion. One sage is always in a meditative mood. He never works. He never talks. He lives always in seclusion. Jada Bharata lived this kind of life. Another sage lives in a busy crowded city. He plunges himself in

(Continued on page 12)

"B" SERIES A Correspondence Course in Psycho-Occult Science : of I. A. Sc.

(Continued from last issue)

faculties. He therefore obeys your wishes implicitly, but believes all the time, that he is carrying them out in accordance with his own desire.

Post Hypnotic Suggestion is therefore widely used in treating diseases, faults and bad habits, such as stammering, stuttering, nervous disorders, St. Vitus' Dance or the tobacco, morphine whiskey or cocaine habits. It is also employed in correcting bad moral or mental tendencies, especially in children and younger persons.

Personal Magnetism is still another form of Hypnotism. It is a sort of personal trust or personal attraction created in you. Personal Magnetism enables you to convince and influence others without having apparently used any of the processes of hypnotizing. Personal Magnetism may be so strong in you as to completely overpower the minds of those you meet privately, socially or have business dealings with.

There are many other forms of Hypnotism and thousands of things you can

do with them, which, for lack of space, we will not mention here.

But from what you have already been told and know about this fascinating and mysterious art, you want to learn it thoroughly and be able to use it and gain the rewards and advantages it offers in such liberal measure.

You know that the moment you become able to do the things that others cannot (or think they cannot) do, you step out of the swamp of obscurity onto the road that lead to success.

The person who does things no better or no differently than other people do them, is no better and no different than other people. That is just why there are always thousands at the foot of the ladder—fearing—doubting—hesitating and losing the good things they might gain, simply because they do not dare attempt to climb.

Thus, the whole secret of success is in doing things differently. And there is no quicker, easier or cheaper way to learn to

do things differently and thereby gain success and popularity than through a knowledge of Hypnotism. You might compare it to suddenly entering into a new and charmed existence where you were master over everything. It is not like studying a profession that takes years to learn. You may learn Hypnotism in a few hours and begin using it right way. And a knowledge of Hypnotism is a safe investment that will return bigger and quicker dividends than any other within our experience. It is so easy to learn that thousands have already mastered it and are using it successfully in their private, social and business affairs. Very naturally, you never know that these people understand and use Hypnotism, unless they choose to tell you. Successful people have a very sensible habit of not telling everybody just how they gained their success.

Perhaps you can think of one or two right now, among your friends and acquaintances who seem to be getting ahead by leaps and bounds, although they apparently put no more effort or energy into their work than other people. That's why you want to learn Hypnotism. You can see readily enough that it pays in every way and pays big. While the study and practice of Hypnotism is full of profit and fascination, there is no danger or risk whatever connected

with hypnotizing when our methods are followed. Hypnotism itself is absolutely harmless and cannot injure anyone.

Either sex can learn it and begin practising the art at once.

The age of the operator makes no difference. However, to be most successful, a person should be fourteen years of age or over. But many even younger persons are highly successful with it and none are too old. Strong will power is not necessary, if you wish to become a Hypnotist. And it is not true that the stronger will power always controls the weaker. The knowledge and use of Hypnotism strengthens the will power, increases confidence and improves both mind and body. For all these reasons and a hundred others, you should learn Hypnotism.

It gives you practical advantages of all kinds on every hand.

It opens up possibilities you never dreamed of. Power, position and influence you may gain. There are mysteries of all kinds you may be able to explain, if you learn the Secret of Hypnotism.

Take for instance Telepathy, Catalepsy, Mind Reading, Clairvoyance, Spiritualism, Magnetism, Trances, Somnambulism, Visions and other Mental Phenomena.

A thousand conflicting theories have been advanced to explain these subjects, just as so many contrary ideas and opinions are held in different sections regarding Hypnotism. Regardless of the theories, you want to know all about these things as well as all about Hypnotism. You want facts—and you want the facts explained so you can understand them.

Speaking of facts, let us again remind you that Hypnotism is a fact that has been recognized and credited under different names, from the earliest records of history and civilization. But while the fact itself has been known, its forces had not been controlled until recent years. Now that the art has been studied and solved, it is known to be so simple and easy that it may be learned by anyone who can read. It is the first, greatest and most useful of all the Occult sciences to be analysed and given to the world.

While Hypnotism is vouched for by the foremost scholars of the age, it is also a fact that our lessons have been studied by upwards of four thousands (4000) students in all the countries of the civilized globe. This is a far greater number of students than have ever graduated from any Institute, College or University in the world. It proves the worth and superiority of our instruction. We might add here that ours was the

first and original Course of Instruction in Hypnotism and kindred arts ever written and offered for sale.

Others have attempted to teach its Secret but have met with failure. Our Complete Correspondence Course of 79 Lessons in Hypnotism and allied sciences is the best Course of Instruction, teaching the art of Hypnotism etc. that money, brains and experience can furnish. Our Course of Instruction is so clear and plain and the Secret is revealed to you in such a manner that you should not fail to understand and be able to use this wonderful force.

All the secrets of the art are given in plain language, without omitting one point or word that could be helpful to a complete understanding of the subject.

The study of Hypnotism is as easy as it is fascinating and regardless of what people may have told you or what your previous ideas on the subject have been, you will find it as easy as the simplest lesson you learned in school. And from our Instruction, you can learn every detail of the hypnotic art. The positions of the subject and operator are shown in every method of producing and directing the trance.

(to be Continued)

WHO IS A JIVANMUKTA

(Continued from page 8)

service. He talks with the people. He delivers lectures, holds religious classes, write books etc. Sri Sankara led this kind of life. This is due to Prarabdha. Every sage has his own Prarabdha. If all sages have the same kind of living and the same kind Prarabdha this world will be like a prison. Variety in manifestation is the nature of Prakriti.

If the Vasanas and attachment to the objects of the world vanish entirely and if one is in that immovable state he has become a Jivanmukta. He abides in his own Self. He rests in the non-dual Supreme seat. The Gyana vision arises in him. The light of wisdom will shine unobscured like the sun in the absence of clouds. He is never attracted to any worldly objects. He is absolutely free from delusion and sorrow. He actually feels that the Self alone pervades and permeates

everywhere in this world. He shines with Brahmic effulgence. He possesses equal vision and balanced mind. He is free from longing for sensual objects because the mind will always be made cool with Brahmic Bliss. He is bathed in the cool ambrosial nectar that dribbles from a contented and pui-scent mind.

There at the summit of the hill of Eternal bliss you can see now the Jivanmukta or a full-blown Yogi. He has climbed the stupendous heights through intense and constant struggle. He did severe, rigorous spiritual Sadhana. He did profound Nidhi-dhyasan (meditation). He spent sleepless nights. He kept along vigils on several halting stages. He persevered with patience and diligence. He surmounted many obstacles. He conquered despair, gloom and depression. He is a beacon light to the world now. Remember that he was also rotting in those days in the quagmire of Samsara like yourself. You can also ascend to that summit if only you will.



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The enormous advantage one would derive by going through the columns of this useful Journal cannot be expressed in words. It supplies him with spiritual Philosophical and Psychological news and happenings of the present day world.

✻ LIFE ON OTHER PLANETS ✻

By Dr. Charles H. Gunzulus, D.D., Th. D., Mus. D., Ph. D., D.Sc.



There is a possibility of Life on other Planets, as proven by Science by the spectroscope and telescope and as also proven by Telepathy, Clairvoyance and the "Akashic Records" . . . Many ancient mystics and occultists taught that stars and planets were inhabited by different forms and species of life.

The Spectroscope has brought some astounding revelations to light. It has proven that chlorophyll exists on numerous stars and plants. Two of the most distant worlds of this Solar system, viz: Uranus and Neptune, show rather conclusively the existence of chlorophyll. This indicates that there is some form of living matter on these planets, for scientists have demonstrated that wherever chlorophyll is found, there also can be found living vegetable cells and plant life. Some scientists, in the past, have stated that life exists only on Earth, while others contend that the creator did not limit the distribution of life to Earth alone.

Dr. Gilbert Rahm, a European scientist, has carried on numerous experiments with microscopic life, which indirectly seem to substantiate the question of "life on other planets." Some of Dr. Rahm's experiments have been sponsored by Dr. Alexis Garroll. His experiments proved that some animals are highly resistant to cold and heat; as well as to chemical gases, poisons, and stimuli. . . . He found that some live in a temperature close to that of absolute zero—273 degrees centigrade. Some of these animals, it is reported, thrived in a temperature of about 200 below zero, and Dr. Rahm was able to retain life for four months (anabolic life) in liquid air.

Meteors and aerolites have brought evidence in favor of life on the other planets. Some of the meteors, when examined by the microscope, and by chemical analysis, have revealed the presence of mineralized forms of life such as sponges, corals, star fish, and

(Continued on page 16)

By Editor.

HOW TO BECOME A POWERFUL MESMERIST.

You know well that all persons cannot be mesmerised, and that those who can be, become amenable only in periods of time which vary with various kinds of subjects. Two kinds of persons seem to be very easily hypnotisable—those who are endowed with a very strong will and bring it to bear for the assistance of the mesmerist, and those who are very much in need of being hypnotised on account of diseases. Almost in the very beginning of the seance the latter recognise the benefits of being hypnotised with their subconscious faculties, and are soon hypnotised generally. To understand which person is easily hypnotisable, you must know what enables a man to hypnotise.

The Atman has been, since its 'birth with the body,' accustomed to change its centre of consciousness from one body to another, at its pleasure from the physical body to the finer, from the finer to the finest, and thence again back to the physical body. These are the three Sthula, Sukshma and Karana Sariras of Vedanta. We are awake when in the Sthula, dreaming when in the Sukshma,

and blissfully sleep when consciousness is centred in the Karan Sarir. These three bodies are nested one within the other—the finer in the coarser body. So immediately we are out of this stupid, inert corpse of a physical body, we enter the Sukshma Sarir, the body through which clairvoyantes go afar off, see what is there happening, hear what is said there and come back with that knowledge. This is the body of Turvey, of whom Mr. Steel has published a book recently, which sometimes could materialise, and affect matter. Each of these bodies has its own dreams, but all these cannot be translated into the physical body by us all. The Atman sports in the three cities, as the Kavya Upanishat says (*Paratraye kreedati*).

The hypnotist that knows, takes advantage of this habit of Atman of changing its centre of consciousness from one body to another. He induces the same conditions as obtain when the Atman generally wants to leave the physical plane. He relies on the effect of the results being reproduced, and he finds

the cause re-produced. For, has not Vedanta told us that effect is cause in another form?

The innocent Atman thinks the time has come for it to transigrate into the finer bodies—the hypnotist finds his ratiënt going deeper and deeper into sleep. But this is not the same kind of sleep one is accustomed to every day; in this the Atman is kept in hand by the operator to such a degree as is just sufficient for him to call it back into the Physical body at any time he pleases.

But, sometimes the operator loses such a control over the Atman. Such a thing once happened to a Spiritualist in Hindustan—the late lamented Shishir Kumar Ghose; and such things happen when the subject is a great Bhakta.

Subjects who are Bhaktas go farther away from this earthly plane than ordinary men who worship Matter in its various phases. Shishir Babu was mesmerising his sister, if we remember right, frequently for investigating into inter-plane phenomena. One day, he mesmerised her for a longer time than usual. She related to him weird experiences as she proceeded on her journey. Some time was thus spent. The subject was in her best and most exalted condition. Shishir Babu, it seems, had never had such an exalted condition induced in his subject. He did not know

personally of the delightful conditions obtaining in the plane into which he unconsciously sent his subject.

Gradually the subject began to drift away from under his control, which is inevitable when she is once again hypnotised by a second and greater hypnotist from the higher planes of the Angels. For such was the case here. She left off talking as before. Importuned, she told him she was dead. She was so happy, she was so delighted with her state there, refused to come back to the plane of miseries, sorrows,—to where matter prevails over spirit. Even the highly spiritual Shishir Kumar was staggered.

But he recovered his self-possession quickly enough, and began to beg and pray to come back, and ultimately convinced her of how much misry her threatened stay for ever in that world in which she was would cause to the whole family that is left behind. Most reluctantly she came back as requested.

Shishir Babu wanted to mesmerise his sister again some time after. She would not listen to any such thing. She was afraid she would die. Whence this strange fear of death which she had not in death? Dead, she refused to come back to earth, she said she was in Heaven in death; alive, she refused to get rid of this

(Continued on page 17)

(Continued from page 13)

other marine matter. . . . The great chemist, Dr. Cohen, also proved that some meteors show the presence of water and oxygen, as well as coal and valuable stones. Dr. Cohen discovered that some meteors contained 6 to 11 per cent of water, while others contained about 70 per cent of carbonaceous matter. Many meteors which have fallen to earth are kept in museums. One such stone, which fell in Hungary many years ago, is now in the Vienna National Museum. It weighs about 600 pounds and was found in a field near the town of Knyahinya. . . . Dr. Otto Hahn, a distinguished scientist, wrote the following concerning this meteor: "The forms in this Knyahinya meteor are simple organic ones, such as sponges, Coral, crinoids, etc., small but perfect in external and internal organic structure. Only the soft parts are lacking. All the rest is preserved, even as it lived and moved in water. The crinoid stems showed this most plainly, for these are notably curved, wound up, entangled, and though occasionally broken, one sees their weak resistance to their impending neighbors." . . . Many astronomers have reported that they have seen star clouds gone so far as to admit that the canals that appear on the surface of Mars may be built by intelligent beings.—With these speculations,

the revelations expected from the 200 inch telescope should prove highly interesting. . . . paganism, and the worship of the stars, centered around the belief that these stars were inhabited by men and gods. The Egyptians, Assyrians, Greeks, Romans, and many others had such ideas and theories. Even to-day most persons in the Orient believe that there is life on the stars. . . . Hesiod, who was the contemporary of Homer, says that "the Egyptian priests expressly taught that Cronius, Osiris, and all their other principal deities were once mere men who now live in beautiful celestial mansions." . . . Ovid, speaking of the death of a great warrior, says, "Orion after his death was added to the stars, and now lives there." "Maimonides also declares that "the stars and spheres are every one of them animated beings with life, knowledge, and understanding." . . . The Christian Apologists, in their arguments with the Pagans, taunted the latter with worshipping gods who were only deified men who lived on the stars (showing the fact was generally admitted by pagans.)

This is equally admitted by the Hindus, of their gods, who live on planets. Hence the sun, Moon, and Stars are regarded as "wise and

(Continued on page 18)

How to become.....

(Continued from page 15)

life's perennial misery. Does the reader now understand at least a little of the Hindu Doctrine of Maya?

The subject must have a strong will as he must assume a negative, passive and relaxed condition all over and in his body. A man gets hypnotised only when consciously or unconsciously he develops this condition in himself. The degree or depth of hypnosis to which he succumbs is entirely dependent on the extent to which he can do this. The more he relaxes, the more exalted the state of hypnosis which he enters.

Verbal, audible suggestion must be eschewed as far as possible by the ambitious hypnotist. Let the Hypnotist attend to the following rules, and he never need fear a failure.

Control the objective activities of the subject's mind. Let him be thoroughly relaxed, perfectly at ease—in the most receptive condition. If you can, treat him from your own Subliminal mind. Suggestions from one Subliminal mind to another

are more natural, and productive of the highest and best results. You must be positive, and concentrate your subliminal mind on the image you have to realise in your subject. Feel your will or prana flowing, coursing, careering through your arms and fingers and into the subject, whether you make "contact or at distance passes". Make in the most graceful manner you can, and see that you never rouse your subjects by clumsy, awkward, groping, faltering behaviour. Get hold of the subject's respect, esteem and confidence before you ever touch his Ulnar or Median nerves. Decide on your course of action before you begin, and once you have, falter not in that course. You may find it very difficult in the beginning to be positive in the Subliminal plane.

But hard, unstinted attention to your ideal and unwavering practice can achieve greater things than this. One who is able to do this simple thing is said to have magnetic charming personality, not any other. One can concentrate his Mind and control his nerve-forces only on that plane, for they do not belong to the physical at all. Study Yoga and learn everything about what has been whimsically christened as Zoism. In this connection, we thing we can safely recommend to the reader a fine publication by the Indian Academy of Science entitled "Yoga, Zoism & Occultism."

Mesmerists ought to have a thorough grounding in the subjects enumerated. It is indispensable. True, every one can hypnotise some one or other without this, but he will then be like one of those uncultured mothers of ours who pat or lullaby their children to sleep and nothing more. The result produced is about the same.

One hypnotised by suggestions or by tiring the nerves never entirely passes from the physical plane, rather he will become abnormally sensitive on this. Only one who knows how to rise to the higher mental planes, knows how to be a Mesmerist that never fails. Only he can go into the clairvoyant state when he desires. It is because clairvoyants have not such a good training that they are not enabled to go into this state whenever they like.

LIFE ON OTHER PLANETS

(Continued from page 16)

intelligent beings, actuated by a divine spirit of life." . . . Posidonius represents the stars "as parts of Jupiter or the Sun, and that they were all living creatures with rational souls."

It is thus abundantly evident that teachers and priests believed that there was life beyond death, and that this life was on the stars. This belief was revealed, some say, to the initiates of olden times, and it was the foundation of all Pagan systems of belief. . . . Immanuel Swedenborg believed that the planets

You know the eye and the ear cannot function of themselves. The faculty of sight belonging to the Sukshma Sarir is focussed through the small hole of an eye, situate midway between the eye-brows. It is thus limited in its power as it is influenced by the objective senses.

The powers of clairaudience and Telepathy are respectively the functions of hearing and speech of the finer body of ours, and being sensebound we hear and talk under limitations. If you rise above the conditions of physical body and the physical brain, then you naturally become endowed with clairvoyance, and other Siddhis and you are the best fitted to hypnotise, mesmerise & know self in all glory. Meditate on the sentence beautifully expressed in the SRUTI: "*Drishtim Gnana Mayam Kritva Pasyet Brahma Mayam Jagat.*"

were inhabited. In his numerous writings, he describes life on the sun and the Stars. He claims to have visited these places in his dreams and visions. . . . Many modern scientists believe that the Cosmic Rays, which constantly bombard our earth, could be messages coming from other worlds. . . . Man, in the past, dreamed of conquering the air, and aviation was the result. Man dreams of conquering interstellar space. Experiments in the rocket field have proven that in the future, such dreams may be possible. Only the future will answer to Science as to "Life on other Planets."

By Editor.



IDEALS OF A HAPPY LIFE.



Always welcome Truth and be guided by it in your life. Never interfere with others in any way, especially with any body's religious belief.

Live a simple and natural life, have few personal desires, and you are sure to lead a happy life.

Health means Happiness. One should, therefore, never spoil his health by overwork or for wealth. It should be taken care of through character living in conformity with the laws of Nature, e. g., love for outdoor life, use of non-stimulating natural Food early Rising, Music, Sunbaths, and such other things as exercise, clean clothes, Recent airy house, etc, etc.

A portion of the day should be spent on the study of good books, to which great men owe some of their best and happiest hours.

Practise a useful and upright life (Joy shared is joy doubled.)

(ii) Never think of marriage or children unless you can afford them.

(iii) Be civil to all, social with many, familiar with some, friend to one and enemy to none.

Pass your time in the best possi-

ble way, it may be mental, physical, or both; for work is the best and the cheapest form of amusement.

You should neither feel proud of your wealth nor ashamed of your poverty and happiness cannot but result.

Learn to possess noble qualities, such as commonsense, love, sincerity, and courage and subdue grosser passions, such as lust, anger, avarice, attachment and pride, and you will find yourself the embodiment of happiness.

It is the realization of SOUL alone which being bliss personified can ensure real happiness. Sword cannot cleave it, fire cannot burn it, water cannot wet it, nor can sorrow have any influence over it. (It may be difficult to find it there, but it is impossible to find it anywhere else.)

Full faith in the Almighty is the only safest and surest way to enjoy permanent and real happiness. Rest assured that "Whatever He gives, He gives the best."

Everlasting happiness is his who follows the principle of "Do but never Mind". Follow it.

Cultivate Your Thought Power

→—◆ By F. I. A. Sc. ◆—→

Thought is dual in character; it is radio-active and inductive. We send out thoughts varying in intensity and in direct ratio with our interest and we also draw the thought/s of others to ourselves. There is no greater law in life than the law of Attraction. Like begets like. Like is cumulative, "birds of a feather flock together." Men and women of a definite type gravitate naturally toward other individuals of like mind and character, and as thought is the great moving force behind material things, the circumstances and conditions with which we meet from time to time become merely the physical environment created by our own thinking.

In this way each one of us literally makes his or her own world. The circumstances and conditions with which we meet are not fortuitous, nor capricious. They are merely the physical manifestation of our mode of thought. There is no such thing as "luck" good or ill. Good or ill luck is a result, not a cause. We, ourselves, are the cause. Either we have been radio-ing thoughts that in their nature minister

to our ultimate peace and happiness or our thought has been discordant, inharmonious and purposeless. In either case we have attracted the physical expression or unfoldment of our own thought patterns, for thought tends always to correlate with its object and to bring it into physical manifestation.

We choose our associates and to a very marked degree we choose our environment, and it is our associates and environment that make up our world. It is a very rare condition, indeed, where the individual cannot change his environment for one more to his own liking. My body does not get up and move automatically; thought activates and moves it. I pass from one room to another or sit and lie down get into my automobile and drive here and there; changing my environment and establishing new contacts with other phases of life, but—only as I follow out the purpose of my thought. Thought always precedes action. The picture must first be painted in the mind, the material expression comes afterwards.

(to be Continued)

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Omnipresence, makes you all powerful. Rejoice in the law of God and give Him hearty thanks for all the Blessings you have received hitherto from Him. Pray that through His Divine Inspiration, the hosts of unnumbered illumined beings on earth and higher planes of Life will be pleased to help you materially along the path of Spirit unfoldment. Believe always in the Omnipresence and Omnipotence of God and He will reveal Himself to you as such, and you will see, hear or understand intuitively and inspirationally—Yes, receive all He has in the bounty of His rich kingdom for you, only waiting your willingness and openness of mind to receive same. God the great Architect of his grand Universe has one purpose and plan, namely, that everything and everybody of Creation, irrespective of size, shape, color or creed shall co-operate at every point along cosmic evolution towards

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The EDITOR,
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THE OMNIPOTENCE OF FAITH



When we speak of faith as *omni-
potent* we are but emphasising
the truth of the words of the Blessed Mas-
ter who said that: *All things* are possible
to him that believeth. All power or
authority is given unto me in heaven and
on earth, and

NOTHING SHALL BE IMPOSSIBLE TO YOU
who believe. These words of Christ,
however, are

NOT BELIEVED TO-DAY

by the majority of those who profess
and call themselves Christians; for if they
were believed, the signs which He pro-
mised would certainly follow. It would
seem, indeed, that all the power which
marked Christianity at the beginning
had become

A DEAD LETTER

in the Church. But a revival is now taking
place in various parts of the world. For
example from Dallas, Texas, We hear
of most marvellous manifestations of the
power of God. In connection with the

WORK OF MRS. WOODWORTH-ETTER
and Pastor Cosworth hundreds have been
healed of all manner of diseases and
afflictions, in answer to the prayer of
faith. Among these, several deaf mutes,
born deaf and dumb, have been caused
both to hear and to speak. Many brought
in on cots and roller-chairs in a dying

condition have been enabled, as of old,
through the power of the spirit, to lean
and walk and praise God. In one night
three who were born deaf and dumb,
17, 34 and 54 years of age, respectfully
"hugged" kissed, and shouted praises to
God, together, for at least twenty minutes".

PENTECOST HAS TRULY COME

again, and therefore the same signs will
follow true faith everywhere, because God
is no respecter of persons, and Jesus
Christ is the same yesterday, to-day and
for ever. It is folly to say that the day
of miracles is past, for that will not be,
until the day of faith is past. True faith
never fails of its reward; and because
there is a revival of faith, there is also a
revival of the mighty signs and wonders
which were done in "the name of the
Holy Child Jesus" through the hands of
His apostle. The promise of the power
of the Holy Spirit as at Pentecost is for
all men and for all time, yesterday,
to-day and for ever: to them that are far
off in space and time, as well as those
that are nigh. The time of Pentecost
has come again, and every sign which
was present then is present now, as the
following testimony of a physician abun-
dantly proves:—

(Continued on page 22)

Affiliated Branches Of Our Self-Culture Union



Applications are invited all over the world from influential persons to conduct our branch unions in every city.

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Associate Editor's Section.

Naturopathy

REVIEW COURSE IN NATUROPATHY

LESSON 5

BY

Rt. Rev. Edward. M. B. OWNEN, D. D., Ph. D., N. D., D.C., of U. S. A.

ANATOMY

Review

LESSON Four gave you the three way system of supplying materials for building the Human Body and the carrying away of the waste products of the cells and surplus materials which needed refining so that the Human Body could make use of every part of this valuable material. This three way system consisted of the BLOOD SYSTEM, the supplier of needed materials via the Arterial System, and the disposal of the waste materials via the Venous System. The refining process was handled by the Lymphatic System.

You also found that the part listing TERMINOLOGY words was omitted, due to the fact the author feels that you

will fully understand that the words of importance must be learned, and to afford space, such words will be in caps, and generally a full definition of each word will follow.

Nerves

Man is not the largest of the animals, nor are his vision, his hearing or his sense of smell the most acute; he is not the strongest of the animals, the most fleet of foot nor even the longest-lived; but he is superlative in the quality of his central nervous system and he possesses a hand which does its bidding.

Subdivisions of the Nervous System

CENTRAL NERVOUS SYSTEM consists of the BRAIN and SPINAL CORD.

(Continued on page 8)



PRACTICAL VEDANTA.



Vedanta is that sublime philosophy which teaches that the individual soul is identical with the supreme soul and removes the illusion of the Jiva. Vedanta is the science of Atma that helps the aspirant to eradicate fear, sorrow, grief, delusion and to realise the Self. Mere theorising of the Vedantic principles will not do. Every one of us should really live in the spirit of Vedanta. Then only one can become a liberated sage.

Brahman of Atma or the Supreme Self is self-luminous. Brahman cannot be manifested by anything else. Brahman manifests every thing. The doctrine of self-luminosity is one of the fundamental tenets on which the entire edifice of Vedanta is constructed. Atma gives light to the sun, the moon, the stars, the lightning, the fire, the intellect and the senses. By the light of Atma, all these shine but they cannot illumine Atma.

The ultimate principles of Atma or Brahman which is formless colourless, fearless, timeless, spaceless, limitless, endless and beginningless shines eternally everywhere behind the names and

form. Vedanta treats of this ultimate Truth or supreme Principle. This world of changing names and forms is constantly undergoing an order of change. Seas dry up and vasty sandy desert comes into being in their place. Elevations become depressions and depressions become elevations. Sand becomes stone and stone becomes sand. At the back of these ever changing objects, there is the changless, eternal, Immortal Brahman or the Supreme Self. He who realises this Brahman attains immortality, freedom and eternal bliss.

The usual flow of man's mental current is towards worldly objects only. Every man has to turn his mind inwards towards the self through *vairagya* and *abhyasa* (dispass in and practice). In the beginning, the mind will run towards the worldly objects again and again even if it is turned to wards Atma. Constant and regular practice is very necessary to make the mind rest in the self for ever.

Tear to pieces the veil of ignorance. Catch the fickle minded deer, the mind with the snare of enquiry and *Brahma-chintan*. Shake off the bonds of Karma

through discrimination, dispassion and non-attachment. Know the secret of true bliss through concentration and meditation. Abandon the thoughts of this little body. Rise above the worldly thoughts. Live for ever in the all blissful self. The whole world is your body. The whole wealth of the world is really yours. First of all learn to discriminate between the permanent and the impermanent. Behold the self in all beings, in all objects. Names and forms are illusory. Feel that there is nothing but the self.

A cat made up of sugar is a real cat for the child. Sugar does not appear for the child as it is swallowed by the cat. The cat has concealed the sugar. For a true adult, it is just sugar only. The sugar has been swallowed by the cat. Even so, so far as a *jivanmuktha* or liberated sage, Brahman swallows all illusory names and forms. He sees only Brahman everywhere. All names and forms have no value for him. For a worldly man, the names and forms have swallowed or concealed Brahman. He beholds the illusory forms only.

The *jivanmuktha* has his upper shoulder as his pillow, the sky as his covering, and the earth as his bed. He embraces renunciation as his wife and sleeps fearlessly without any anxiety anywhere and enjoys the supreme bliss of the self or the unalloyed

felicity of the Atma.

Ever feel that thou art in essence the Light of Lights. Thou art the peasant and the king. Thou art the rogue and the greatest saint. Thou art the maiden and the man. Thou art the child and the father. Thou art the seed and the fruit. Thou art the five elements and their combinations. Thou art the ocean and the rivers. Thou art the ugliness and the grand beauty. Thou art merit and demerit. The whole universe is within thy womb. Feel this. Realise this through meditation and silent service.

Feel your oneness with all. Feel your oneness with the sun the sky, the wind, flower, tree buds, animals, stones, rivers, and the ocean. Realise the oneness of life, unity of consciousness. Behold the one homogeneous self everywhere, in all beings, in all animals, and in all plants.

Rise above the conventional distinctions of mundane life. Abandon your lower nature. Assume your true nature of *Sat-chit-Ananda*. Meditate on the true principles of Brahman. Dispel the cloud of ignorance by the dawn of *Gnana Surya*, or the sun of knowledge. Extricate yourself from the three bodies or the five sheaths. Dwell in the abode of Supreme Peace. Revel in the ocean of boundless joy. O Ram!

NATUROPATHY

(Continued from page 5)

PERIPHERAL NERVOUS SYSTEM consists of the CEREBRO-SPINAL Nerves and the AUTONOMIC NERVOUS SYSTEM.

The CEREBRO-SPINAL NERVES consist of 12 pairs of CRANIAL NERVES and 31 pairs of SPINAL NERVES.

The AUTONOMIC NERVOUS SYSTEM consists of the SYMPATHETIC and the PARASYMPATHETIC nerves.

Since the Central Nervous System calls for preferential study we will not take it up at this time, but at a later lesson, when we study the Brain. The Central Nervous System, also called the SOMATIC Nerve System controls the voluntary muscles of the body and is concerned with things both above and below the level of consciousness.

We will concern ourselves in this lesson with the PERIPHERAL NERVOUS SYSTEM.

Peripheral Nervous System

The AUTONOMIC NERVOUS SYSTEM, also called the Involuntary, Vegetative or Visceral Nervous System, controls the involuntary muscles, the

viscera, and parts over which we do not exercise voluntary control and of which, for the most part, we are unconscious (e. g., action of the heart, movements of the viscera, secretion of bile.)

In the Peripheral Nerves (e. g., Facial, Median, Digital,) Autonomic fibers are mingled with Cerebro-Spinal Fibers. Like telephone wires, nerves transmit messages with incredible speed to the parts with which they are connected. Certain chemicals, HORMONES, secreted by glands enter bloodstream and carry messages to distant parts, but this blood-borne transmission is relatively slow.

Peripheral Nerves lie in FATTY-AREOLAR Tissue, usually accompanied by an Artery and a vein. Main branches course between muscles; CUTANEOUS branches (outer body service branches) run in the superficial Fascia close to the deep Fascia.

Structure

Nerves are made up of nerve bundles, which in turn are made up of NERVE FIBERS, (cells.) A loose sheath of areolar tissue (EPINEURIUM,) continuous with the surrounding areolar tissue, encases the entire nerve and unites the individual bundles. Each bundle has a thicker sheath, the PERINEURIUM,

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“He, I am sure, is doubly blest who of the worst can make the best”

These words were written by William Coombe and what a source of inspiration they are to humanity, more especially when life appears to be testing us on more levels than we seem to have the material strength to cope with, and when we seem to be experiencing so much of what appears to be the worst and so little reward.

I think first we must realise that every soul has definite lessons to learn, whatever their nationality or religious views, we must learn to follow a Path of Development and unfoldment which has confronted every advancing soul throughout the ages, and most generally unrecognised, for when we become conscious of the lessons we are travelling well on the planes of Spiritual evolution. So when the tests and trials of earth life come to us and we recognise them, seek to work with them instead of allowing them to bring us to a state of confusion we are overcoming and consciously using soul-force, which eventually brings us out into the pure light of wisdom.

In the ancient mysteries we were advised to follow the law of “Man, know

thyself, and thou shalt know God and the Universe.” It is only by striving with the lessons of life and experiencing the worst and the best that we can ever begin to understand even a very small portion of the self. The interweaving or the intricate vehicles which constitute man is profound. It is only when we get perfect alignment of these vehicles that we can function in outward expression in the physical body. We must seek to understand also the lesser and the higher self and to find stabilisation, to manifest in the Higher self in love-wisdom seeking an at-onement with pure spirit. Finding time for meditation and the inner silence. Putting in abeyance worldly matters and thoughts and communing with the Rose of the Soul, the Christ Spirit.

It would seem that each incarnated soul is personally responsible for its own progress, having a keyword of OVERCOMING. In Revelations 2. verse 17 we are told “To him that overcometh will I give to eat of the hidden manna and will give him a white stone and in the stone a new name written which no man knoweth save he that receiveth it”.

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NATUROPATHY

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which branches when the bundle branches and which accompanies every fiber to its destination. Between the fibres are some delicate areolar septa (endoneurium)

A NERVE FIBER consists of a central thread, the AXIS CYLINDER, encased in a thick, soft, white tube, the MYELIN SHEATH, around which there is a thin, but tough, tubular membrane, the NEURILEMMA. A Nerve Fiber may be likened to a pencil, the AXIS CYLINDER being the lead, the MYELIN SHEATH the wooden shaft, and the NEURILEMMA the enamel coating. The AXIS CYLINDER is the essential part of the Fiber. It is continuous throughout the length of the FIBER and at the periphery it separates into many FIBRILS. The MYELIN (medullary) SHEATH is composed of fatty material and is interrupted at short intervals called NODES OF RANVIER. It is the MYELIN SHEATH that gives whiteness to nerves and to nerve tracts in the spinal Cord and Brain; in its absence nerve tissue looks gray.

The NEURILEMMA has a NUCLEUS EMBEDDED IN PROTOPLASM between each NODE. If a fibre is pinched, the axis cylinder and the myelinated sheath will rupture, but the

neurilemma may remain intact. Since regeneration of a severed or ruptured nerve depends upon the presence of a Neurilemma, there can be no regeneration in the Central Nervous System (i. e. brain and spinal cord) and OPTIC NERVE, because in them this sheath is wanting.

NERVE FIBRES are processes of Nerve CELLS.

Spinal Cord

The SPINAL CORD lies within the VERTEBRAL CANAL. The Vertebral Canal (or a vertebral foramen,) being too small to admit a finger, the CORD is of smaller diameter than a finger, but in length (18 inches) it equals the FEMUR. The CORD is surrounded by 3 membranes: (1) the PIA MATER which, like a delicate skin, clings tenderly to the CORD, (2) the ARACHNOID MATER which is joined to the Pia Mater by Threads and is filmy, and (3) the DURA MATER which is tough and fibrous, but is easily split longitudinally, owing to the direction of its fibres. The Arachnoid Mater is separated from the Pia Mater by a space, the SUBARACHNOID SPACE, filled with CEREBRO-SPINAL FLUID. This Fluid presses the Arachnoid against the Dura thereby obliterating a potential space, the SUB-DURAL SPACE.

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Cultivate Your Thought Power

By F. I. A. Sc.

(Continued from our last issue.)

The beautiful Club in which I am now sitting, with its massive buttresses, its ornate exterior, and its various rooms with their gorgeous appointments manifested first in a human mind. Every little detail of construction, from the first expressed wish in the architect's hearing which developed later into a rough, preliminary drawing, down to the hanging of the last drape or the driving of the final carpet tack, came into existence first as a thought. Every house, every hamlet, every village, city and nation that has gone to swell the history of mankind, with all their great wealth of life and varied activities—each and all of them originated in the human mind.

The power of a human being to think is the greatest power in the world! A thought generated in the mind and impelled outward by an intense wish, or Desire and sustained there after by an abiding interest and confident expectation, cannot fail of its purpose. It goes swirling on its way into the cosmic world about it, gathering together everything it needs of men and means for its fulfillment.

The universe is filled with cosmic mind and a specific thought draws to do itself material things of like character.

There is no limit to this cosmic material. There is no end to matter. It exists always, in unlimited abundance. It belongs to you and to me. We can take as much or as little as we choose and the supply goes on forever. That is what I mean when I speak of forces of the mind. It means sending out and drawing in. It means sending out our desires in thought pictures and inducing or drawing into ourselves the things we desire out of the physical world about us. Thought attraction plays the same part in the world of thought as magnetism or gravity in the world of physics. It obeys natural laws. Right thinking produces right acting. Matter itself is dead, inert, powerless, but when the energizing power of mind, which is thought in motion, takes hold of it, it is transformed instantly into whatever form and use the mind requires.

Our minds are our creators. Our brain is a world in embryo. With it we can draw to ourselves the friends, the conditions, the environment, the experiences of life, we ourselves desire. Not in an hour, nor a day, but by constantly maintaining a confident, persistent attitude of mind and bending every effort to the accomplishment of our purpose.

NATUROPATHY

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In the embryo the Spinal Cord extends down to the COCCYX, but as development proceeds, owing to the greater growth of the Vertebral Column, it is drawn up-wards, so that at birth it extends only to the vertebra Lumbar 3 and in the adult to the upper part of Lumbar 2. A strong, glistening thread, the FILUM TERMINALE, largely composed of Pia Mater, attaches the end of the cord to the back of the Coccyx even in the adult.

NOTE. When Spinal Fluid is drawn from the Spine as in a child in testing for various diseases, especially in those with Spastic Tissue trouble, it has been known that complete loss of the uses of the body has been caused. The thought here is that the Spinal Cord has failed to advance UP in the cord as stated above, thus affording the opportunity of puncturing the cord itself, thus causing the loss of use of the body. The taking of Spinal Fluid from the Spinal foramen is generally at the 4th or 5th Lumbar Vertebrae.

Nerve Unit

A NERVE UNIT or NEURON has 3 parts: (1) the cell body or CYTON. (2) a process of DENDRON (or processes) which transmits IMPULSES to the CYTON, and (3) a process or AXON

which transmits impulses from the CYTON. An entire NEURON may be microscopic in size; on the other hand, a process may be several feet long (e. g.) a fibre of the SCIATIC Nerve (in the lower limb.)

On cross section of the Spinal Cord it looks like a H-shaped field of gray matter enveloped in a zone of white matter. The H-shaped field is divided into Anterior and Posterior HORNS from which Anterior and Posterior ROOTS appear.

A POSTERIOR Nerve Root transmits impulses to the CORD; it is AFFERENT or Sensory.

An ANTERIOR Nerve Root transmits impulses from the CORD; it is EFFERENT or Motor. This causes a muscle to contract.

The Dendrons conduct Afferent impulses from endings in the skin, joints, muscles, etc., to the Cytons in the Posterior Root ganglia; thence via the fila of the Posterior Root to the Cord. Within the Cord the Fibres branch; some branches ascend in the Cord, others descend, still others at once turn into the gray matter of the Posterior Horn where they SYNAPSE (i. e., make contact) with the Dendrons of short CONNECTOR CELLS whose Axons in turn

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**"He, I am sure, is doubly blest
who of the worst can
make the best"**

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So we are encouraged to go forward in our lives, seeking and finding according to our specific urges. Those urges must depend in some measure on the age of the soul and its desire for expansion. The Hidden Manna is undoubtedly Spiritual food, the white stone, the developed Soul, which has earned the hidden name.

What if we fail in the school of life, do not realise that we must work out our own salvation and that we must stand on our own feet? The sooner we come to a definite knowledge of our own shortcomings the better it will be for us. The sooner we try and understand ourselves

and seek to work with the Divine Law so shall we be able to overcome the worst things in life. We cannot transfer the burdens of our own responsibility to someone else's shoulders. We must accomplish our own growth and evolution by the way we live our own life. We are here to build character. The more kind actions we do, the more honest and just we are in our dealings, the higher we climb on the ladder of evolution. The purpose of life is to build character, accept and overcome the tests of life and to seek a perfect at-one-ment with the Great Spirit which brooded upon the face of the waters and said "Let their be Light." That light which manifests in perfection brings understanding.

Iris Harman, Ph. D. Sc.

Herts, ENGLAND.



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The enormous advantage one would derive by going through the columns of this useful Journal cannot be expressed in words. It supplies him with spiritual Philosophical and Psychological news and happenings of the present day world.

By Editor.

"B" SERIES A Correspondence Course in Psycho-Occult Science : of I. A. Sc.

(Continued from our previous issue.)

Not only this, but many actual scenes are given, showing just how to plan and present successful entertainments.

To give a complete index of the subject matter of the Lessons or even a list of the different subjects would require too much space here.

All the different methods and processes of hypnotizing are given in full, including Our celebrated Instantaneous Method. Complete instructions for presenting professional stage exhibitions of Hypnotism in Theatres, etc., make up a considerable portion of the Course. This is one of the quickest and most pleasant sources of revenue for the Hypnotist as it furnishes a steady and generous income for practically no work at all.

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Mind-Reading and Telepathy:

Mind-Reading and Telepathy are the arts by means of which definite thought messages may be intelligently and intentionally projected and received, by parties at any distance without material means of communication. The experiments on Thought-Force are always fascinating and full of great satisfaction to Psychic-Researchers.

What is Occult Healing?

Occult Healing is the art of relieving

pain or diseases by the transmission of vital and mental force, through the medium of the hands, mind, etc., from healer to patient. This branch of Science deals in Magnetic Healing, Psycho and Occult Therapeutics, etc. Scientific investigators have recognized Magnetic Healing as an intentional and intelligent transmission of human vitality from healer to patient.

The Magnetic Healer uses no drugs, and aside from a strict insistence upon hygienic methods, he uses no material remedies of any kind. His idea is to stimulate the natural force of the patient's body directly, or rather to supply it with the necessary recuperative force from his hands. You can understand these processes and can quickly become a practical Occult Healer by following our Course and earn a decent income.

The leading physicians in all parts of the civilized globe are using Hypnotism, Mesmerism and Occult Healing with the most satisfactory results. A knowledge of these branches of Psycho Occult Science, has cured hundreds of cases which were given up as utterly hopeless. It is not, however essential to have a knowledge of Medical Healing in order to practise Occult Healing. Our instructions in these branches are complete, and if you follow them implicitly, you will be able to treat successfully all kinds of diseases

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NATUROPATHY

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Synapse with the Dendrons of large MULTIPOLAR CELLS in the Anterior Horn. The Axons of these Motor Cells emerge in the Anterior Root Filla and end in Motor end-plates of voluntary Muscles.

Reflex Arc

An AFFERENT, a CONNECTOR, and an EFFERENT Neuron constitute a simple Spinal REFLEX ARC. On its integrity depends MUSCLE TONE.

Function

The Reflex Arc functions thus: if one's finger is touched, even during sleep, one moves it; if it is pricked or burnt one withdraws the limb. In the First Case a SIMPLE REFLEX ARC is invoked, (or First Plane.) Merely carrying the impulse over an AFFERENT or Sensory Neuron to a CONNECTOR Neuron in the Spinal Cord, and back over an EFFERENT or Motor Neuron to the place of touch. While in the second case, it called into play an AFFERENT Neuron to the Spinal Cord, and since it caused the movement of the limb from the prick or burn, a message, impulse, was sent to the Brain and back down the Cord to an Efferent or Motor Neuron to cause the movement. This is called the Second

Plane. Still a Third Plane is used, that of a decision from the brain. In this case, an AFFERENT Neuron picks up the message, impulse, and carries it to the Spinal Cord, the Spinal Cord carries it to the Brain, where the decision is made and then another impulse is sent back over the EFFERENT Neuron to the part of the body calling for the decision. This might be used in the case of a person eating something distasteful and he desires action to rid his system of it at once, or to a person falling into something or walking over uncertain ground. A decision must be made in order to advance.

If an artery is severed other arteries take over the work done by the severed artery. Not so with nerves; just as cutting a telephone wire isolates a house, so cutting a Motor Nerve isolate the muscle fibres supplied by it, and they die. Regeneration with restoration of function, however, may take place. This is called NERVE THERAPY here at the American Therapy University.

Nerve Plexuses

Anterior Nerve Rami and the branches of Anterior Nerve Rami communicate with adjacent Rami and branches to form PLEXUSES, thereby widening the influence of the individual segments of the Spinal Cord. Close to the vertebral

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"B" SERIES.....

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the flesh is heir to, effecting relief in almost every instance, and curing where cures are possible. The methods of healing are also very effective in Self-Healing operations.

Why is it the mention of a "Healer" always arouses in us a feeling of interest and reverence? Why does the name of "Occult Healer" give us an idea of subtle power? An effort to answer these questions will show that they are of much more concern to you than at first glance you think. Let us see.

There is and always has been a great deal of pain and sickness in the world. In a general way we look on them as unavoidable conditions of our frail mortality. Almost every human being suffers from them at times, so that we helplessly call them "the ills that flesh is heir to." Yet we like them none the better for that. The average mortal holds physical suffering to be one of the greatest evils of existence. Poverty can be borne; grief can be lived down; misfortune, shame and cruelty can all be endured, so long as they do not cause us bodily distress. This is the true touchstone that makes all the world akin. The prince will squirm with a toothache as much as the beggar. The athlete is crippled by a stomach ailment almost as quickly as the six-months babe.

Now you begin to see why the office of the Occult Healer is so generally revered—and as we shall here offer you the chance to become a healer, we wish you to know what a dignity it is and on what basis it is founded.

What is this Occult Healing Power?

Public curiosity has been greatly aroused on the subject of this healing force. Even students of Hypnotism, though they are shown a mighty healing influence, through that art, are eager to learn what the Occult Method is and how it works.

What, you may ask, is the operating force in Occult Healing?

Even in a familiar field there are questions that can be put to us which it is very hard to answer. The stars cannot tell how they shine, nor the flowers how they exhale their sweet odors. It was the theory of Mesmer that all living creatures were endowed with animal magnetism, and that it was a transmissible fluid by the operation of the Will. A very interesting class of phenomena is that which appears among animals. Certain men have been known at different times to possess remarkable power in controlling wild animals. Authorities on the training

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❀ SECRET OF KARMA YOGA. ❀

By: Sri Swami Sivananda Saraswati, Rishikesh.



A raw untrained aspirant feels "My preceptor is treating me like a servant or a peon. He is using me for petty jobs." He who has understood the right significance of Karma Yoga will take every work as Yogic activity or worship or the Lord. There is no menial work in his vision. Every work is pooja of Narayan. In the light of Karma Yoga all actions are sacred. That aspirant who always takes immense delight in doing works which are considered by the worldly man as menial services, and who always does willingly such acts only will become a dynamic Yogi. He will be absolutely free from conceit and egoism. He will have no downfall. The canker of pride cannot touch him.

Study the auto-biography of Mahatma Gandhi. He never makes any difference between menial service and dignified work. Scavenging and cleaning of the latrine is the highest Yoga for him. This is highest Pooja for him. He himself has done cleansing of latrines. He has annihilated this illusory, title 'I' through service of various sorts. Many highly educated

persons joined his Ashram for learning Yoga under him. They thought that Gandhiji would teach them yoga in some mysterious manner in private room and would give lessons in Pranayama, meditation abstraction, awakening of Kundalini etc. They were disappointed when they were asked to clean the latrine at first. They left the Ashram immediately. Gandhiji himself does the repairing of his shoes. He himself used to grind flour and would take upon his shoulders the grinding work of others also when they were unable to do their allotted portion of work for the day in the Ashram. When an educated person, a new Ashramite, feels shy to do grinding work, Gandhiji himself would do his work in front of him and then the man will do the work, himself from the next day willingly.

In the west cobblers and peasants have risen to very great position in society. Every work is a respectable work for them. A boy applies polish to the boots in the streets of London for a penny he carries newspapers and journals in the afternoon for sale and works as an apprentice under a Journalist

during his leisure hours at night. He studies books, works hard, never wastes a minute and in a few years becomes a journalist of great repute and international fame. In the Punjab some graduates have taken to hari-dressing work. They have understood the dignity of labour.

A real Yogi does not make any difference between menial and respectable work. It is only an ignorant man who makes such a difference. Some aspirants are humble in the beginning of their spiritual career. When they get some name and fame, some followers, admirers, devotees and disciples, they become victims to pride. They cannot do any service. They cannot carry anything on their heads or hands. That Yogi who carries the trunk on his head without the slightest feeling in the railway platform amidst a multitude of his admirers, disciples and devotees, without making any outward show of humility must be admired. Sage Jada Bharat carried the

palanquin of a Raja when His barber-devotee was on leave. Sri Rama carried a pot of water for the ablution of one of his devotees. Sri Krishna took the form of a menial servant as Vithoo and paid the money to the Nawab on behalf of his Devotee Damaji. If you really want to grow in the spiritual path you must do all sorts of service daily till the end of life. Then only you are safe. Do not stop doing service when you have become famous Yogi. The spirit of service must enter every-nerve, call, tissue and bones of your body. It must become ingrained in you. Then only you will become a real, full blown practical Vedantin. Is there any greater Vedantin or Karma-Yogin than Lord Buddha? He still lives in our hearts, because that spirit of service was ingrained in him and he spent his whole life in serving others in a variety of ways. A Magnanimous soul, one without a second! You can also become a Buddha if you apply yourself diligently to selfless service with the right mental attitude.



Note:- The Article "Practical Vedanta" Published on pages 6 & 7 also is a contribution given to our Journal by Sri Swamy Sivananda of Rishikesh.

NATUROPATHY*(Continued from page 16)*

Column the Anterior Rami of nerves Cervical 1-4 form the CERVICAL PLEXUS, those of Cervical 5 through Thoracic 1 the BRACHIAL PLEXUS, Lumbar 1-4 the LUMBAR PLEXUS, Lumbar 4 through Sacral 4 the SACRAL PLEXUS, and Sacral 4 through Coccyx 1 the COCCYGEAL PLEXUS.

Distribution

The distribution of a PERIPHERAL NERVE: (a) the muscles, (b) cutaneous areas, (c) articulations, and (d) blood vessels it supplies, and (e) common variations. Muscular branches are remarkably constant; cutaneous branches are variable, and about the hand and foot the variations are of considerable clinical importance.

Lesson 6 will take up the other part of the PERIPHERAL NERVOUS SYSTEM, the AUTONOMIC consisting of the Sympathetic and Parasympathetic Systems.

Remember that after the Anatomy has been completed in all its branches we will then study the Physiology of each branch and then the diseases of the various parts, with information on the proper treatment and prevention of diseases. Naturopathy instructs ONLY the Nature methods of PREVENTIVE Medicine, not the Methods being practiced by Pseudo-Naturopaths, in the use of Drugs and "Needles."

BOOK REVIEW**"THE PLANETS AND MEDIUMSHIP"**

By

Rev. Elsie M. Gunzulus D. D. Lit. D., M. S.

(Taken from the files of the Astrological Research College of the Gunzulus University of Spiritualism)

QUESTION:

Please explain the following:- I am able to see spirits during the Light of the Moon -- My sister can only see and hear spirits during the dark of the Moon Why? -- We both get good results when Neptune is well aspected. -- M. W.

ANSWER:

Mediumship is greatly influenced by the 12 Zodiacal Signs and the 12 Houses in each Horoscope. The greatest influence is probably produced by 10 or more planets and by numerous Aspects and Angles. ASPECTS are determined by the distance apart of Planets. The Square is 90 degrees and the Opposition is 180 degrees. The Sextile is 60 degrees and the Trine is 120 degrees of the chart. The Conjunction takes place when two planets are in the same degree of the Zodiac. The Parallel is the position of two planets in the same degree of DECLINATION.

The Rays from all of the planets have a great occult influence over the ASTRAL BODY and over MEDIUMSHIP. Especially so is true of the Moon and of Neptune, the latter ruling the Pineal Glands, during psychic development.....It must be remembered at all times the Ego evolves through the stages of Mentality. These stages are controlled by the Moon (Soul) Mercury (Mind) and Neptune (Divinity). Neptune is the Planet of spirituality and Divinity and awakens in man the strongest psychic and mediumistic gifts. No great Spiritistic Phenomena would ever appear if it were not for this great planet and its vibrations...The Laws of Mediumship are governed by the Rays and Positions of the Planets. It is the angle of the Ray which always determines the influence of the planet as to whether it shall be good or bad, positive or negative. If the Aspects are in Square or Opposition, good spiritual results are not attainable. If the Aspects are Trine, or Sextile, good results will ensue.

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THE OMNIPOTENCE OF FAITH ©

(Continued from page 3)

(1) Victory No. 13.

I stand as a witness to the glorious work at the Woodworth-Etter meetings in Dallas.

With my own eyes I have seen consumptives cured of the consumption in the third stages, in less time than it takes to write down the account. I don't mean maybe so cases, nor guess-so cases. I mean cases that Doctors said would not last in some cases ten days. That's what I mean. All classes of doctors had given up these cases. They can't cure them. I saw persons saved and cured of cancer and they would praise God instantly and shout and sing. I have seen many cripples cured the same way. I saw a young man cured in answer to prayer at the altar, and when the power of God struck him he went like shot out of a gun, and turned a somersault in the altar and got up smiling and shouting, and praising God. He came on a stretcher from Mercury, Texas, two hundred miles away. A month later he returned and sought and received the Baptism of the Holy Ghost and spoke with new tongues as the spirit gave utterance. Acts 2: 4. The doctors had given him ten days to live. He was simply a skeleton. He is expecting to preach the gospel.

I saw a case of paralysis, cancer of the stomach and tuberculosis cured

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of animals speak of this power as animal magnetism.

Magnetic Control or Influence.

Among men we see the wonderful influence that one speaker may wield over the emotions of an audience, while another, with better education, language and appearance, may have a stronger power over intellect, and yet never stir the emotions. The leaders of men everywhere may be said to be senters of this subtle commanding force. A Napoleon inspires his soldiers by it to feats of heroism. A Webster or a Douglas sways the purpose of a senate. The persuasive orator, the fascinating society man, the winning diplomat, the dashing general may all be indebted for their success to the use of magnetic power, and yet it is possibly the self-same power, that in the touch of a mother's hand will ease her child of pain. But if you ask us what it is, you ask us more than we can satisfactorily explain in type.

(to be Continued)

in answer to prayer in the altar. This baffles description. I saw a woman fifty-four years of age, born deaf and dumb, speak in tongues, and she then said, "Praise God." "Bless Pentecost."

I saw three deaf and dumb mutes meet in the alter one night, all strangers to each other. Such shouting and joy as they exhibited as they met for the first time in this life and all praised God before the multitude.

I have seen cases of chronic rheumatism cured almost instantly in answer to prayer. I have seen them cured of all manner of diseases; brought hundreds of miles on stretchers, fresh from the hands of doctors. I have seen skin diseases healed and dried up in a few days. I have seen a case of typhoid fever with haemorrhages from the bowels brought from another state cured in answer to prayer almost instantly. Her body was so emaciated and wasted that she was simply maniacal in her laugh, so that no man could doubt the genuineness of her cure and salvation. Mrs. Etter wants your soul saved, and then she will pray for your bodily healing. Both were provided for on the cross. Matt. 8, 17. "The double cure."

I have seen the doctors enraged over these healings. I have known that they called meeting after meeting of the Medical Association to discuss steps for suppressing her work. One would naturally ask why? The only reason I can imagine is that Jesus healed them after they had failed, and it reflected on their ability.

Yes. Jesus can heal while I write a prescription. It is true, and I stand for the truth. No, doctor would wish any of the cases I have reported in this report. They are all beyond them. The Lord has been good to send us our beloved Sister, Mrs. Woodworth-Etter. She is a chosen vessel.

ARTHUR C. BELL, M. D.,

Dean College of Physicians and Surgeons.

(From "Life and work of Mrs. Woodworth-Etter".)

What Jesus "began to do and to teach" ought to be carried on now by his disciples. And though there were in his day "many physicians" yet He healed

ALL THAT WERE SICK

without enquiry as to whether they were taking a medicine or not, as is the custom with some modern healers. He healed

WITHOUT EXCEPTION

all who came and were brought to him, sometimes gradually: Luke xvii, 14; Mark viii, 22-26; John ix, 7, but mostly instantaneously. He healed by a touch; by others touching him; by a word—those near or those at a distance. (John iv, 46.) He healed also chronic cases of long duration as twelve years, eighteen years, thirty-eight years. In fact we do not read of any case, however hopeless, from the human stand-point, being refused. Nothing apparently could cause failure, but belief.

"The Planets and Mediumship"

(Continued from page 21)

If you will study and analyze your Spiritual Horoscope, it will help you in many ways to understand the Positive and Negative vibrations from the Astral World. Tests made in Psycho-Analysis and Astral Diagnosis show that when the connections between the Vital Body (Etheric) and the physical body are loose and not too rigid, then the best mediumistic results take place. If the Moon is Sextile or Trine to Neptune it indicates prophetic dreams and visions and success in Mediumship. When Neptune is placed in Cadent Houses it brings about great psychic and occult powers. When Neptune appears near the Mid-heaven it produces great mystics and astrologers. When Neptune and the Moon are in the Ninth House they create superb faculties of Imagination and magical gifts...The Moon in conjunction or Parallel to Neptune in

Cancer, always develops splendid psychic faculties...The Moon in opposition or Square to Neptune, produces negative Mediumship and Spirit obsessions...Adverse Aspects from the Rays of Uranus brings about evil phases of spiritual powers...If Uranus is Trine in the Tenth House, it brings about strong healing powers, visions, dreams, mind reading and mysticism...When Neptune is Trine to the Ascendant (in 10th House) it brings about leadership in Spiritualism and occultism...The Conjunction of Neptune with the Ascendant awakens strong spiritual forces and makes the body very sensitive...When Neptune appears in the 12th House it produces a bad negative form of Mediumship...If Neptune is in Square with the Mid-heaven, evil forces will try to overpower and take possession of the medium body...The Key to successful Mediumship is to be found only in Astrology and Alchemy...All persons then who desire to develop good positive Mediumship and constructive Psychic faculties, must become earnest student of Astrology and Spiritism.



"THE SELF-CULTURE UNION"

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Omnipresence, makes you all powerful. Rejoice in the law of God and give Him hearty thanks for all the Blessings you have received hitherto from Him. Pray that through His Divine Inspiration, the hosts of unnumbered illumined beings on earth and higher planes of Life will be pleased to help you materially along the path of Spirit unfoldment. Believe always in the Omnipresence and Omnipotence of God and He will reveal Himself to you as such, and you will see, hear or understand intuitively and Inspirationally—Yes, receive all He has in the bounty of His rich kingdom for you, only waiting your willingness and openness of mind to receive same. God the great Architect of his grand Universe has one purpose and plan, namely, that everything and everybody of Creation, irrespective of size, shape, color or creed shall co-operate at every point along cosmic evolution towards

attaining Universal Spiritual Consciousness, which we rightly believe to be the Goal of Humanity at large.

During such soul-communion, every earnest aspirant sooner or latter can receive Divine Blessings in the spirit of Love and Confidence, believing that the Almighty God, the giver of every good and perfect Gift, cannot fall short of manifesting His Glory to and through YOU. Understand that all things that are possible to God are as well possible in a limited way to the soul that believes in God. The Great Jesus said, the doctrines, the words, the works, the good, are not mine, but His that sent me. Similar ideas you can see expressed by Lord Krishna, Mohamad and other world-saviors who graced this earth plane at different periods of Man's evolution.

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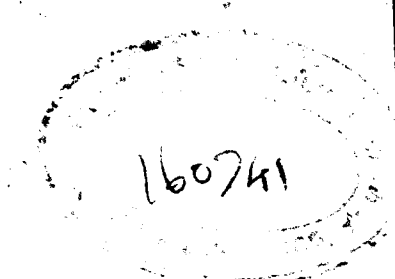
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