

Spiritual Healing Techniques 1-2-3



(A Work Manual and Guide for Members)

Cosmic Awareness Communications

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An Introduction to Spiritual Healing

A lecture given in Honolulu during October 1966 by
Wm. Ralph Duby, Spiritual Leader of Organization of Awareness.
Please put this with your Spiritual Healing workbook.

Any discussion of spiritual healing has to take into account a very basic question, and that question is: "What is religion?" Is religion love or is it mystery? Or is it something entirely different? In Organization of Awareness religion means being and doing certain things. Awareness has described what our religion should be, in three parts. We are asked to heal the sick, and this includes healing ourselves. We are asked to teach those who do not know, and again this phrase implies that those who teach are those best taught. The third thing religion can do, according to Awareness, is to inspire us to be divine or to show by example the force of creative love.

Tonight I want to make a few comments on what Awareness listed as first -- that is spiritual healing. From a study of the healing information that Awareness has given to groups and to individuals there are certain important ideas that are repeated and repeated.

According to Awareness, prevention means more than treatment. According to Awareness, disease is an illusion, an outer appearance of an inner error. Again, according to Awareness, the forces used to heal are the same forces that are used to prevent illness.

In order to understand these forces, we need to study the three basic healing procedures, for within them is the entire context of spiritual healing. These basic techniques or procedures are:

1. Charismatic healing,
2. Sacramental or prayer healing, and
3. Magnetic healing.

Awareness tells us that in each of these types of healing there is a primary force involved, and this is sometimes referred to as a life force, other times referred to as an odic force. Again, it is referred to as a radioactive substance. These works are taken from numerous messages by Awareness as the forces of healing are described. Awareness also tells us that every human being is surrounded by this radioactive force, often referred to as an ethereal "something" or an etheric body. This auric or astral or etheric body is made up of several rings. Colors are within each part of these auras or rings. This we need to know before we can begin to understand spiritual healing.

Awareness tells us that the mind force has the control over changes in this particular force field. This is the basic knowledge that every healer needs. Awareness also tells us that the mind force can change the vibrations of these etheric forms or substances that surround the human body. According to Awareness' instruction, we can look at spiritual healing for the first time in a very scientific manner, and we can begin more to understand these unseen forces -- the forces that work for the prevention and treatment of human illness. We have been given the names of these forces, and indeed, they are scientific forces.

The first is called electro-static. The second is referred to as electro-magnetic. The third, magnetic. The fourth, resonating electro-magnetic. Awareness sometimes has referred to this force as the "fourth power." Awareness Itself puts these forces to work for the benefit of human beings, but in reference to the odic or life force which has just been described as resonating electro-magnetic energy, there is very much to be learned. What needs to be learned has already been given to us to a certain degree by Awareness. Awareness in Its suggestion for the prevention and treatment of illness has given answers that can be put to work in a very practical way. Awareness tells us the forces and laws that govern spiritual healing, and we are asked to learn these.

Before we do, we need to clear our minds of certain misconceptions -- these concerning the old ways. I'm going to give you now two quotes from Awareness that refer specifically to wrong answers that we need gradually and carefully to remove from our thinking. These wrong answers, however, are those not easily removed, and for some, they may never be removed. The first is and I quote: "There are no angels with large wings and stern countenances, no awful judge in the high court of heaven, no wolves to betide us for misbehaving." This quotation from Awareness applies in a very practical manner to our work, for history informs us that in all ages man has recognized the existence of an intelligent power capable of creating disease in the human body and of healing disease independently of material remedies or appliances.

There are mental and spiritual agencies according to healing lore, and these are considered some good and some bad. In the very early days in primitive religion, they were referred to as spirits and demons and goblins. For untold ages these invisible agencies, good and bad, have been recognized as being responsible for causing illness and also for healing those who are sick, and these changes have been brought about over thousands of years of human experience by a host of prophylactics as a kind of a wholesome caution against evil forces. In all systems, ancient and modern, there have been many marvelous cures. These cures have been effected, and some of them had all men stand aside and have caused them to wonder. An example of these miraculous healings are those that are conducted at Lourdes and are referred to as "The miracle at Lourdes."

Today in the twentieth century, spiritual healing is on the increase, and yet the great bulk of this healing phenomena remains to challenge the attention and the wonder of the scientists. Many of the techniques of today's spiritual healers are as fantastic and idiotic as those that have been a part of the primitive religions, as fantastic and idiotic as those of the witch doctors or the cahunas.

Now what does Awareness tell us about this? For, in the Organization of Awareness we are interested in "how and why and what." We receive answers from Awareness, and they are as follows, and these answers we may consider as the important answers to spiritual healing.

First, Awareness tells us that mind controls all bodily functions. Second, that the mind can be controlled by suggestion. Three, that suggestion is the force that heals. In spiritual healing, therefore, it seems apparent that the patient does as Awareness says, "Ever and always but heals himself." "Thy faith has made thee whole," said Christ. According to Awareness, this statement indicates clearly the fundamental fact of spiritual healing -- and that is that the power that affects the healing is in the patient. This force, or energy, consists of an attitude of mind, a definite mental condition, a state with reference to what needs to be done.

What then is this faith that allows men, not only to be healed, but to walk on water -- to take up their beds and walk? What is this faith that allows the lepers to be cleansed? According to Awareness, faith includes the spiritual energies of the human soul and is defined by Awareness as follows: "Faith is the justified confidence in our capacity to understand who, in fact, we really are!"

And now to review for a moment, we know that certain definite attitudes of mind on the part of the patient is essential to the success or the failure of spiritual healing, and that this attitude of mind is best defined by the word "faith" as Awareness clearly defines it. Faith accounts for the frequent successes, also for the many and varied techniques which Awareness has given us, for Awareness has told us that methods are only important to the extent that the patient has confidence and faith in process. Since people are so very different and in so many ways differ from one another, no one technique or process could possibly work for all.

Awareness tells us that no objective mind or God-mind takes part in these healings, but is a subjective mind or a soul mind. Also, in his messages on healing, Awareness has told us the subjective mind is the power that controls the functions and the sensations and the conditions of the human body. This subjective mind force is controlled by suggestion. Resistance to this suggestion comes from a kind of autosuggestion, which arises from various barriers, and these are mind, emotion and feeling.

Awareness defines these as lack of faith and has even characterized them for us so that we can understand them better. One is called "primordial instinct" and the second is called "moral principle" and the third is "sensitive to ridicule" and the fourth is "a fixed habit of thought or love of scientific truth."

Now this includes resistance to suggestions which are an obvious contradiction to reason, experience, or to the evidences of the physical senses. Therefore, if we are to get well physically and emotionally and spiritually, we need to minimize negative suggestion and amplify positive suggestion through the power of faith.

Again, a quotation from Awareness concerning the three laws of spiritual healing and this in conclusion to this brief lecture which, when studied and understood, gives us the key to the doorway of this important work.

ONE, and I quote: "There is no power in the universe that can do more than energize the mental organism, for this is the seat and the source of health within the body."

TWO: "Various systems of spiritual healing are effective in exact proportion to their faith-inspiring power."

THREE: "Suggestion is absolutely the only mental process offered for inducing in the patient the prerequisite mental condition for healing himself."

Now from this work and from these important conclusions that have been reached from studying Awareness' messages concerning healing, we need to come to a very important decision. That important decision is one that is basic to this work. These are my own conclusions, not Awareness'. God is not an outside God, but is to be searched for and found in the innermost recesses of man's own individual and collective nature -- in the silent chamber in the temple within, and no where else! There is no God who creates and sustains good, and no devil who creates and sustains evil, except the host of Gods and devils within each of us.

The one who desires to know must set aside all preconceptions and pride and prejudices that he or she may have and then begin his studies in the Organization of Awareness, for in our work a healer is a medium, a medium for powerful forces in the universe that work through the healer.

And now I'd like to give you what I consider the wrong answers for those who would be healers -- the wrong answers that many give themselves. And, then to follow this by the correct answers that healers should have if they are to do an effective job. I believe that three wrong answers keep us from being

successful channels for healing: (1) I am a poor miserable sinner who can do nothing of myself; (2) This life is all there is, other than this is unknowable; and (3) Hating others gives me more comfort and ease than loving others. These answers in any form are self-defeating, and those who use them may not be healers.

What then are the right answers? There again I have three, and the right answers are:

1. Divinity is always acquired; it is not an endowment; it does not exist of itself, therefore, I can experience and know this myself.
2. Divinity lies latent in me and in each one of us. All power is latent in me and in all others.
3. Love as a positive force is the greatest of all the right answers that I need to use, for with love I can substitute what this means for the wrong answers that others have given me or I have given myself.

And, with this introduction, we can then begin our work on healing. With understanding and with study of these important meanings we can see how spiritual healing is, as Awareness has said, "religion itself."

This concludes the introductory lecture on spiritual healing.

And now I'd like to give you what I consider the most important thing for those who would be healers - the most important thing they give themselves, and that is to allow this by the way, always that healers should have a life and do an effective job. I believe that this word should be taken from being

The one who desires to know how to heal all his patients and give a prescription for how they give and then begin his career in the organization of Awareness, for the same reason a healer is a man, a man in a healing career in the course of his work through the system.

And now I'd like to give you what I consider the most important thing for those who would be healers - the most important thing they give themselves, and that is to allow this by the way, always that healers should have a life and do an effective job. I believe that this word should be taken from being

PROCEDURAL MANUAL

Type I Healing Technique - Charismatic

Step I:

- A. The channel must wash his hands thoroughly and not place them together or touch any other object, and this includes an object that dries. The channel then begins the sensitizing of his hands according to instructions on Page 3 herein.
- B. Place the patient in a comfortable position, hands not touching and feet apart and uncrossed. There is to be no restraining clothing, such as, belts or shoes. In some cases the patient would not wear clothing (this to follow the laws of the land, however), but would be covered with a sheet or a loose gown. It is suggested that all possible jewelry be removed from both patient and channel.
- C. An illness is found by determining the area of energy leak or leaks. Hands are held palms down over the patient. This may be done on either the front or the back of the patient. Hands are to move over the entire body of the patient, and this movement is not to exceed a critical distance of one-half to one inch from the skin. The minimum distance from the surface of the skin is to be not less than one-half inch, but the person acting as a channel for healing is cautioned not to touch the patient when identifying an illness. If the skin is touched, the procedure is to begin anew, including the washing of the hands.
- D. As the channel moves his hands over the body of the patient, certain changes may take place in the channel's hands. These changes may be slight differences of temperature, tingling sensations, a slight cramping, or the hands may actually draw up over certain areas of the body. These energy leaks may be determined by practice. A leak is considered to be the area where there is a short circuit in the force field of the human body. These energy leaks cause considerable difficulty in reference to the body's innate ability to heal itself.

Step II:

- A. Before continuing, the channel must know perfectly the information contained in Pages 2 and 3. Once an energy leak has been found, the next step is to open the mind of the patient who is to be healed. This may be done in any manner that is effective for any particular patient. This may be in the form of a surprise. This may be in the form wherein emotion and feeling are transferred away from self. This may be accomplished by suggesting that the patient think of a peaceful and happy occasion.
- B. The channel must create that kind of channel through which the healing force may flow. The channel's body acts as a resonating chamber through which a high frequency energy flows by means of the channel's hands to the area on the patient's body where the

main energy leak appears. No one may be a channel for this energy flow unless his mind is off himself and on the task that he is accomplishing.

The channel's mind should be concentrated on the Law of Love and the Law of Mercy. It would be well to repeat these laws aloud.

Step III.

- A. After he has repeated these two Laws, he will touch his hand to the energy leak. At this time the alternate hand is placed on the back of the neck or over the heart or over the solar plexus, depending on which area is closest to the main energy leak previously found.
- B. When contact is made with both hands, the channel repeats aloud the following statement: "In the name of the Inner-Awareness you are now clean, whole and well." (This last act is to be completed in five seconds or less.)

In some cases where mental illness is involved, hands should not actually touch the patient, but merely be near body.

Step IV.

- A. If the patient appears to be in a trance, the channel shall count him back with the count of five, calling him by his first name to return.
- B. Channel then is to wash hands thoroughly.

NOTES ON CHARISMATIC HEALING

The success of healing by Charismatic Healing is dependent upon the openness and/or spiritual development of the channel and the patient; also, the karmic background of the patient.

In this healing technique the healing or reversal is instantaneous; there is no time lapse; there is permanence; there will be no recurrence of the ailment or ailments. A religious atmosphere must be created; faith and belief are an absolute requirement. The channel must keep in mind that this type of healing is not an intellectual or critical process, but that healing power is transferred by the channel who is used as a channel for that force which heals and which lessens illness in the world. The force and power must be allowed to move into the principal area, that wherein the error is most manifest; that through this act, that Charismatic Healing then affects total error.

Entities who have certain problems wherein that close proximity of another in relation to the laying on of hands could create some offense since the patient actually creates that condition wherein the reversal is most effective. That these cases only should be those cases in which the hands are not actually placed on the patient to be healed.

A diagnosis by a physician may be helpful beforehand to indicate the

particular part of the body that is diseased. However, we do not use that diagnosis as it may indicate disease in one part of the body; whereas, the energy leak found may have been in another part of the body. Treatment given at the point of energy leak may reverse the disease found by the physician which was in another area of the body.

Either hand may be used for stopping the energy leak as it makes no difference in the result of the healing. The important factor is the openness of the channel for the forces of good.

The following practice technique is suggested. Ask a member of the organization to lie down, sit, or stand in a comfortable position. The channel then sensitizes his hands as suggested on Page 3. He is to move the hands over the head of the subject within the critical dimensions suggested, following the contour of the face, throat, the shoulders, and other parts of the body. Note the varying sensations as the hands follow the contour of the body. As the hands move from the cranium to the toes, note the feelings and sensations as the hands change position. Repeat this procedure with a number of subjects. It will soon be discovered that different people give the hand or hands different sensations. The energy leaks that are discovered stand out in contrast to surrounding areas on the body. Most people have minor complaints. Ask those who are practiced upon to reveal their discomforts. This will assist in learning to discover actual leaks and to determine the difference between healthy bodies and those that are not.

Study the nature of the experience. It will soon be learned that a headache "feels" different from a muscle cramp. It will soon be discovered that some joints "feel" different from disorders in the digestive tract. It is for the student channel to determine when he is ready to actually start using Charismatic Healing. Charismatic Healing was that used by the Christ Consciousness. It is highly recommended for children under the age of three and is effective for healing small animals who are in pain and ill. It is very effective for many who are asleep because at this time a patient's conscious mind is quiet.

Exception to being immediate and lasting healing are cases of hysteria. Those who are hysteric will effect instant reversals that shall not be permanent.

Sensitizing the hands: hold both hands in front of you and look directly at the palms of both hands. Then turn the palms facing each other, from two to three inches apart, fingers extended and separated, and the hands relaxed as much as possible. Focus your attention on your hands. Draw them apart slowly to a critical distance of twelve inches. Now move the hands back to their original position. Repeat this motion several times in rhythm. Continue this movement until you feel some sensation such as heat, a magnetic pull, or there may be no more than a slight tingling sensed. This may take up to a minute or more.

Now imagine that you are holding a weightless snowball in both of your hands. Roll this imaginary snowball in your hands as though you were shaping it. This movement will develop certain sensations in your hands. Remember that any such sensation lies within the perception range of your normal sense of touch. Do not look for the unusual or the spectacular. Your hands feel a non-material energy field in exactly the same way as they feel material objects. These sensations are those that develop by daily practice.

The Law of Love

The Law of Love is that law which places the welfare and the concern and the feelings for others above self;
The Law of Love is that close affinity with all forces that entities associate with good;
The Law of Love is that force which denies the existence of evil in the world, that resists not.
Love follows the course of least resistance.

(Revised by Cosmic Awareness, July 1978)

The Law of Mercy

The Law of Mercy is that law which allows one to forgive all error, to forgive equally those who err against you as you err against them. This is to be merciful. To be merciful is akin to the Law of Love, and if one obeys the Law of Mercy, there can be no error in the world.

PROCEDURAL MANUAL

Type II Spiritual Healing - Sacramental

1. All channels wash hands thoroughly and sensitize them, following same instructions as given in Charismatic Healing.
2. All those participating must be informed as to procedure and method.
3. The patient is to be seated in a chair, or, if the illness requires, a reclining position is suggested (and other instructions as in Charismatic Healing). Three or more channels surround the patient by forming a circle. The channels hold hands, making sure that the contact points are the thumbs. If possible, this circle is to be arranged with male and female channels alternately placed in the healing circle. Any number of people may participate in the healing but, at least three and the leader are required for this intercession. Seven is a number well-suited for this type of healing. The leader may be in or out of the circle.
4. All those in the circle meditate on the concept of love as defined by the Law of Love. This meditation shall last for four seconds. All those in the circle then visualize a great white form which settles around and through the patient. At the time the process of healing is in action, the leader states:

"Let the Love of the Inner-Awareness make you whole, make you clean, make you well."

In case of severe pain, the leader will place a few drops of oil of camphor on his hands, and anoint the painful area. This action takes place at the same time as the pronouncement.

5. That area of the patient that is ill or diseased then becomes in the minds of those healing something very small, their minds reducing and reducing the concept of error until it becomes very small. At the same time the body of the patient other than the diseased part is increased in size, goodness, health, harmony and beauty. The leader voices during this healing step the following:

"The body is increasing in size in the sense of balance, harmony, goodness, beauty and health. That which is error is becoming less and diminishing in size. Now the disease and the error and the pain are no longer present."

6. That great force which is engendered from the collective mind force of the channels is thus given expression. Sacramental Healing is amplified by an intense concentration on that word and concept which is LOVE.

The leader then voices the word "and" so that the channels may and then do voice the word "LOVE" in unison.

7. All channels wash hands thoroughly.

NOTE: Sacramental Healing is more effective on diseases of the skin, bruises, contusions, open wounds and burns, than on other types of diseases, in that it affects more the surface layers than deep internal or emotional problems.

Sacramental healing should never be done for an entity more than three times.

PROCEDURAL MANUAL

Magnetic Healing - Technique III

Procedures:

- Paragraph 1. The illness is determined by finding the energy leak as described in Charismatic Healing, Type I, or by special direction, this to be discussed with channel. The channel will then locate the particular vertebra and ganglion to be treated, by use of the treatment chart and illustrations on Pages 10, 11, 12 and 13 of this Manual.
- Paragraph 2. If possible the portion of the patient's back being treated should be exposed for the thumbs to touch directly. Rather than to remember where the particular point of contact is to be, it may be easier for the channel to place a pencil or chalk mark at that point.
- Paragraph 3. The channel's hands are now to be washed and sensitized: thoroughly. After hands are cleansed, they should not touch one to the other or any object, including one that dries.
- Paragraph 4. The patient is placed in a comfortable position, either standing or sitting and facing the channel. The channel at this time will energize his hands as described in Charismatic Healing, Type I. Keep in mind that the patient's hands and feet are not to touch one to the other.
- Paragraph 5. The channel now places his right thumb to the right thumb of the patient and this posture is held for 5 seconds. The left thumb of the channel is placed on the left thumb of the patient and this position is held for 5 seconds. Next, the thumbs of both hands of the channel and patient are held together for 10 seconds. This procedure establishes the harmonious inter-relationship which creates a mutual energy flow. This rapport is that which is to continue between channel and patient.
- Paragraph 6. The channel passes his hands over the body of the patient at a critical distance of 1 to 3 inches from the body. These passes are made from the cranium down to the waist. The hands of the channel should be slightly cupped inward. It is suggested that this be done in a minimum of 10 seconds.
- Paragraph 7. The force field or aura, the electro-magnetic envelope, is broken up with hand movements. This is best accomplished by a quick chopping motion, by circular movements, or with hand movements that slice this envelope. This may be done in any one or several places or all over the body. It is suggested that this be done in a minimum of 40 seconds.
- Paragraph 8. The cupped hands of the channel are now used to sweep down that which was broken and changed. These movements may cover all or only a portion of the body, for the auric envelope is that which reacts as a totality. As the material is swept away the hands are to be shaken with some force,

the fingers snapped in a whip-like motion as each handful is cast aside and away from the body of the patient. This material should be placed aside towards the floor, but not pushed toward other entities or directed toward their aura. It is suggested that this be done in a minimum of 30 seconds.

- Paragraph 9. The Trance Poem is to be repeated from memory in a clear and pleasant voice (see notes on last page), during which recitation a smoothing motion of the hands is used. The hands are cupped inward. This movement may affect all or a portion of the auric envelope, as being that it is again a totality. The critical distance from the patient's skin is from 1 to 3 inches through this step.
- Paragraph 10. The right thumb, positive force, is placed on the ganglion (see chart) slightly to the left of the vertebra to be treated and slightly upwards. The critical distance is to be within approximately 1½ inches from the side of the vertebra. The pressure is to be very light. Contact is to be made with the cushion portion of the thumb only, for 4 seconds, the channel inhaling for 2 of those seconds and exhaling for 2 seconds.
- Paragraph 11. The left thumb, negative force, is then placed on the ganglion to the right of the vertebra to be treated, as illustrated in chart of that particular vertebra. During the application of light pressure of the thumb for 4 seconds the channel will take a deep breath and hold it, releasing the breath simultaneously with the thumb.
- Paragraph 12. The right thumb is then placed as indicated in Step 7 and is held in position for 4 minutes while the channel breathes normally. The position again is to be left of the vertebra being treated and over the nerve ganglion corresponding to it. The pressure is again light, and the pad of the thumb is the only part of the hand that touches the area indicated. The opposite hand of the channel is to be held away from both the channel and the patient and any other person nearby.
- Paragraph 13. The left thumb is then placed as indicated in Step 8 and is held in position for 4 minutes as described in Step 9.
- Paragraph 14. No effort need be made to determine the mental state of the patient at this time. The following suggestions which are applicable are now repeated by the channel: "You are now relaxed; the pain or headache or upset stomach (et cetera) need no longer exist; you are full of energy; you feel pleasant and you are very comfortable; there needs to be no recurrence of that which has been."
- Paragraph 15. After appropriate suggestions to the patient, the channel's right hand is placed on the back of the patient's neck and the forefinger of the left hand is placed on the forehead between the eyebrows. The pressure is to be very light, and this is to be 10 seconds. The channel repeats during this step: "In the name of the Inner-Awareness, you are now clean, whole and well."

Paragraph 16. Allow the patient to relax a few moments as a final step in the procedures of this type of healing. Speak gently to the patient. If there is no response and you have reason to believe that the patient has fallen into a light trance, call him by his first name and suggest that he awaken to the count of five.

Paragraph 17. The channel then washes his hands thoroughly.

NOTES: The patient is to be touched only at those times and in the manner indicated in the above procedural steps. If the patient is accidentally contacted by touch, the steps must be started anew, including the washing of the hands. Also, be very careful that the hair of the patient does not rise to touch the channel's hands as this can disturb a sensitive patient almost as strongly as touching the body. The awareness of the channel will determine whether this is a strong enough interference to start anew, the touching of a single hair through electrical magnetism.

It is suggested that when a patient requires this type of healing, that, at least, two treatments be given. For many the treatments may need to be repeated on a scheduled basis of once a day for 1 or 2 weeks, or once a week for a period of a month, and so forth, until reversal is effected; the timing to be adjusted according to the seriousness of the illness.

In the recitation of the Trance Poem, it is suggested that this be done from memory. However, if this presents any difficulty for the channel, it may be pre-recorded, using the channel's voice, and the record played at the proper time.

TRANCE POEM

To float, to float, to float,
To sleep, to sleep, to sleep,
To dream, to dream, to dream;

To float like lovely things that are;
Like clouds, like swans,
Like ships that sail;

To float on the rivers of the sky;
To float on the rivers of the land;
To float on the rivers of the sea;

To float into that wholeness, into
that oneness;
Into that reconciliation of yes and no;
To float toward this Awareness.

To sleep, to sleep,
To sleep in the rivers of the sky;
To sleep in the rivers of the land;
To sleep in the rivers of the sea;

To sleep into that wholeness;
Into that oneness; into that eternal recurrence
To sleep according to the will of this Awareness.

To dream, to dream,
To dream of the rivers in the sky;
To dream of the rivers in the land,
To dream of the rivers in the sea;

To dream, to sleep, to float.

Cosmic Awareness

TREATMENT CHART

The only vertebra that may be treated by the use of this healing technique are as follows, along with an explanation as to what areas these cover:

Second Cervical: Treatment relieves afflictions of the head, especially gums and jaws. It is very fine after dental work has been done. It will often relieve headache caused by upset stomach. However, this type of treatment has little effect upon the basic optical centers.

Fourth Cervical: Normalizes and revitalizes the blood of the entire body. It is especially effective for treating blood diseases. Reduces infections in any part of the body and fevers caused by these infections.

Sixth Cervical: Used for treatment of heart conditions.

Third Thoracic: Relieves abnormal conditions in the organs of the abdomen.

Fifth Thoracic: Used for normalizing the pituitary and pineal glands.

Seventh Thoracic: For afflictions connected with the lungs.

Third Lumbar: For overcoming nervous emotionalism. Good for those with tension patterns. Makes corrections in reproductive anatomy in both sexes.

Notes re above chart:

The above vertebrae are pointed out on the attached diagram of the spine, together with each ganglion upon which the thumb would rest during the treatment. Please note the difference in size of the vertebrae as you feel down the spine, small at the top and growing larger toward the bottom.

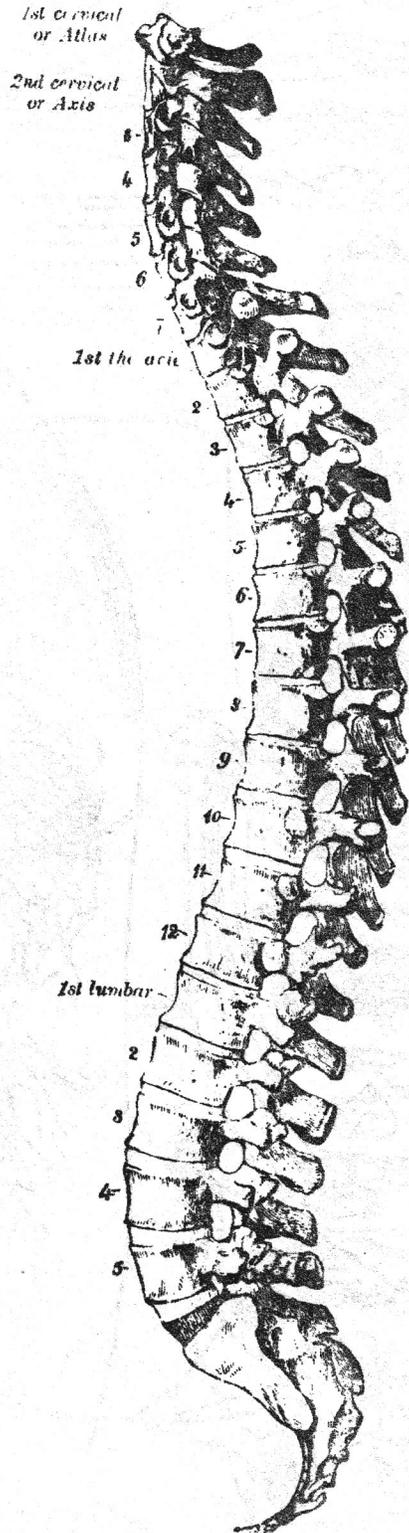
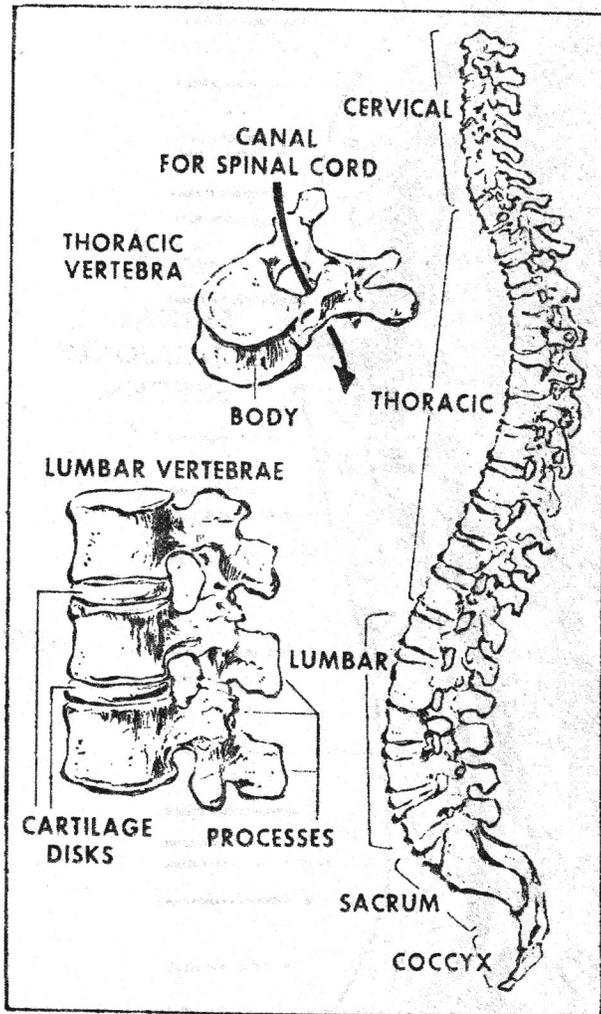
Corresponding to the difference in size of the vertebrae, the ganglion of each will vary from approximately 1/4 inch to 1/2 inch out and up in distance from the vertebra to which it directly attaches. Before attempting to use this technique, the channel must be sure that he has experienced the finding of these different vertebrae and their ganglia on a number of persons as it is much more difficult to locate these areas on obese patients than on slender ones.

For definitive purposes, a "ganglion" is any collection or mass of nerve cells that serves as a center of nervous influence. Since this is a soft mass, you will not necessarily "feel" it, but it will be located just under the next vertebra above the one being treated and to the side. There are two ganglia for each vertebra, one to the left and one to the right of

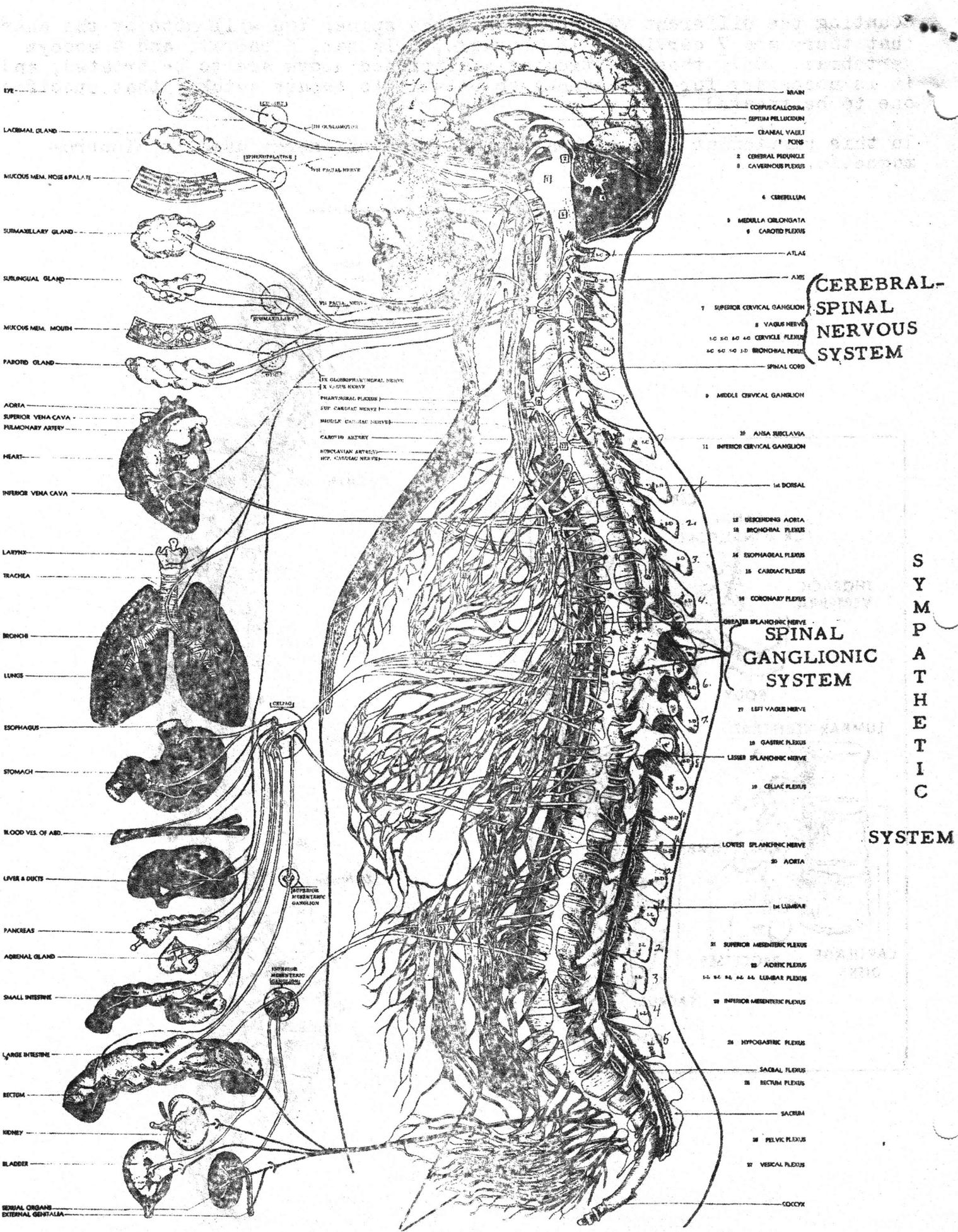
To find the second cervical it is much easier if the patient drops his head as a hollow will then be formed in the neck, and the second cervical is the first bony structure below the hollow as you start feeling and

.. counting the different vertebrae down the spine. You will note by the chart that there are 7 cervical, 12 thoracic, 5 lumbar, 5 sacral, and 4 coccyx vertebrae. Only those particularly mentioned above are to be treated, and it is necessary for the channel to be able to locate quickly that specific one to be treated.

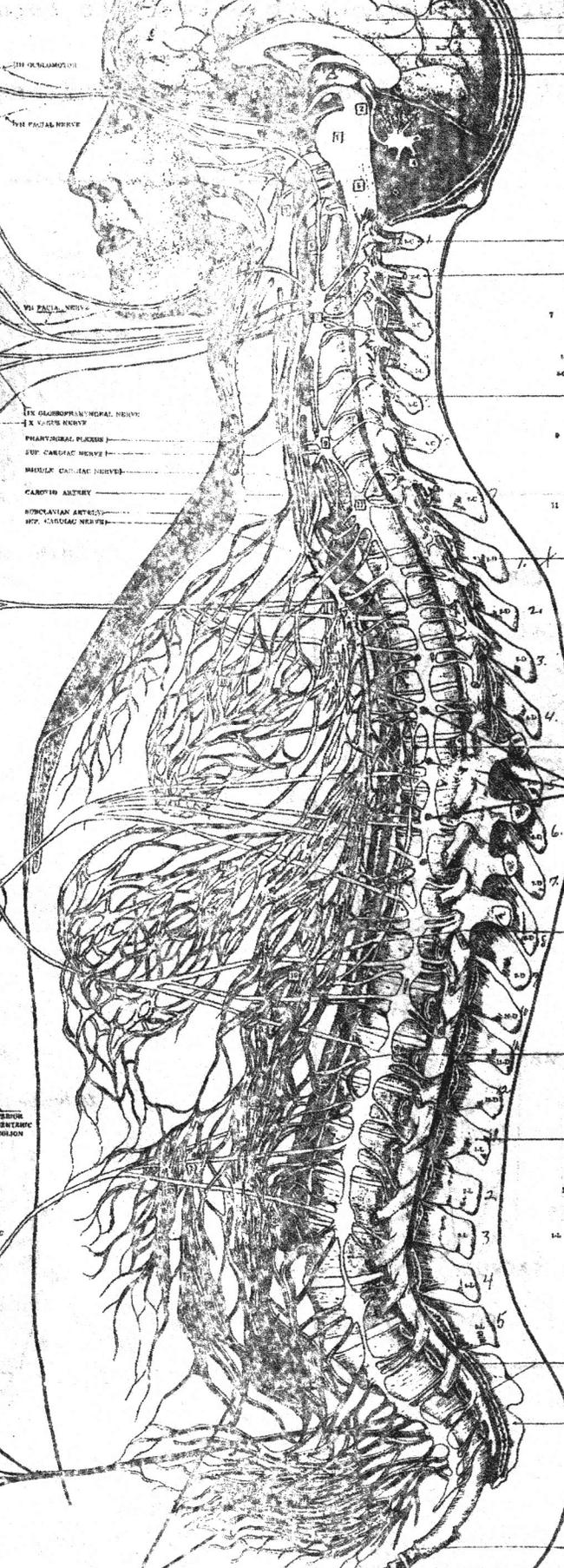
In this particular type of healing the kind of energy used is electro-magnetic.



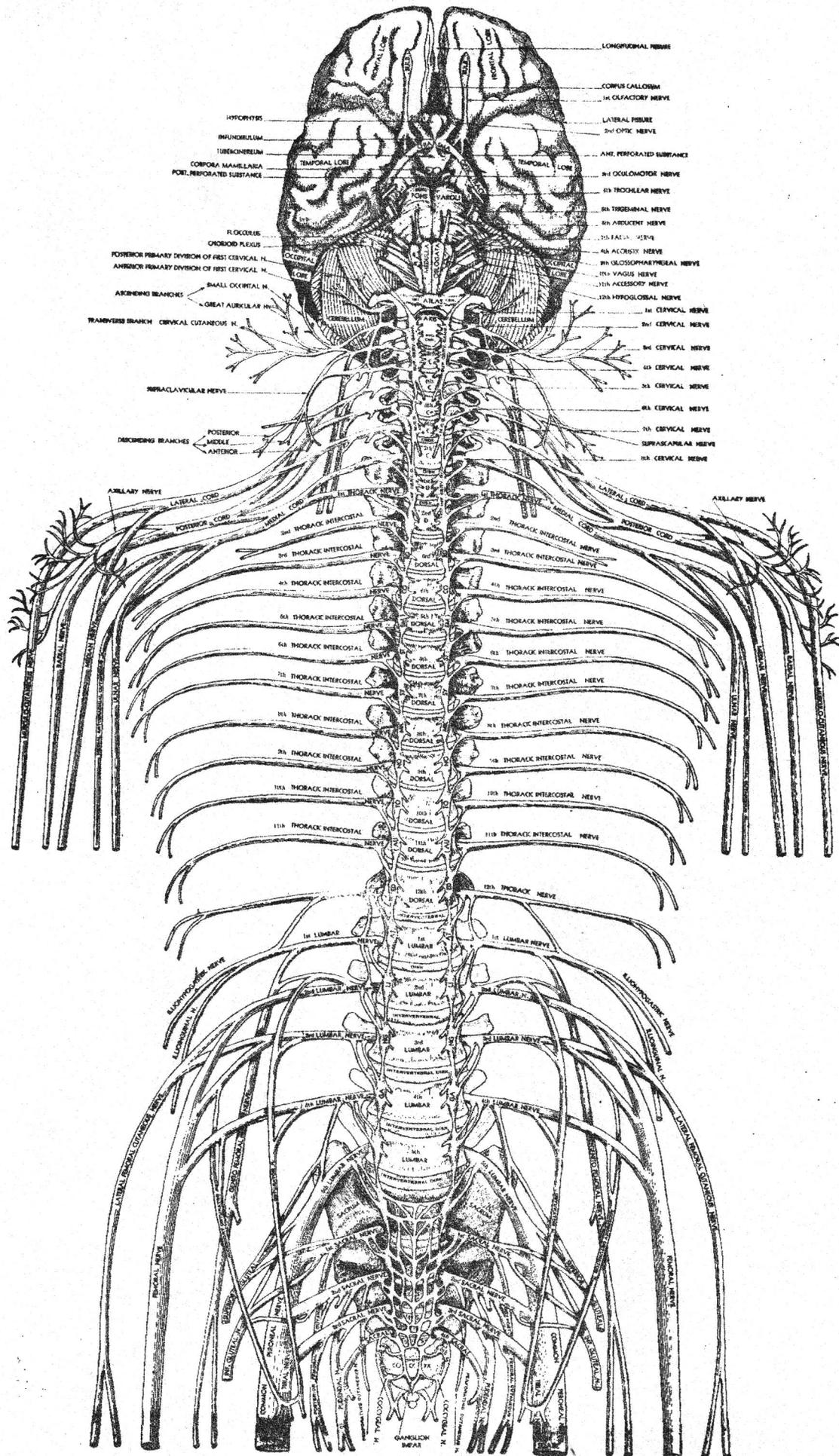
Lateral view of the vertebral column



- EYE
- LACRIMAL GLAND
- MUCOUS MEM. NOSE & PALATE
- SUBMAXILLARY GLAND
- SUBLINGUAL GLAND
- MUCOUS MEM. MOUTH
- PAROTID GLAND
- ACRATA
- SUPERIOR VENA CAVA
- PULMONARY ARTERY
- HEART
- INFERIOR VENA CAVA
- LARYNX
- TRACHEA
- BRONCH
- LUNGS
- ESOPHAGUS
- STOMACH
- BLOOD VES. OF ABD.
- LIVER & DUCTS
- PANCREAS
- ADRENAL GLAND
- SMALL INTESTINE
- LARGE INTESTINE
- RECTUM
- KIDNEY
- BLADDER
- SEXUAL ORGANS
- EXTERNAL GENITALIA



- BRAIN
- CORPUS CALLOSUM
- SEPTEM PELLUCIDUM
- CRANIAL NERVE I
- FOCUS
- CEREBRAL MIDVAGLE
- CAVERNOUS PLEXUS
- CEREBELLUM
- MEDULLA OBLONGATA
- CAROTID PLEXUS
- ATLAS
- AXIS
- SUPERIOR CERVICAL GANGLION
- VAGUS NERVE
- CERVICALE PLEXUS
- BRONCHIAL PLEXUS
- MIDDLE CERVICAL GANGLION
- ANSA SUBCLAVIA
- INFERIOR CERVICAL GANGLION
- DORSAL
- DESCENDING AORTA
- BRONCHIAL PLEXUS
- ESOPHAGEAL PLEXUS
- CARDIAC PLEXUS
- CORONARY PLEXUS
- GREATER SPLENIC NERVE
- LEFT VAGUS NERVE
- GASTRIC PLEXUS
- LESSER SPLENIC NERVE
- CELIAC PLEXUS
- LOWEST SPLENIC NERVE
- AORTA
- LUMBAR
- SUPERIOR MESENTERIC PLEXUS
- AORTIC PLEXUS
- LUMBAR PLEXUS
- INFERIOR MESENTERIC PLEXUS
- HYPGASTRIC PLEXUS
- SACRAL PLEXUS
- RECTUM PLEXUS
- SACRUM
- PELVIC PLEXUS
- VERICAL PLEXUS
- COCCYX



FRONT VIEW