

PRINCIPLES OF HEALING CIRCULATING FILE

**Circulating File**

# **PRINCIPLES OF HEALING**

**A compilation of Extracts  
from the Edgar Cayce Readings**

Copyright © 1994  
by the Edgar Cayce Foundation  
All rights reserved

These readings or parts thereof may not be reproduced  
in any form without permission in writing from the Edgar Cayce Foundation,  
215 67th Street, Virginia Beach, Virginia 23451

Printed in U.S.A.

PRINCIPLES OF HEALING CIRCULATING FILE

## PRINCIPLES OF HEALING CIRCULATING FILE

## Circulating File

## PRINCIPLES OF HEALING

<u>Contents:</u>	<u>Pages</u>
Commentary on Principles of Healing	5-8
General Information	9-29
The Correct Attitudes	30-38
Healing the Physical	39-62
Keep Fit for a Purpose	63-69

## Related Circulating Files:\*

Consistency in Healing  
 Economic Healing, Part 1 & 2  
 Magnetic Healing (Laying On of Hands)  
 Practitioners, Mechanical Aids  
 Spiritual Approach to Treating Abnormal Children  
 Spiritual Healing: General  
 Spiritual Healing: Karmic Ailments  
 Spiritual Healing: Specific Ailments  
 Workings of the Law

---

\* Circulating Files & Research Bulletins are available from A.R.E. membership services at (800) 333-4499 or: [http://www.edgar cayce.org/circulating\\_files.asp](http://www.edgar cayce.org/circulating_files.asp)

PRINCIPLES OF HEALING CIRCULATING FILE

## PRINCIPLES OF HEALING CIRCULATING FILE

## Commentary on

## PRINCIPLES OF HEALING

To promote healing -- that was a central purpose of the Edgar Cayce readings. This File consists not of remedies for specific ailments but of the basic concepts of Cayce's philosophy for healing. It makes an invaluable study for anyone working with the more detailed Cayce recommendations for particular illnesses and includes the principles that must be followed in order to allow treatments, procedures, and therapies to work.

The File is arranged in four sections, each dealing with universal laws governing the healing process -- physical, mental, and spiritual. You may want to turn directly to the section that most concerns you. But if you want a complete understanding of Cayce's perspective on the restoration of health, it's worthwhile to study each of the four sections in order. In brief, here are some of the essential ideas that you'll discover when reading through this File.

First, healing requires that we maintain a creative balance between two principles:

1. All healing comes from the infinite -- that is, from attunement and harmony with our spiritual source. The infinite is just as accessible and available in the visible, physical world as it is in the invisible realm.
2. At the same time, each person must take responsibility for his or her own healing process. No one can simply sit back and wait passively for healing to occur.

This second principle -- the need for self-responsibility -- can take many forms. For example, healing requires attunement, and no one knows better than ourselves exactly what has gotten us out of attunement in the past. Often, if we'll look closely at our lives, we can see (without needing a gifted medical clairvoyant such as Edgar Cayce) what's causing our illness.

To illustrate self-responsibility further, the human body has a marvelous, innate drive to heal itself, but we've got to do our part to help. A broken bone will naturally try to mend; however, the fracture needs to be set properly for the healing to be complete and effective.

Another important principle relates to energy medicine, a new field for which Edgar Cayce was a pioneer. His readings consistently speak of the roles played by vibrations or vibratory forces -- right down to the level of individual atoms. According to Cayce, there is a type of consciousness that exists in each atom. Although most of the passages about the atomic physics of healing seem rather esoteric, it might be easier to follow the analogy of the attunement of a stringed musical instrument. A violin or piano that is out of tune makes sour, discordant music -- symbolic of disease or illness. Just as a skilled musician can bring the instrument back into attunement, we experience healing when our vibrations -- right down to the atomic level -- are adjusted in a correct manner. In essence, all healing is the changing of vibrations from within.

Balance among body, mind, and spirit is another key to Cayce's philosophy of healing. For healing to be complete and lasting, we must recognize and meet the needs of each of these three levels. Virtually no illness or disease can be treated successfully at only one of these three levels.

What's more, Cayce affirms that the human body will naturally stay healthy -- and even rejuvenate itself -- if a kind of internal balance can be maintained. "Dis-ease" starts when one part of the body draws energy from another part. One portion of an organism may become overcharged with the creative life force,

## PRINCIPLES OF HEALING CIRCULATING FILE

while another portion becomes undernourished. The result is a gradual disintegration of the body and the onset of illness.

The opposite of this sort of disintegration is rejuvenation. The readings assert that we are continuously rebuilding our bodies. Within any seven-year period, each cell is replaced. If we'll allow it, our bodies will transform any problem and resuscitate any condition. But our ingrained habits usually block this healing potential -- the habits of action and, even more potent, the habits of mind.

What role do drugs and medicine play in the healing process? Cayce's philosophy clearly sees a place for them, but warns of misunderstanding how they work and of expecting more of them than is possible. Any healing method attempts to create an experience of oneness, in hopes of then stimulating a similar response in the body. For some people in some situations, a drug may be the best way to accomplish this -- just as in other cases, surgery may be the best way to stimulate healing. Medicines can be a practical application of the one life force. Occasionally they must be very potent in their reactions in order to get the patient through an acute illness. But Cayce from time to time encouraged people to consider the herbal formulas he recommended to be tonics and stimulants, rather than medicines.

The dangerous side of medicines is their potential to diminish the body's own healing work. This is what Cayce alluded to when he warned about "palliatives" that deceive the soul with half truths and temporary relief. It's also what he meant when he warned that we shouldn't come to rely on any condition outside of ourselves that could be assimilated by the body inwardly. All of this is to say, take the medications prescribed by the physician you trust. But keep in mind this thought: what those chemicals can do is temporarily -- and somewhat artificially -- give your body an experience of greater oneness. Healing that really takes hold and lasts must come from changing one's inner consciousness and vibration. That happens most effectively from consistent and persistent human effort (i.e., engaging one's desires, purposes, and will) -- something that pills all too easily allow us to skip.

Cayce's healing philosophy includes other insights that can help us avoid misunderstanding. For example, one principle states that the best treatment procedures sometimes cause a temporary worsening of conditions. If we didn't recognize this possibility, we might give up just before the benefits begin to appear. A closely related principle states that when a body is re-establishing its attunement, it tends to be more sensitive. Again, if we misunderstand that heightened sensitivity, we might not see the good that is slowly being effected.

The mind is a focus of other healing principles. The unconscious mind plays a role in many illnesses and diseases. One example of this is the karmic factor in health problems. Memories from previous incarnations, stored in the soul mind, can trigger problems in the body. Of course, we shouldn't go so far as to suppose that every health challenge has past-life roots; nevertheless, the perspective of reincarnation can help us understand what we could possibly be dealing with as we seek healing.

The familiar Cayce axiom, "Mind is the builder," leads us to wonder exactly which attitudes and emotions best foster healing. The readings emphasize several:

- \* Self-acceptance. As we rid ourselves of self-condemnation, we make room for healing forces to enter.
- \* Optimism and hope. We're encouraged to expect healing.
- \* Patience. It's much easier and quicker to destroy health than it is to rebuild it.  
We need to be willing to patiently invest whatever time is required.

## PRINCIPLES OF HEALING CIRCULATING FILE

Alongside these specific attitudes and emotions, we're invited to use the creative potential of visualization to stimulate our own healing. The mind's image-making capacity can be directed in such a way that we "see" the healing transformation taking place. This is not something that's accomplished in a single visualization session. Like all the Cayce health-promoting approaches, it requires persistence and works best in conjunction with other healing methods.

Perhaps the most important principle of the mind's relationship to healing concerns purposefulness. A person can experience temporarily an outer healing -- that is, in the physical body only -- yet still be spiritually sick. What cures the soul? A commitment to a purposeful life. Not just any purpose, but instead one that reflects care for other people.

On occasion a reading from Cayce would pose this question to the person who was ill: What would you do with your life if you were healed? The position of Cayce's psychic source was simply this: Why correct the physical condition unless there's also going to be an inner correction? People who are looking for both inner and outer healing are the best candidates for restored health and vitality. In Cayce's philosophy, healing should equip us to be more useful to others.

With this ideal of service in mind, we might also wonder just how we can be channels of healing to others. What principles govern our efforts to be healers to those for whom we have concern? One principle is based on the spiritual connections that exist between all people. It states that as we bring the experience of oneness into our own consciousness, it can profoundly help someone else experience oneness, attunement, and healing. Cayce's way of putting it was, "...raising the Christ Consciousness in self to such an extent as it may flow out of self to him thou would direct it to." (281-7)

For this to be most effective, the recipient must desire such help and have requested healing prayer. Of course, we can always pray for someone, even if that individual hasn't asked us. But it's important that we not assume we know what's needed in any person's life. For one who hasn't specifically asked for prayer, we can simply offer prayers of protection and blessing, rather than try to direct healing energies to that person or for a specific condition.

In summary, the Cayce readings remind us that our natural state is wholeness and health. An innate wisdom within ourselves knows what's needed for healing. We should expect to get well, and we should be willing to do our part to make it possible.

Mark Thurston, Ph.D.  
Education Department

## PRINCIPLES OF HEALING CIRCULATING FILE

**GENERAL INFORMATION****294-202****M 65****6/20/31**

11. Who knows better than the individuals themselves that which has hindered them from being physically, mentally, spiritually in accord with the divine that IS life manifested in the body?
12. From whence comes that individual entity's ability to cope with the problems?
13. Are ye not all children of God? Are ye not co-creators with Him? Have ye not been with Him from the beginning? Is there any knowledge, wisdom or understanding withheld if ye have attuned thyself to that Creative Force which made the worlds and all the forces manifested in same? Thinkest thou that the arm of God is ever short with thee because thou hast erred? "Though ye be afar, though ye be in the uttermost parts, if ye call I will HEAR! and answer speedily." Thinkest thou that speakest of another, or to thee?
14. Open thy mind, thy heart, thy purpose to thy God and His purpose with thee.
15. As to why this or that information may be indicated oft to individuals through this channel, - this may be determined by those who analyze same from a practical, material experience - as a psychiatrist, a psychoanalyst. An individual who understands the pathology of a physical body is taken where he is, and is supplied that information which if applied in that condition existent will be helpful in his relationship to that he worships!
16. God seeks all to be one with Him. And as all things were made by Him, that which is the creative influence in every herb, mineral, vegetable or individual activity IS that same force ye call God, - and SEEKS expression! Even as when God said, "Let there be light," and there was light. For, this is law; this is love.
17. Hence those who seek in sincerity, in hope, in purpose, to KNOW, receive; only to the measure that they manifest their hope, their belief, their desire in a God-purpose through a promise made to a man!

**254-87****Work Reading Series****6/30/35**

16. (Q) What should be the central purpose, the central ideal in presenting the work?
- (A) The Truth that shall make you free in body, in mind, and ONE WITH the living force that may express itself in INDIVIDUAL lives. Where there is illness of body, then give that which may make it free from those adaptings of itself TO that which has bound it in this material expression. Where there are those troubled in mind, with many cares, if they are seeking for the SPIRITUAL way, they - too - may find HOW in their OWN experience they may give the greater expression in THEIR application of that they have in hand. Where there are those who seek for the channel in which they may be the greater expression in this material plane in the present experience, they - too - may find their own selves and THEIR relationships to the holy within. Those that are seeking for channels to aid those who in body have become under the bond of this or that affliction, this or that ill or ailment, may stress this particular line of endeavor in their activity.



PRINCIPLES OF HEALING CIRCULATING FILE

And some who are already aiding in such directions will soon seek the concept of some that are here. Give expression in mind. As ye have received, give out.

You who feel that you are of little help here or there, or in manner of giving expression in thy words of mouth, then so live that ye have received that the Spirit of Truth - NOT of any body but of Truth, or Christ - may be manifested. And those seeing - though ye struggle with the cares of earth, the cares of life - will, too, take hope and find in thine effort, in thine endeavor - though stumbling it may be HOPE, and find the face of Him who has set a way for all who will enter in, who will sit at last upon that judgement within thine self. For, "As ye have done it unto the least of these, ye have done it unto me."

**281-3**

**Prayer Healing Series**

**12/3/31**

20. (Q) [2112]: Could Carrie Everett, Colonial Ave., Norfolk, be healed through me? and in what way?

(A) By gaining first that sincere desire on the part OF Carrie Everett TO be, WANT to BE, healed! Then there may be raised within self that that will overcome those destructive forces that are EATING at the vitals of the physical body.

21. (Q) In what way?

(A) By first - there MUST be the DESIRE, that can only come within self.

22. (Q) I have four ways of healing. Which shall I use?

(A) There must first be the DESIRE on the part OF Carrie Everett to be healed! You cannot create them, no matter what thou hast! GOD cannot save a man that would NOT be saved!

## PRINCIPLES OF HEALING CIRCULATING FILE

**281-7****Prayer Healing Series****6/17/32**

13. (Q) [295]: What can the group do now to help [543]?

(A) Pray with oft, and see those forces that would hinder when the body would in itself have that about self that would eliminate those disturbing factors - SEEING her, herself, her inner self, CONQUERING those forces through Him...

16. (Q) [295]: Please give a definition of vibration in relation to healing.

(A) This would perhaps require several volumes to give a complete definition. Vibration is, in its simple essence or word, RAISING the Christ Consciousness in self to such an extent as it may flow OUT of self to him thou would direct it to.

**281-9****Prayer Healing Series****8/3/32**

7. (Q) Please differentiate the difference in that we are told to pray for others, whilst again we are told there must be the desire on the part of the one to be, wanting to be, helped or healed?

(A) The prayer for others is as the defense against influences that would hinder. The prayer and meditation and the unison of purpose for healing - is as against an offense committed in the body to be overcome, or made every whit whole by His cleansing, forgiving, His life giving power. Hence the closer the union of purpose makes that as HE gave, "Thy FAITH has made thee whole." Whether easier to say, "Thy sins be forgiven", or "Take up thy bed and walk"? The forgiveness, the cleansing, is in Him. Union of purpose for the offensive, or offenses. The defense - rather as the calling of ALL powers as witness of the position.

**281-24****Prayer Healing Series****6/29/35**

10. When a body, separate from that one ill, then, has so attuned or raised its own vibrations sufficiently, it may - by the motion of the spoken word - awaken the activity of the emotions to such an extent as to revivify, resuscitate or to change the rotary force or influence or the atomic forces in the activity of the structural portion, or the vitale forces of a body, in such a way and manner as to set it again in motion.

11. Thus does spiritual or psychic influence of body upon body bring healing to ANY individual; where another body may raise that necessary influence in the hormone of the circulatory forces as to take from that within itself to revivify or resuscitate diseased, disordered or distressed conditions within a body.

## PRINCIPLES OF HEALING CIRCULATING FILE

**281-8****Prayer Healing Series****7/20/32**

30. (Q) [295]: Should I continue to develop the magnetic power of healing? Please advise me regarding this.

(A) When doubts and fears have been conquered in self, then press on in this. Without same, this leaves those conditions that oft may become as detrimental to self and others. There is set in self that ability. Develop it!

**281-18****Prayer Healing Series****8/24/33**

10. (Q) [69]: Is it right to try to heal others when one has failed to accomplish healing in one's own life?

(A) Healing others is healing self. For, to give out that which aids others in reaching that which creates the perfect vibration of life in their physical selves, through the mental attitudes and aptitudes of the body, brings to self better understanding.

Yes, in healing others one heals self.

**281-15****Prayer Healing Series****2/22/33**

9. (Q) [560]: How may we avoid becoming rote in meditation and our daily lives?

(A) By visualizing in such manners those meditations that are given out for others, for self; for in aiding others does one aid one's self most. And unless this is so visualized from without self, it becomes rote. But when made, set, or so experienced by the inner self as being an active, living principle within self, it ceases to become rote.

10. (Q) During meditation I have experienced a strong vibration - the whole body vibrating. Please explain. And have I been able to direct this current to those we are trying to aid?

(A) As the vibrations are raised within self through this very visualization, this experiencing of there being those activities, the body - as everyone - is able to send, or direct, or create an environ - to such an one to whom the thought is directed - that is helpful, hopeful, beneficial in every way.

**326-1****F 65****4/8/31**

## PRINCIPLES OF HEALING CIRCULATING FILE

20. (Q) Any spiritual advice for this body?

(A) The body is spiritual in its aspects and in its reaction. If the body will aid self in those applications as may be made for same, SEE self - in the periods when the body enters into the quiet - HEALED as it, the body, WOULD be healed. VISION self BEING aided by those applications. Know what each application is for, SEEING that DOING that within self. Keep the mind in that attitude as makes for CONTINUITY of forces manifesting through self - a continual flow, see?

**99-8**

**M 39**

**7/29/31**

6. In making application of those forces that may come to an awakening body OF that manifested spiritual element as may be seen in a material world, these should be applied in those surroundings in which a body finds its environs have awakened same in; for in making comparisons through the physical attributes of a mental, a spiritual body, the activities are all drawn FROM that of the material aspects of that that MAY be accomplished as in a physical body. As illustration:

When information is given through these channels, as of that that would be helpful, beneficial to the physical conditions of a body, the applications must be to THAT body in THAT place, THAT location where the hindrances or hindering conditions exist, and the RESULTS will be seen in those places where hindrances have existed, as WELL as those where - or that COORDINATE WITH the rest of the physical body. So with mental and material conditions in an individual's experience, these are a portion of the life as the physical body is the material representation of the soul or spiritual forces in this material world. Then, in making application of that awakened, use same in the surroundings, in the environs of those that the body PHYSICALLY, MENTALLY, is in CONTACT WITH, and as same makes those necessary corrections in their going in and coming out with individual contacts, and as these corrections are made, the results will be just as the applications for PHYSICAL conditions in the physical body. When it becomes necessary that another make the applications, these also are provided for in the contacts as are made, so that when an individual makes such returns for their activities those NEEDED things are supplied through those MATERIAL channels as have been applied upon by those forces as attained, or gained by the entity. So this body, this mental, this material, this spiritual body, [99], in applying self to that as has been gained, or may be gained through such channels - as information through Edgar Cayce, or any channel where there is awakening of the spiritual forces as may manifest through a material body - the application must be to that next to the individual, that in the daily activities of the life. Then, as that IS applied, as THAT is understood, there is GIVEN the knowledge, the understanding as to the bigger things, the greater things.

As has been given for THIS entity to make whole men out of pieces, so make then out of thine own self a whole, well rounded individual, one seeking, one applying that that is KNOWN, and as THAT is applied, so is strength, grace, knowledge, understanding given as to HOW the GREATER things that are visioned by the soul from one experience to another is, and may be accomplished. Do not attempt to tell thine Maker as to HOW you would serve, or WHAT you would do. Has He not fashioned thee after that pattern thou hast builded from that as was meted to thee in the beginning? Then kick not against the pricks and call them obstacles. Rather be that servant OF the Most High God, that would make thy life, thy activities, as BLESSINGS to those YOU would contact, by shedding that love He has shown and showered upon thee

## PRINCIPLES OF HEALING CIRCULATING FILE

upon THOSE YOU contact: for in leaving His activities in this material world, only those who ARE spiritual-MINDED may SHED that abroad in such a world; for "He that gives a cup of water in HIS name loses not HIS reward" - not as pay, not as recompense, but SERVICE is asked of all men, rather than sacrifice. In sacrifice there is penance, but grace doth more greatly abound to him who sheds the love of the Father upon those that the body may contact from day to day.

**1472-14**

**F 61**

**4/11/42**

4. (Q) As far as I know I followed all instructions given me through this source in all former Rdgs. and would therefore be grateful to be told why I received no help through the information, that I may now correct the cause of former failures in order to make this Rdg. and the advice it offers more effective.

(A) Because they didn't do what was indicated to be done! It was not always the fault of the body, [1472]. Mostly it was because of the manner in which administrations were made by others. These as we find are the faults, if faults they be. It is not meant that information given through this channel should be interpreted as being infallible, but these are the conditions existent as viewed from the condition of the individual entity.

The interpreting of the information in the minds of others, as well as the manner in which the individual entity is influenced by others - by their material or physical knowledge, does not imply that the information given is incorrect. But it does imply that if these are met under certain other administrations, and done in the same manner and attitude that the information may be given, there may be produced a oneness - and response in its own kind. Here, for this body, as we find, - and as we have indicated, - there are disturbances in the lymph circulation, especially in the soft tissue of face and head. The antrum, the frontal and the inner area has shown infection, from the congestion and a general catarrhal condition. These arise from many sources, but from long standing have begun to be of a constitutional nature.

This does not imply, then, that these are incurable; but, as is the influence in ALL healing, whether the administration be purely suggestive, of a vibratory nature, from the laying on of hands, or by the spoken word, the administration of medicinal properties or even the use of means to remove diseased tissue, we find that the same source of individuality in the cause must be attained. That is, that which has been dissenting in its nature through the physical forces of the body must be so attuned to spiritual forces in itself as to become revitalized.

This then, as we have indicated, does not mean that NO condition cannot be improved, or that no condition cannot be healed.

As to what is that necessary influence to bring about curative or healing or life giving forces for that individuality and personality of the individual with same, as related to the spiritual forces, may be answered only within the individual itself. For, no source passes judgment. For, the spirituality, the individuality of the God-force in each entity's combined forces, must be its judge.

**1527-3**

**M 20**

**5/4/38**

## PRINCIPLES OF HEALING CIRCULATING FILE

10. Each soul, each entity - as was given from the beginning should gain this, as in relation to the activity of spirit through bodily forces:

11. Is there more of God or Life in a brainy individual adult than in the babe without ANY direction whatsoever? IS there?

12. It is then a growing condition.

13. The body with a broken structural condition will heal, but unless it is mechanically set in proper accord it will NOT set of itself!

14. The manifestation of spirit in materiality is to use WHAT IT HAS and to do the best it can with same!

15. But the PHYSICAL is to use cooperative natures; cooperating with nature, cooperating with spirit, cooperating with mind, to make for that which will be the WHOLE!

16. For what is the first law? "The Lord thy God is ONE!"

**5083-2**

**M 44**

**5/24/44**

6. ...While, true, medicines, compounds, mechanical appliances, radiation, all have their place and are of the creative forces, yet the personality of arousing hope, of creating confidence, of bringing the awareness of faith into the consciousness of an individual is very necessary.

7. For who healeth all thy diseases? Only when any portion of the anatomical structure of a human being is put in accord with the divine influences, which is a portion of the consciousness of an individual entity, may real healing come. Without it, it is nil and becomes more destructive than constructive.

**518-1**

**F 24**

**2/20/34**

25. Hence in the present, in those fields of activity where the entity may minister to the needs of developing minds, whether in the home or in the school or whether - preferably - where there needs to be the correlation of healing the body, giving hope to the mind, and making them one in their relationships, may the entity find the greater service. For, to heal a body-physical and not give it hope in the spiritual is to save a body for destruction in materiality.

**735-4**

**F 8**

**4/25/36**

18. ...Let those that minister know that all healing, all force and power comes from the Infinite; that these influences and powers that work in and through them, in making the application, can, will, through those promises He has given, manifest health, strength, vitality, for this body.

## PRINCIPLES OF HEALING CIRCULATING FILE

**69-5****F 61****7/24/42**

13. (Q) Please advise how I can realize my desire for healing to come without physical remedies. Is it possible for me to demonstrate this?

(A) Anyone may demonstrate that which is really desired, if the entity is willing to pay the price of same!

As we have indicated so oft, - when there are disturbances in the physical that are of a physical nature, these need to be tended to or treated, or application made, through physical means. There is as much of God in the physical as there is in the spiritual or mental, for it should be one! But it was as necessary, when the Master demonstrated, to use that needed in the bodies of individuals as curative forces as it was in the mental. To some He gave, "Thy sins be forgiven thee." To others He applied clay. To others they were dipped in water. To others, they must show themselves to the priest, offering that as had been the mental and the material law.

These are one. Understand them as one, yet do not attempt, at all times, to heal with word when mechanical or others means are necessary to attune some disturbed portion with the mental and the spiritual forces of the body. Remember, the spirit is ever willing; the flesh is weak.

**559-7****F 6****5/25/34**

17. ...when one is in ANY environ, one is subject to the laws of same; and unless material laws are spiritualized in the mental activity of souls, those oft that are healed physically remain sick spiritually.

**4016-1****M 42****3/22/44**

18. ...healing of the physical without the change in the mental and spiritual aspects brings little real help to the individuals in the end.

## PRINCIPLES OF HEALING CIRCULATING FILE

**2013-1**  
**F 33**  
**9/28/39**

9. It is true that there has been a great deal of confidence and help given through the holding to Creative Forces, as through the spiritual activities in the mental forces, - but these are physical conditions that can also be done to aid.

**1511-1**  
**F 28**  
**1/5/38**

11. While it is well that constructive activity physically, mentally, spiritually be exercised at all times in the reactions to the conditions in and around the bodily forces, we find that when there are those PHYSICAL reactions that cause a disturbance of the specific natures that exist, then mechanical applications may relieve these when these may NOT be done through mere suggestions themselves.

**1158-27**  
**F 50**  
**9/30/40**

3. ... These are not curative measures; they are merely to assist the body to MEET the needs in the system so that NATURE'S activities may heal! ALL healing is of the mental and spiritual, NOT merely physical!

**1471-1**  
**F 65**  
**11/6/37**

6. Hence often there are the needs, as we find in this particular condition, that there be the application of the mechanical means as well as the influences that will work directly upon the functioning of the system as related to the physical body.

7. True, the active principles - even of these - must be in their ESSENCE of a creative nature or force; else they become not coordinant with the activities of the mental and spiritual forces of the body.

**276-9**  
**F 17**



## PRINCIPLES OF HEALING CIRCULATING FILE

**10/19/35**

6. For, as we have given, that which becomes manifested in materiality is first in the spiritual influence - in ANY activity. And the influences mentally are the building forces in either a constructive manner or such as become irritating. So, through the mental forces such conditions become concrete, then, in a world of causation - or in materiality.

**1158-8****F 47****2/24/37**

2. As we find, general conditions are very good. There needs to be those cares and attentions not only relative to the general physical welfare of the body and the specific disturbances that arise from time to time, in taking the nominal, normal precautions, but the precautions as to the mental and material attitude as to conditions without as well as within.

3. For the whole of the experience of an individual entity in a material plane is the coordinating and cooperation of Creative Forces from without to the divine within, as to keeping an activity that may bring into manifestations health and happiness.

4. In the degrees that we make the application of self then in these directions, using that as we have in hand from day to day for such, we bring about those experiences for the greater development, the greater manifestations of an individual entity's activity at any given experience.

5. Ready for questions.

6. (Q) Shall I take gas or novocaine to have my teeth filled, or can I meet the situation successfully by just using truth thoughts?

(A) As we find, in the more recent experiences there has been an innovation [See 1158-8, Par. R1] in these directions; and this method we would use rather than novocaine or truth thoughts entirely. But we might give much in respect to the activity of influences from without as to the active forces from within: For each individual has its own active forces as to the emotions, bodily, mentally, spiritually; and each entity is a sum total of all those activities or experiences in the various spheres of action or sojourn in any material or mental or spiritual experience.

And these then in their various spheres work with or towards that which is the Builder - the mental, the mind. That there may be used an injection or a use of any drug is not that there is not the trust nor the activative force. Thou sayest thou believest what is written, what is the experience - All force, all power - of good - emanates from the One Source. (continued on the next page)

Then if this is true, the use of influences as may be from without to meet those experiences of the various phases of the development of an individual is only making a practical application of that which is given as the belief, see?

**1967-1**

## PRINCIPLES OF HEALING CIRCULATING FILE

**M 24**  
**7/25/39**

17. And, above all, PRAY! Those who are about the body, use, rely upon the spiritual forces. For the prayer of the righteous shall save the sick.

18. Know that all strength, all healing of every nature is the changing of the vibrations from within, - the attuning of the divine within the living tissue of a body to Creative Energies. This alone is healing. Whether it is accomplished by the use of drugs, the knife or what not, it is the attuning of the atomic structure of the living cellular force to its spiritual heritage.

19. Then, in the prayer of those, - live day by day in the same manner as ye pray - if ye would bring assistance and help for this body.

**4999-1**  
**F 60**  
**1/21/28**

4. In beginning, let this body - and all others for that matter - make sure of this: Unless it be for a removal of conditions that have become acute by neglect or other causes of the same nature, all curative forces must be from within self and are of the whole of a physical being; for the human anatomical body is as the working of a perfect whole of a piece of machinery, and that - kept in the proper working order - will perform the function of not only furnishing its own fuel for operation but supply that necessary for replenishing that fuel would the body supply same with foods that will build in the system in proper proportions to that needed from within.

**3337-1**  
**F 54**  
**11/3/43**

12. ... One should consider, as in this body, that the physical body in its creation was and is given the ability to reproduce itself. Thus each organ, each portion of the body secretes, from the physical, the mental and the spiritual life, that needed to reproduce itself for a growth to better conditions - or the realm for which it prepares itself. When these activities break down, these have to be supplied or they call on other portions of the organism - and thus they become overcharged or undernourished. Then disintegration begins in one form or another.

**1661-1**  
**F 58**  
**12/6/41**

## PRINCIPLES OF HEALING CIRCULATING FILE

7. For, physically, there is innate within each physical body the ability for resuscitation - when there is the proper balance or relationship kept in the assimilating and eliminating system.
8. It is only the consciousness, on account of error or disturbances that have existed and do exist in the consciousness of the human mind, that brings even deterioration in the physical attributes of the body.
9. For when there is the awareness or consciousness of the at-oneness with the Creative or God-Force within the experience of each soul, that is kept and acknowledged and held and LIVED, the individual entity thus creates, revibrates to continued constructive influences within the self.

**257-249**

**M 49**

**12/5/42**

18. Know, all that may be added to the body is only to enable each organ to reproduce itself in a consistent way and manner, and it will get rid of drosses with its reproduction. For, as in the spiritual life ye grow in grace, in knowledge, in understanding of the law of God, ye also in the mental life grow in unfoldment, in the awareness of thy associations with spiritual and material activities. So in the mental and spiritual, these throw off. For, have ye not heard how that constantly there is the change, and that the body has in a seven-year cycle reproduced itself entirely? No need for anyone, then, to have ANY disturbance over that length of period, if - by common sense - there would be the care taken. But if your mind holds to it, and you've got a stumped toe, it will stay stumped! If you've got a bad condition in your gizzard, or liver, you'll keep it - if you think so?
19. But the body, - the physical, the mental and spiritual, will remove same, if ye will LET it and not hold to the disturbance!

**1151-2**

**M 47**

**5/30/36**

7. That there is innate in each individual influence or force, as an entity and as a body, that which acts through the mental efficiencies as an additional influence in the system is true. Yet in each influence, in each force that is manifested, each works from or acts upon that realm of activity from which and through which its basic forces are taken. Not that mental healing or the application of such influences is less effective, but when there has been produced PHYSICALLY a physical disturbance or a pathological condition, the addition of other influences does not belie the activities of the mental and spiritual forces. But all force, all healing of ANY nature, is of ONE source; whether arising from elements created by the activity of mind upon matter in the body or from the raising of the vibrations in the system through activative forces within the body. These then are of the one source.

**1151-5**

## PRINCIPLES OF HEALING CIRCULATING FILE

**M 47****12/13/36**

13. And in all of its applications of the mechanical nature or the medicinal properties, not these as curatives but know each only creates - and see them as they are being taken, or as they are being administered, creating - an attunement with the Divine within. For no medicine, no appliance, cures. It only attunes the body for the activity of the living forces and living vibrations within the human system. For every element that is necessary for the sustaining of health and of the coordination of same may be created within the body if each portion is coordinating one with another.

14. Then let the meditations be, ever, "Use me, O Father, as Thou seest that I may, as Thy servant, minister to the needs of my fellow man."

**2541-1****F 43****2/27/30**

1. ...for, while the entity is in the earth's environs, the physical is the channel through which the mental body and the physical body **MUST** manifest. The spiritual becomes either magnified or dissuaded through the conditions as may surround the physical. Not that there are even those distressing conditions as have troubled the body at present, as much as there has existed, yet these very conditions have set their mark **IN** the physical, and the mental **AND** the physical should so coordinate as to make for the better channel or manifestations of force in whatever guise or manner the entity would choose to manifest through.

**1158-3****F 46****11/18/36**

12. For the bodily functionings of an animating body, as this, with the powers, the abilities of discernment into the activities of spiritual influences within the body, should and may create within the system all influences necessary for the keeping of an equal balance. True, when conditions have reached such proportions at times, as has been indicated at times for the body, and as has existed in the experience, it becomes necessary to use outside influences. But **KNOW**, as has been given, **ALL HEALING** must be and **IS** of a deeper source than just the administration of a drug, of the knife, manipulative forces or vibrations that may be created! For all such measures merely create that environment through which the active forces and principles of an active body may gather their forces and influences for the destruction of that which should be eliminated - the elimination of that which has been used or destroyed within the body.

13. Thus, as has ever been, all power, all force that is of a constructive nature, emanates from the spiritual influences.

14. Hence the attitudes of the body, in its mental and in its spiritual way and manner, come to be a portion of the Whole.

15. And ever let **THIS** be rather the guide; that the Father as manifests in the Christ within each soul may make aware that knowledge, that wisdom, that understanding necessary for the better influence in the experience of the entity or body.

## PRINCIPLES OF HEALING CIRCULATING FILE

16. For these are the promises that have been given. And these may be studied the better by the body than those precepts of others, those that may be given as affirmations or even as tenets; the law of the Lord as may be found in the 14th, 15th, 16th and 17th of John, in 12th of Romans. Apply them to thine own body!

KNOW that He, THY brother, SPEAKETH to THEE! in thine inner self! and that thou may ask, thou may have - believing, if ye ask acting and keeping that which is wholly in HIS name!

17. These are those promises as we find that may bring this body near to a normal physical, to a more perfect mental under standing, to a greater vision of opportunity in the experience of the body.

**1173-1**

**M 27**

**5/22/36**

23. In finding within self its relationships, in the study of self in all its relationships to the world without and the world within, know that all power, all force that is activative in Creative Forces arises from ONE source! So whether there be the influences in the body from elements that have been concentrated as in sunshine, in the plasms that make for an influence upon the plasms of the blood, producing in the urea those expectancies and those activities wherein coordinant and proper functionings may be brought about within the body, these arise from that which is constructive, that is creative; the spirit of same is of those very forces that Life is itself. And Life itself IS God, as men term, as is experienced; not proven save by EXPERIENCING same in the very activity. And the more that is poured out the more may one have within self. For if ye would have life, then you must give life. If ye would have love, if ye would have hope, if ye would have faith, ye must give these not only within thine inner being but in thine mind, in thine body, in thine inner self.

**1173-6**

**M 28**

**11/14/36**

19. ...For after all, all HEALING is from the divine within, and not from medications. Medications only ATTUNE or accord a body for the proper reactions from the elemental forces of divinity within each corpuscle, each cell, each muscle, each activity of every atom of the body itself.

**1173-7**

**M 28**

**11/28/36**

For, as has been indicated so oft in each body, no medicine, no mechanical appliance DOES the healing. It only attunes the body to a perfect coordination and the Divine gives the healing.

## PRINCIPLES OF HEALING CIRCULATING FILE

For Life is divine, and each atom in a body that becomes cut off by disease, distrust or an injury, then only needs awakening to its necessity of coordination, cooperation with the other portions that are divine, to FULFILL the purpose for which the body, the soul, came into being.

**1334-1**

**M 41**

**2/8/37**

23. ...For as the body is the storehouse of all influences and forces from without, it has the abilities for the creating - with the correct firing or fuel for the body - that which is able to sustain, not only sustain but to recuperate and to rebuild, revitalize, regenerate the activities of the body.

**2519-3**

**F 32**

**12/16/29**

1. ...act in the manner as will allow NATURE to ADJUST itself - for, THIS - this would be well for all physicians of every character to remember: That they may ONLY aid nature to adjust ITSELF. You can't force nature to do anything! Only AID it in adjusting itself to meet conditions.

**1152-5**

**F 62**

**11/27/37**

7. ...We do not find in nature the same elements in quinine as in those other elements that produce the heart stimuli. We do not find in the blood root the same stimuli for digestion and for elimination as we find in other elements that are a portion of creation for man's sustenance.

8. For are those activities for the meeting of man's needs created by man?

9. No. They are rather the gift of the Creator to man to meet in the emergencies of his own experience that entanglement of flesh and matter IN spirit association!

10. Did thy Lord bleed when the nails were driven in His hands and feet? Did He give up the ghost? Did He die?

11. Yes. For as He gave, without His death - yea, without His resurrection - there is no hope in man's estate.

12. It is true also, as He gave, that they who are whole need not a physician; neither would they who are not whole have allowed their house to be broken up if they had been aware. But it is indeed necessary, as He gave, that offences in the flesh be the portion of man's estate.

13. Then in the application - this is what is being attempted to be said:

14. Then any application of any influence in man's estate or condition that is found within the physical, the mental or the spiritual body, that arouses the nature of whatever phase of man's bodily force or man's consciousness to the AWARENESS of the God-Consciousness to make it a whole, is just as divine as when He said, "Go, wash in the pool; then show thyself to the priest."

## PRINCIPLES OF HEALING CIRCULATING FILE

15. What healed the man? Obedience! To what? The command of his Lord! That the water of the pool carried healing, yes by the very divine word of its Master. For He created both the man AND the water to supply that in man's estate, that he lose not sight of the benefits, the grace, the mercy, a loving Father would show unto him.

16. "Show thyself to the priest" was as much a command; for it, to show thyself to the priest, was the law. Law of God, or law of man? Both! As man in the material plane administers same, THEN he becomes the law of truth.

17. These are mentioned not as an attempt to do other than give this entity, this soul - so far advanced in the vision of that as may be the activity of every soul if it will but put on the whole armor of God - a better understanding.

18. To man hath He given the ministry of those influences within the material world, where ministry may be made to the needs temporal, the needs mental, the needs spiritual. The ministrations MUST answer, to be sure, to the divine within; else they cannot, they do not quicken. For God alone quickens into life that which has through any form of error misdirected its flow through even the physical body.

19. Man may minister, man may direct - only the Father, God, CAN give, DOES give, the increase - the quickening. For it is true indeed, "My Spirit," saith the Father, "beareth witness with thy spirit that ye ARE the children of the LIVING Father."

**295-3**

**F 27**

**3/16/31**

5. (Q) Please advise just how she can manifest in the earth plane to be the best channel for good?

(A) Make the body fit for the channel first! Then the spiritual may have the OPPORTUNITY to manifest through; for, as has been given, few people, few individuals, may be able to manifest with a liver in bad shape, or suppressions in any portion of the system, no matter whether in cervical or the upper dorsal (as in this body, or those suppressions or corrections necessary in the pelvic organs). These make for conditions wherein the mental forces are UNABLE to manifest properly. The PHYSICAL must be fit, and the SPIRITUAL forces may manifest the better.

**1152-9**

**F 65**

**7/1/40**

27. (Q) Once I am in that consciousness or awareness, should my presence carry instant healing?

(A) Not necessarily; though it CAN be directed in that way and manner, - if the life is lived and the purpose is in that direction. Remember the gentle words, "What ye ask in my name, BELIEVING, shall come to pass in thy experience." Know that to not become aware of the full ability for it being transmitted through self is the hindrance that prevents the entity being capable of making a physical, practical application.

## PRINCIPLES OF HEALING CIRCULATING FILE

**1893-1****F 24****5/24/39**

5. Then, know that the applications as may be made for the correction of disturbance in the structural portions of the body, and to bring better coordinations in all of the influences of same, are merely to arouse the body to the awareness of Creative Influences and Forces so that all may work together for the overcoming of any disturbing influence or force in the body; that there may be such applications, such corrections in keeping with better structural development, better assimilation of foods, better activity in all portions of the body.

**341-31****M 23****3/10/31**

11. That thou eatest, SEE it DOING that THOU would HAVE it do. Now there is often considered as to why do those of either the vegetable, mineral, or combination compounds, have different effects under different conditions? It is the CONSCIOUSNESS of the INDIVIDUAL BODY! Give one a dose of clear WATER, with the impression that it will act as salts how often will it act in that manner?

12. Just as the impressions to the whole of the organism, for each cell of the blood stream, each corpuscle, is a whole UNIVERSE in itself. Do not eat like a canary and expect to do MANUAL labor. Do not eat like a rail splitter and expect to do the work of a mind reader or a university professor, but be CONSISTENT with those things that make for - even as the UNIVERSE is builded. In the layers of one is dependent upon the activity of another. One that fills the mind, the the very being, with an expectancy of God will see His movement, His manifestation, in the wind, the sun, the earth, the flowers, the inhabitant OF the earth; and so as is builded in the body, is it to gratify JUST an appetite, or is it taken to fulfill an office that WILL the better make, the better magnify, that the body, the mind, the soul, HAS chosen to stand FOR? and it will not matter so much what, where, or WHEN - but knowing THAT it is consistent with that - that is desired to be accomplished THROUGH that body!

13. As has been given of old, when the children of Israel stood with the [Dan. 1:5-8] sons of the heathen and all ate from the king's table, that which was taken that only exercised the imagination of the body in physical desires - as strong drink, strong meats, condiments that magnify desires within the body - this builded as Daniel well understood, not for GOD'S service - but he chose rather that the EVERYDAY, the common things would be given, that the bodies, the minds, might be a more perfect channel for the manifestations of GOD; for the forces of the Creator are in EVERY force that is made manifest IN the earth.

**1472-8****F 58****11/8/38**



## PRINCIPLES OF HEALING CIRCULATING FILE

16. (Q) Have I sufficient spiritual knowledge, understanding, and strength to complete the healing of present bodily disharmonies without aid of doctors, or material means?

(A) As indicated, if these are used as COMPLEMENTARY experiences for the physical, for the ATTUNEMENT of the mental, such may be much better accomplished. Is thy concept of truth of life divided? Is God, the Father, the Son, the Holy Spirit divided because they are active as one? yet each with its portion of its manifestation in the body?

**255-11**

**F 50**

**8/25/32**

16. (Q) Can the healing power within me be developed? If so, how? (A) Through the power of Him who gives all force, all power, as manifestations to individuals, that His glory may be manifest among men. As to the development of the power that is given, this depends upon whose glorification is being made manifest. Hence one may possess much knowledge, much power, to one's own undoing. In using same, if self, self's desire, self's purpose, self's aims are made one WITH Him, THROUGH Him may much understanding come.

17. (Q) Why did not my life reading mention this power?

(A) This had, as indicated here, not been developed sufficient at that period to know what to do with it - and be mindful that you know what to do with it now!

**1152-8**

**F 64**

**4/21/39**

44. (Q) Are there any suggestions mentally for me to hold?

(A) ALWAYS creative forces, or knowing it is practical and possible for the mental forces to act upon and with the physical forces, but that each is a law unto itself when it is allowed to become excessive in its activity. Hence constructive or creative forces, - or make the body, the mind, the soul coordinate, cooperate one with another to fill that purpose for which the entity, the soul has entered. This is the constructive thought to hold, putting about self always the Christ-Consciousness, the Universal Source of all that is good and holy.

**2441-4**

**F 36**

**4/13/42**

18. (Q) My interests are diverse - which one should be emphasized in this incarnation? (A) Fourth-dimensional painting - is this possible for me? If so, how to proceed? Would it be of a service to others? (b) Healing with color and tone - is this possible for me? If so, what should be the next step? Training, study, associates in this work?

## PRINCIPLES OF HEALING CIRCULATING FILE

(A) Healing is the better channel. That the manner of healing would be always with color or tone would not be in keeping with the diversity of disturbing influences in others. That this be made the only means may limit the ability, as well as the scope of work that might be accomplished. But begin in the study in association with those influences, if directed there, and be guided in the use of vibration - which is another phase of color, of course, and of tone. Oft THIS becomes necessary. For, as has so oft been given, and as demonstrated in the experience of the Great Physician, He met the needs of the individual, whether by the spoken word, vibration, or application of means that attune - the dissenting tissue or body to the divinity that is in each soul, each body who has acknowledged, who lives in the Christ Consciousness...

21. (Q) Where may material be found on Purification which has been and is needed in body and mind for the attaining of the attunement to the Creative Forces?

(A) In that study which has been pointed out. For, all is as of the first law - ONE. It lies within self.

**1861-4**

**M 33**

**1/13/40**

26. (Q) Is there any method whereby I might develop such faculties as a perfect memory; intuition, telepathy, astral projection, and healing of others, as well as myself?

(A) All healing of every nature comes from the DIVINE within that body, or the body applied to such methods or manners of healing.

The attuning of self, - not as to that this or that may be accomplished. But remember, as has ever been given of old, ALL manner of expression, all life, emanates from one source - God! God in thyself; not as "I will, but as Thou wilt." Let that be the purpose, the import, the intent, the DESIRE; and that which is needed for the bringing of its abilities and faculties of every nature in attunement will be done. And thus give off, in harmonious accent, that as will be pleasing in His sight, - the purpose for which each soul enters a material experience.

## PRINCIPLES OF HEALING CIRCULATING FILE

**THE CORRECT ATTITUDES****1561-7****M 58****6/1/39**

9. As to the mental attitude, and the correct living:

10. It is not that some special law or dispensation is to be adhered to or sought, - but to live a consistent and persistent life in the relationships with thy fellow man, as ye would have thy fellow man do to thee, - being oft in prayer as to directions, and living in the same manner towards God and man as ye pray.

11. And, according to the faith in Him who is able to restore thy whole body, be it unto you!

**987-1****F 47****8/7/35**

23. Do these, and we will find we will make a better physical body for the mental and spiritual reactions.

24. Let THIS be the attitude in correcting the physical forces: That the corrections are for a purposefulness, towards the usefulness of self's abilities for others.

**1389-1****F 24****6/18/37**

29. Know that the help, the aid, must be first MENTAL and within self; and that all healing comes from CONSTRUCTIVE, spiritual forces within self; and that with the changes wrought, these are not to be made for self-aggrandizement, self-indulgences, but that the spirit of truth, of good, of love, of patience, of reproduction, may be fully accomplished; that the body, in mind, in body, in spirit, may fill that for which it came into the material experience in the present.

## PRINCIPLES OF HEALING CIRCULATING FILE

**850-1**  
**F Adult**  
**3/9/35**

12. There has been within the mental experience of the body that which has produced a great depression upon the activities of the mental forces as related to constructive influences. These must of the body itself be put to work in CONSTRUCTIVE manners if the body-physical would be replenished for an activity. Let it be not as of self and not of just to be free of pain but to be active for some specific line or activity in its experience, looking to those influences for the fulfilling within its own experience those purposes for which the body came into being in this experience.

**5120-1**  
**M 39**  
**5/22/44**

14. (Q) Is the condition physical in origin or mental?

(A) It's more of the karmic nature. This, then, is mental and physical but let's begin with the first things first. As we go along we will change the attitude. For unless there is consistency and persistency, or unless something is to be done with the abilities of the body, with the abilities to be nearer normal in activity, why correct it at all?

**1436-1**  
**F 27**  
**8/29/37**

2. Now, as we find, there needs be consideration given for the physical forces of the body. For the body MUST manifest that which IS a growth of the mental self.
3. So much is expected, so much required of this body-mind, it is well that the spiritual and the mental be included with the physical forces of the body in the present.
4. First, then, for the physical forces:
5. Here we have disturbing forces owing to an unbalanced condition between the purely physical and the mental and spiritual self.
6. Hence we have conflicting influences and thus, as has been indicated, a crystallizing in the physical of the physical deficiencies through inabilities of the body to assimilate that which has been the diet with sufficient of the elements to keep an equal balance in the physical body.
7. Thus the disturbances through the digestive system, the inclinations for the functionings of the vibratory forces of the organs through the pelvis and the activities of the system, bring about the inefficiency of the replenishing forces, by the activity of the glandular system to supply the elements necessary for the bodily functions.
8. First, then, from the basis of activity of the spiritual in a physical and mental body:

## PRINCIPLES OF HEALING CIRCULATING FILE

9. Spiritual is, to be sure, eternal; and thus is the image of that which is Creative - or that is termed in materiality Godlike in its nature.

10. Then, there must be - and are - contacts within the physical to the points from which, through which, the spiritual and mental must coordinate for the activities of a physical body.

11. The vibrations of the body, then, have NOT kept (in the physical) in accord or attune to the vibrations of the mental and the spiritual self - to the detriment of the physical self, as indicated from the points of accumulations or those points where segregations form in cysts, tumor and the like in the body.

12. Then, Mind being the Builder - yet physical activities and the spiritual or life elements of same in the form of that assimilated - is the contact for the life forces in materiality or physical body.

13. Hence we have in the analysis the acids, alkalines, potashes, in their natural forms; and these are assimilations from the diets of the body. These through their deficiencies have produced that effect upon the vibratory centers of the body. The glands of the system become then deficient in their activities.

14. These then, as we find, make for hindrances that have brought and do bring about these disturbing conditions - physically.

15. Then, the body-mental being incoordinant or not coordinating, WITH a deficient physical being, the HIGH MENTAL efficiency and activity, with the environs about the body there is created then an added disturbance for the mental forces - and all have their effect upon the bodily functions.

16. Know this; that all healing of every nature must come from a mental attitude created by either that activity within the system as food, as medicine, as activities, the principle of which is constructive in aiding those deficient portions to become coordinant with the rest of the system for constructive forces.

17. Whether this is taken internally, mechanically applied, laying on of hands or by the spoken word, the EFFECT must be the same; but each in its sphere of activity.

18. Do not judge, then, MENTAL things ONLY by material reaction or activity; nor judge spiritual things except as the patterns or reflections of those things in a material world.

## PRINCIPLES OF HEALING CIRCULATING FILE

**5189-1****M 32****6/5/44**

TEXT OF READING 5189-1 M 32 (Actor, Protestant)

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 5th day of June, 1944, in accordance with request made by the self - Mr. [5189], new associate Member of the Ass'n for Research and Enlightenment, Inc., recommended by the book, THERE IS A RIVER.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Jeanette Fitch, Stenos.

R E A D I N G

Time of Reading

Set bet. 10:30 to 11:30 A. M. Eastern War Time. ..., Calif.

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time, giving the cause of the existing conditions, also suggestions for help and relief of this body; answering the questions as I ask them.
2. EC: Yes, we have the body, [5189].
3. As we find, much may be said about the physical, as well as the mental attitudes of this body; and as to how they may, and do, react one upon the other.
4. That there are physical disturbances is apparent; that there is the ability in self to heal through self's own attitude is apparent, if that attitude is continuously in a constructive way and manner.
5. And the exercises which may be taken by body may aid, and be contributory to correcting the general conditions.
6. But as we find, if there would be the administrations of at least, about once every week for at least fifteen weeks, general relaxing osteopathic treatments, we wouldn't continue to stay under such stresses and there would be the greater ability of the body to control emotions, control constructive activities and be more creative in its mental attitude.
7. These we would do and as we find we will bring improvements to the circulation and the abilities of the body to control the locomotion to the desired activities.
8. To attempt to take normal activities under the present, and under what has existed would be harmful but it will aid in equalizing. This is not as medical, it is the body and mind being assisted in controlling physical, mental and spiritual emotions. Do that.
9. We are through with this reading.

## PRINCIPLES OF HEALING CIRCULATING FILE

**1617-1****M 70****6/16/38**

11. Then the attitude of the body:

12. This must be a part of the whole applications; that is:

13. If there is to be given greater strength physically and mentally, these applications are to be made with the attitude of helpful hopefulness, and the using of same in relationships to others for CONSTRUCTIVE purposes.

14. Such an attitude, combined with the applications, should as we find bring the bettered conditions for this body of Mr. [1617].

**1899-1****M 31****5/29/39**

3. Now as we find, the conditions and the inroads of the infectious forces have advanced to where there is the breaking up of the activity between even the liver and the kidneys.

4. Yet, as we find, there may be those additions to the applications for the body wherein we may bring a great deal better condition; and, if there is a consistent and a persistent adherence to suggestions, we may eventually almost eliminate the disturbing conditions.

5. But with the greater opportunity, there must be the use of the self, the life, the activities, for a constructive and a helpful and hopeful experience, - if this would not prove eventually more harmful than helpful.

6. For there must be considered in the life, in the experience of this entity, more of a godliness, more of a righteousness. Not because of fear, but for love, - because of that love which has been and is shown in the Father through the Son to the children of men.

7. In considering the physical conditions, then, and their applications, let's not forget the warnings which have just been given, - and they must be a part of the application. For it is in faith and in desire to be of a constructive and of a helpful experience that the real help may come.

**2685-1****M 42****2/16/42**

19. (Q) Any spiritual advice?

(A) As has been indicated, be purposeful in self. These as we find are the attitudes:

What would the body do WITH itself IF healed? Promise that - believe it - DO it!

**3312-1****F 61****10/22/43**

## PRINCIPLES OF HEALING CIRCULATING FILE

2. EC: Yes - as we find, conditions are not good here. Much of these may be aided, but unless there is the change in the approach to healing, what will be the application of same?
3. All healing comes from the divine within, that is creative. Thus, if one would correct physical or mental disturbances, it is necessary to change the attitude and to let the life forces become constructive and not destructive. Hate, malice and jealousy only creates poisons within the minds, souls and bodies of people.
4. Here we find the organs of the sensory system combative with the organs of the central nervous system. Thus we have a form of vibration in the body in which there is ever the need to supply activities from that which will submerge the consciousness, the feelings of the body.
5. Thus the eyes (that suffer much), the hearing, the taste, the feeling, have become almost as just secondary activities in the body - with the body and mind just holding on.
6. Then, - there should be first a purifying of the mind with purposefulness.
7. Then there should be a purifying of the body forces with hydrotherapy, including low electrical treatments.
8. Then we may begin to apply those influences that might be helpful, if the body-mind will hold to something as a redeeming influence in the life.
9. These are necessary if help would come to this body.

**3363-1**

**M 57**

**11/16/43**

21. As to the mental attitude: Be good for something. Not that we are questioning the purpose or the ideals of the body, but who healeth thy diseases, who forgiveth thy iniquities? These truths ye must trust in, actively; not merely passively but actively - holding no thought of grudge of any nature toward anyone. And you will find you will be a lot better.

**631-1**

**F 37**

**8/9/34**

10. FIRST: Do not (in the mental body) CONDEMN self! Do not condemn others for that which is the position or condition, either physically or mentally, at the present time. These are destructive forces to hold in the mental attitude of any one that is to meet such conditions that disturb the body, in bringing recuperation or resuscitation to the body functionings of the system.



## PRINCIPLES OF HEALING CIRCULATING FILE

11. Then, first know that there may be accorded the body - in its present surroundings - that necessary, that will positively remove FROM the body-functionings the destructive forces in the system; that is to be brought back, as it might be said, to a fresh start.

12. Then, we would begin in this manner, being consistent and persistent in the applications of these things, for these purposes that will be outlined for the body; not as of rote, but as necessary influences and forces to be applied to be used to bring about those impulses in the mental, the physical, and the active forces within the body itself, for PERMANENT corrective measures...

**3412-1**

**F 66**

**11/19/43**

3. As we find, in considering that which may be helpful physically for this body, there also must be considered the physical and mental attitude of the body. While there are disturbances of a pathological nature, there are also consciousnesses of a psychological nature that are not always in keeping with the best physical, mental and spiritual usages of the body.

4. If one only attempts to keep the physical body in shape for purely emotional and physical activities for the gratification of the physical body, it is like asking though ye gain the whole world and lose your soul - what has been the gain?

5. Thus the consideration should first be for good health, sure - that the entity may be a better channel for the glorifying of God, not for the glorifying or honoring of [3412].

6. In the physical forces we find these conditions as the beginning of disturbances, such that the mental attitude has become almost in that state of feeling that the body has symptoms of what it hears disturbs others.

7. Then we might term the body one often given to psychological symptoms...

20. (Q) Are the glands of internal secretion functioning properly? Especially the thyroid. If not, what to do?

(A) Not properly, else we would not have given those things that are to work with same. Do the things that have been outlined. But change the mental attitude of the body first, and we will find there will be more of a universal consciousness rather than a physical consciousness.

**849-64**

**M 34**

**4/24/42**

17. (Q) Any further advice?

(A) Keep the good work, and keep the right attitude - and the usefulness of self and its abilities for creative influences, as the improvements come. For, to have the body well and not used in creative forces, it had better remain as it was!

**1532-2**

**F 20**

**9/15/39**

## PRINCIPLES OF HEALING CIRCULATING FILE

26. (Q) Any other advice for the body at this time?

(A) Keep the mental and spiritual attitude for constructive thinking; and the things that are done for the body not merely to be done to accomplish physically but as for the mental and spiritual significance as well.

**715-2**

**F Adult**

**12/20/34**

24. ...Keep the mental body in a CONSTRUCTIVE manner. Let the spiritual attitude be that there is a PURPOSEFULNESS in all of the physical and mental activities, and those purposes not for self-aggrandizement or glorification, nor for preservation of body alone - but rather to the glory of the Creative Forces that are each individual's heritage through the Christ-power in the earth.

**528-8**

**F 29**

**4/26/37**

17. Also keep in the mental attitude of constructive forces as has been given.

18. Let the body, during those periods especially when the Wet Cell Appliance is being used, be in that attitude of putting self - in a meditative, prayerful mind - into the hands, into the arms, into the care of the Savior. Not merely as trusting, not as merely hoping, but as relying upon the promises; and make them cooperative, co-active. Be used for something; not only good but good FOR something; that ye may bring into the experience of others - even by thine own ability to suffer - the glorious knowledge of the working of the Christ-Consciousness within the individual mind. 19. For if these are adhered to, if these are kept, we will find the helpful forces in EVERY manner; not only with the patience to bear the cross of distress or anxiety but with the means and the friends and the hopes to CARRY ON for Him!

**4099-1**

**M 44**

**4/10/44**

11. Do keep the attitude creative. Know from what source all healing must come. For it is not of self, it is the practical use of elements of which the individual man is made and in which the constitution is lacking. These must be added. All power, all force is one source - the Creative Force or God. Without such there is little hope. In using these there is hope.

PRINCIPLES OF HEALING CIRCULATING FILE

**HEALING THE PHYSICAL****900-465****M 34****3/22/30**

3. In the physical forces of the body, here we find as indicated in that presented the body, and as has been given there may come the ability of the body to, within self, through concentration, so accentuate that within the system as to overcome conditions as bring distress or distraughtness to the physical body. Hence there was given the instructions for the body to study anatomical forces as relating to the body, or anatomy.

4. In the relationship also there is found that there must come for such conditions that ability to so concentrate self and self's own mental consciousness as to **BECOME AWARE WITHIN** self **OF** the body's complying with that being wrought **IN** the system when distresses arise. Hence, as has been seen through the various information as has been given regarding physical conditions in individuals, that, that necessary to awaken the consciousness from within an individual is necessary in its application to the physical forces **OF** the body to bring recuperative and resuscitative influences in the body. **THIS** the process as **MUST** come for **EVERY** living organism, as illness or disease is caused in a human body. The body being made up of **ALL** there is **WITHOUT** the body in its whole anatomical force, and its essence being that of all from without; hence all from **WITHOUT** corresponds to a **VIBRATION** created from within. The sensation **OF** its activity brought into consciousness by the Spirit Force, or Life within the individual, and is of a cosmic or a universal influence...

6. Then, the continuation of those as will be found in the use of that as has been given, and in keeping the stimuli sufficient in those of the upper dorsal and cervical region as to stimulate the circulation through same, both with the light, with the manipulation, with the application, these will **AID** the body **IN** its activity from within self to reach that consciousness. Then continue within self in that silence as may be attained by turning self as introspective and seeing that as is necessary to be rebuilt within the system, acting in such a way and manner as to rebuild same. **THROUGH** this **MAY** one keep themselves young; may one **REBUILD WITHIN** themselves and prolong the **PHYSICAL** forces as is desired **IN** self!

## PRINCIPLES OF HEALING CIRCULATING FILE

**137-81**  
**M 27**  
**6/10/26**

3. (Q) In the reading of June 3rd [137-79], it says my mental condition is paramount. Explain this in the light of how I may help my physical ailment i.e., the impurities in my blood and urine.

(A) The explanation in this is as this: In every physical being, the whole body is made up of the atomic forces of the system, with the mind of each atom, as it is builded, supervised by the whole mental mind of the body, varied by its different phases and attributes, for, as is seen in its analyses, an atom of the body is a whole universe in itself, in the minutest state. The attitude, then, of all the attributes of the mind toward self, and the forces as manifest through same, become then paramount. As to any healing in a body, or ANY APPLICATION of any source, nature, character, kind, or condition, is only to create that incentive IN that same atomic force to create the better condition in a body, whether it be medicinal properties, whether it be of manipulation to induce incentive reaction, whether it be of an operative nature, or what not, is to create that same condition in the atomic forces of the body to bring about the better physical conditions in the system. Then, necessarily, it is paramount. How to go about to apply same? May be through self and self's attitude towards those conditions which are of the physical and spiritual natures in an individual, and to this individual especially. As has OFTEN been given, these become MORE paramount in THIS individual than of the ordinary.

**1427-1**  
**M Adult**  
**8/21/37**

20. Know this first and foremost: ALL HEALING of any nature must be of God; for God (in Christ, to man) alone is life, is health, is good; and when applications are made of mechanical means, electrical means, the vibratory influences of medication or what not, the GOOD is the manifestation of Creative Forces or God!

**263-1**  
**F 21**  
**2/6/33**

43. (Q) Any spiritual advice?

(A) Know that all effective forces that may be added to the body must be in coordination with the spiritual activities of the body itself, for they are One. The elements that may make for the correction of physical conditions in the body must come from the same source as Life itself, and must be made coordinative through the system by the act of the mental body itself.

## PRINCIPLES OF HEALING CIRCULATING FILE

**366-1**  
**M 35**  
**6/29/33**

12. For, first of all, let the body KNOW this:

13. Not palliatives, but healing that is sincere - of whatever nature, whether spiritual, magnetic, mechanical, even drugs, electrical, heat, or whatever application - to be of real aid for the body - must bear the imprint or stamp of the universal or divine. No matter in what sphere or plane a soul may find itself, this law is ever the same!

14. Construction and constructive influences can only emanate from GOOD. GOOD can only emanate from God.

15. Hence, that which may be healing in every nature - ANY nature - can only come from one source. Palliatives may be injected for a time; but half a truth is worse than a whole lie, for it deceiveth even the soul!

**950-1**  
**F 64**  
**7/16/35**

2. As we find, there are disturbing conditions. And, as we find, these may be aided in being brought back towards normalcy, if the suggestions here given will be carried out - though it will require time, patience, and, most of all, persistence on the part of the body and on the part of those making the applications. There will be periods when there will be reversals, but these should not hinder the body from being, remaining, in a careful, prayerful, persistent manner, and an attitude of constructive thinking.

3. Know that when and where healing comes for a body, it must be the arousing of the creative energies that may conform with the universality of life in its expression for the manifestation of the Creative Forces - or God's powers in the earth.

4. These opportunities, then, that may come to the body through the application of those influences to make for the betterment, should be received with praise to Him. And let that thou doest towards thy neighbor - in thought, in word, in act be a manifestation of those influences in the experiences of others that bespeak of the Spirit of Life.

**560-7**  
**F 52**  
**4/21/38**

3. The abilities to meet all of the disturbing factors through the mental and spiritual aspects have not been gainsaid, neither are they lacking in effective application.

4. But as has been pointed out to the entity and to others oft, all conditions that become necessary for the activity of the spiritual forces within self - if they are effective - are in using what is in hand.

## PRINCIPLES OF HEALING CIRCULATING FILE

5. Though it may require those abilities of the surgeon, the internal medicine, the mechanical appliance or of any of the varied activities, the good is of the same source as the spirit of truth. Look on them as such and not be antagonistic to conditions as they exist...

10. (Q) Any other advice for the body at this time?

(A) Let those influences of the Creative Forces guide thee in thy seeking to be a channel of help to others; meeting in self those things necessary for making thy body, thy mind, as one with Him.

**1289-2**

**M 11**

**12/14/36**

12. Remember, applications physical - or mechanical applications, or medications, or such active forces are an expression of the divine; as must be the prayers and meditations of those if they would bring help to the body.

**3438-1**

**M 5**

**12/1/43**

3. There is quite a difference of opinion in the minds of individuals respecting the sources or causes of a disturbance of this nature. Parts of these are tendencies or inclinations, and part are accident. Of course, questions arise, disputations as to those who were physicists, or those who are realists, or those who are spiritualists. But what is needed in all is to coordinate the best in each into spirituality, and we will approach what's needed then for correction of conditions here. [epilepsy]

4. When there are such disturbances we as individuals either believe, or think maybe it will happen, or just don't know, that the Book is correct. Who healeth thy diseases? Who is life? What is life in the earth? What is it that the physical being uses as its way of animation? He doesn't control it - it was never given to him - it happened - it came into being. Why?

5. If man would think of these and from these points he would get a different vision of the relationship of himself to God and more as to that manifestation of God in the earth in the Christ- Consciousness, manifested by the man Jesus....

11. Then have a great deal of prayer, and live like you pray. Don't pray that you will forgive, and then say hard things about your neighbor. This is part of the activity of father and mother. These are parts of their karma as well as of this body developing. This may be corrected. Do it.

**1309-1**

**F 53**

**12/21/36**

## PRINCIPLES OF HEALING CIRCULATING FILE

2. Well if there could be given this body the full comprehension that all forces, all power as manifested in materiality, whether as related to the physical body or to those things outside the body, have their inception in Good - or God; and that knowledge that only what is disturbing in a physical body - mentally, physically, spiritually - arises from a misconception of good....

**1363-2**

**M 44**

**7/29/37**

10. For, as has so oft been given, ALL healing forces and influences are constructive and are thus of the Divine influence. The applications then that may be made ONLY assist in alleviating; through whatever manner of means may be used, these only assist in alleviating the distressed areas and in adding to the system the influences that may through constructive forces - materialize in active forces throughout the body.

11. Hence all the more necessity of this body keeping as OPTIMISTIC and CHEERFUL as is possible under the existent conditions.



## PRINCIPLES OF HEALING CIRCULATING FILE

**1083-2**  
**F 44**  
**12/19/35**

11. (Q) Any spiritual advice for the body?

(A) Let there be held as a portion of the whole influence about the body, that those influences that may be had in applications for helpfulness to the body must be spiritualized by the self; in that the body-physical, with all its attributes, may be the more purposeful in all of its relationships, all of its dealings with not only self, self's surroundings, but those whom the body mentally, physically, may contact. For ALL healing, of EVERY nature, MUST be and IS from the Creative or spiritual forces MANIFESTING within the INDIVIDUAL'S application of same in its own body.

**4308-1**  
**F 63**  
**8/12/27**

19. In the spiritual and mental these attainments of the physical are hampering the spiritual development. Then, worry not as to those applications of the spiritual in the body. For the present, care for the physical, that the spiritual and mental may better apply those truths, lessons, as are being attained by the body through the application of spiritual truth to the nerve and blood supply of body - for PHYSICAL conditions existent produce irritation. The physical and the mental and the spiritual are ONE, yet each must be dealt with in and through its own sphere - for in the applying of the body forces we find that even as the Master gave, "Man shall not live by bread ALONE, but by every word that proceeds out of the mouth of the Lord," yet we find the Master supplying the physical needs to the thousands to meet the physical conditions of the body and supplying the needs of the spiritual to the individual man. Apply those truths, those lessons as attained - in and THROUGH those of the Master in the life in the physical, in the spiritual, in the mental.

20. Ready for questions.

21. (Q) Should the body take care of the physical first and then the spiritual?

(A) As given, meet the needs of the physical conditions of the body through the physical at present. Meet the needs of the spiritual, the mental, through the spiritual and the mental. Apply then those physical needs for the body at present, applying THROUGH the spiritual those of the mental and spiritual nature for the physical and mental as given, each through its own sphere, and each are as ONE in application to the body.

**557-3**  
**F 52**  
**5/24/34**

19. (Q) That the mental and spiritual bodies may function more perfectly, would you advise a blood transfusion?

## PRINCIPLES OF HEALING CIRCULATING FILE

(A) As we find, there has been given [557-1 on 5/23/34] the elements that taken within the physical body will arouse those activities to such a degree that that created within thine own body will have a much more NORMAL vibration to thine self than from transfusion. For, realize in thine experience that all power - whether it be of that we call the gas, drug, mineral or vegetable kingdom receives its spiritual essence of activity from an All-Wise Providence that has left these manifestations in a material world. And, as was given, be thou wise - not in thine own conceit, but in the wisdom of the Lord, and SUBDUE the earth; or MAKING these, as it were, coordinant with that which is in thine own body, mind and soul.

For, when the earth was brought into existence or into time and space, all the elements that are WITHOUT man may be found in the LIVING human body. Hence these in coordination, as we see in nature, as we see in the air, as we see in the fire or in the earth, makes the soul, body and mind ONE coordinating factor with the universal creative energy we call God.

So, to make these in their natural channels, in their natural directions, will - as we find for this body - bring much more of that necessary than through transfusion from other vibrations that, though nigh unto thee, are not so well. Coordinate thyself, then, WITH God, WITH nature, WITH the environs thou art in, THROUGH thine inner self.

**1467-6**

**M 35**

**1/2/40**

22. (Q) Are my eyes, ears, teeth and gums alright?

(A) As there is better elimination, and better established circulation by the removal of the strains and the pressures upon the nerve system, these will be naturally aided - by the general improvement of the whole system. For, as has just been indicated, - this may be well used as an illustration of that indicated. The functionings of the eyes, the ears, the speech, the sense of feeling, - these all arise as separate or individual activities, yet are wholly reliant upon the general physical condition of the body as a unit.

Thus in the patterning of the life, in the creating of spiritual awakening of a home environ, there cannot be strains upon one activity of one or the other, of those making for same, without there being produced disturbances even as illustrated in the body-functioning.

**1861-5**

**M 34**

**6/20/40**

21. ...The physical and mechanical applications, as we have indicated here, are only to remove hindrances in the physical forces for the greater and better activity, and for the abilities of the body in producing the healing. For, know that all HEALING - whether it is through the application of mechanical, mental or spiritual forces - comes from the one source. For it is indeed as He has given, "In Him ye live and move and have thy being."

## PRINCIPLES OF HEALING CIRCULATING FILE

**1199-2****F Adult****11/9/36**

11. (Q) Any spiritual advice?

(A) Keep the mind active in constructive thinking, knowing that what has been the lot or as the activities may be used for construction in the whole of the attitude towards Creative Energies. For, all healing must come from that within that is of a spiritual import. Leave the results with the Giver of all good and perfect gifts. Be consistent and persistent in thy physical and thy spiritual and thy mental reactions for the better result. For the laws of the Lord are perfect, converting the soul. And as HE gained the greater concept of man's position in relation to the world by entering into the flesh and suffering through same, know He, thy Lord, thy Master knows and will aid thee in bearing thy material, thy physical burdens. BLESSED be His name!

**1517-1****F 50****1/12/38**

26. (Q) After I recovered to such an extent, what did I do to cause a relapse?

(A) As indicated, the poisons from the condition were relieved but the CAUSES were NOT relieved; hence gradually grew back again. Do these things as we find, keeping the attitude of a prayerful meditative mind throughout. Be consistent, be persistent.

## PRINCIPLES OF HEALING CIRCULATING FILE

**1113-3**  
**M 40**  
**8/24/36**

10. (Q) Why did not original reading disclose any of these conditions?

(A) As has just been indicated, all of these conditions are taken into consideration. If those that are effects of disturbances are magnified, then - as so oft in the application for beneficial conditions for a body - the effects rather than causes are treated; and these that have been given for the body have been for the basic or the primary causes. If those areas are corrected or given their proper consideration in a consistent and persistent manner, as indicated, then the reactions to the whole body would be the better.

If these are taken only halfheartedly, only when the indications are or the body feels as if it would and when it feels better leaves off, there CANNOT be the permanent or the GENERAL reaction to the whole of the system.

Do, then, as has been given - or forget it!

**5609-4**  
**M 41**  
**1/19/32**

2. (Q) Can you define any improvement in colitis condition?

(A) There is not as much congestion in the inner portions of colon, and there is a DEFINITE change in those portions or regions where prolapsus, in a form, has been existent. Hence the changes that have been necessary, for PERIODS of treatments in these directions and periods of rest; for as long as there is the tendency for areas within the colon proper, where impulses from the nerve centers and the activities are hindered from such in their normal action, through the action of the intestine, or the peristaltic movement, there must be conditions recurrent where there would be troubles, from the activities within this area, at times causing sour stomach, belching or the like, the tendency for the folds within the lower portion or area of the intestine itself - but this is gradually being eliminated, and as the general condition improves so must this also improve. Do not become over anxious, that this may be expected to be eradicated or eliminated entirely at once but, as it has been long in forming, or conditions accumulating as to cause disorders, so must it be a development or normal growth that would build for normalcy in its activity. Much easier to destroy than to build up!

## PRINCIPLES OF HEALING CIRCULATING FILE

**278-1**  
**F 64**  
**1/14/33**

4. While the eliminating of poisons and the gradual adjusting of the physical forces to the new regime (as it may be called) will require some persistence, the greater part will only require consistent and persistent activity, with some aid to the system in adjusting and removing the conditions that are not only the primary causes but that have become accumulations from the disorders disturbing the system in many ways.

**278-2**  
**F 64**  
**2/18/33**

12. (Q) Why do I fail to enter or make progress on the path to renewal and restoration?

(A) Progress IS being made! The body physically is passing through those periods, as we have just described, where the removal or stirring up of the basic forces that have been the foundation of the disturbances makes for that feeling or reaction in the present of the extra weakened condition. But with patience does one possess, or re-possess, one's own self, WITHIN self - see?

**274-5**  
**M 35**  
**11/13/33**

21. (Q) Any other suggestions for the body at this time?

(A) We would be rather persistent, rather consistent, with the outlines; for, as the body realizes, it IS on the improve. Hold all that you have and gain the more, until RESISTANCES are built in the system.

**773-10**  
**M 5**  
**3/18/36**

9. (Q) Has the lens been injured at all?

(A) If there is the proper care in the manner as indicated, the injury that has been shown should adjust itself. Remember, and consider that which has been told and IS existent: The BODY RENEWS ITSELF continually! Then, set that in order in which the renewing of all tissue may be done in order - and in a manner as to RESUSCITATE injured portions!

## PRINCIPLES OF HEALING CIRCULATING FILE

**389-2**  
**M 55**  
**8/22/33**

12. (Q) Any other advice for the body at this time?

(A) Follow these, as we have given. In the applications, be consistent, be persistent. In the applications, do not apply just to be gotten through with but with the purpose, with the intent, with the desire, with the application to ACCOMPLISH DEFINITE conditions for the body! and these will be accomplished in this way and manner!

**726-1**  
**F 20**  
**11/10/34**

33. (Q) Any other suggestions for the better physical conditions of this body?

(A) Do these, as we have indicated, in a consistent and persistent manner; and we will find we will bring the normal conditions for this body. Not as rote, but knowing that within self must be found that which may be awakened to the BUILDING of that necessary for the body, mentally and physically and spiritually, to carry ITS part in this experience. For the application of any influence must have that which is of the divine awakening of the activative forces in every atom, every cell of a living body.

**304-31**  
**M 80**  
**2/15/34**

11. (Q) Is there any other condition of the body that I should be warned of at the present time; if so, what?

(A) As indicated, keep the general assimilations such that there may be built up a resistance against cold, keeping the feet from getting damp, away from drafts or the like. These will be the better for the body, with the addition of the things that we have given to assist the blood supply. This must be taken consistently but persistently, in that you don't overdo it nor underdo it. And do not come to rely on ANY influence from without other than that may be accomplished better by the assimilated forces of the body itself.

**288-23**  
**F 23**  
**10/24/28**

4. (Q) Am I being consistent with my diet, exercise, work, and treatments at the present time?

## PRINCIPLES OF HEALING CIRCULATING FILE

(A) The changes wouldn't be necessary if the body was consistent with the conditions as exist; but with these changes, and with the diet kept nearer nominal - not overloading at times and going without food for other periods - be more consistent in THAT direction - BALANCE the system so that there isn't one portion of the system suffering to the extent that the other portion is gorged at other times. This is a good way to produce conditions where the system does not function in coordination.

5. (Q) Why do my eyes feel like they are not working in cooperation with each other? What is necessary for correction?

(A) The eliminations set properly in the system, we will find the whole general system acting more properly. Do not attempt to USE the eyes - or STRAIN the eyes, and we will find bettered conditions for 'em!

6. (Q) Is there anything special, other than my regular consistency, that should be done to relieve the coldness of feet and limbs at times? What is the cause of this?

(A) Only that as given. This is as necessary for the correction of the conditions, and then use consistency in the manner as outlined - especially with the diet, not overloading at ONE time and not eating at another time. REGULARITY is as consistent in eating as in eliminations. Irregularity in one and in the other certainly work together.

7. (Q) What causes the soreness or strained feeling in the veins of certain fingers at times?

(A) Taxation, [Typing?] and the lack of elimination, and centralization of those poisons as not eliminated properly through the system.

8. (Q) Give any advice that will help the body keep physically fit.

(A) Be persistent and consistent with the self in the ways and manners as are here, and as have been, outlined for the body. That good for ALL.

## PRINCIPLES OF HEALING CIRCULATING FILE

**1055-2****M 50****1/7/36**

12. (Q) Should all treatments in first reading as suggested be continued?

(A) Just as given, ALL should be done CONSISTENTLY, and persistently. And not as ROTE, but as accomplishing something. As is the very nature of the mental body, the activities are not to be just “to be done with” but such that there are RESULTS to be accomplished!

In the very nature of the activities of the body, were those activities such that there was just to be accomplished the self's routine? or were they not such that others might be assisted or aided by that routine gone through? So, in making application of self - naturally, it becomes a routine matter; yet there is to be through same the accomplishing of those conditions which will produce DESIRED effects. Do those...

18. (Q) How long before more decided results should be apparent? (A) How long before tomorrow? Just as has been indicated. If the application is just ROTE, little may be accomplished. If there is the feeling or the desire is that it's just something to be gotten through, little may be had. But if there is the consistent and persistent application, it will grow. Let the body understand that Life in ALL its phases IS a GROWTH!

How fast does the body grow? It is growing or dying. Which do you want to apply to self?

**1079-3****F 42****9/28/37**

24. (Q) Any further advice for this body?

(A) Do these. DO NOT take the exercises merely as something to be gotten through with, but be consistent and persistent in them. Because at the beginning these will make for MORE dizziness, especially when the head and neck exercises are first begun, do not give way - but merely reduce the time. For gradually these will produce a better coordination between the activities of the body. Do not become too tired or because of other conditions arising leave them off, but be consistent. For these as we find are those activities necessary for the bringing of a much nearer normal condition and will prevent accumulations becoming disturbing in ways and manners as would be hard to combat. Hence be consistent, persistent in those suggestions indicated. For ye will find results with the use of these.

**133-4****F 54****7/28/34**

11. (Q) Are the spinal treatments being given correctly?

(A) VERY good! But be consistent and persistent with all of these...

14. (Q) What makes the hamstring leaders in the legs draw so?



## PRINCIPLES OF HEALING CIRCULATING FILE

(A) Poisons from those accumulations in the system, and the tendencies for the contraction of these. Keep these massaged, and we will find this will be overcome as the poisons are eliminated and a fresh blood supply is made. For the blood supply is added to three times each day if meals are taken, else we would never recuperate or change a whole body every seven years; it is a CONSTANT growth. No condition of a physical nature should be REMAINING unless it has been hamstrung by operative forces or strictures or tissue that may not be absorbed; and even this may be changed if it is taken patiently and persistently - in ANY body!

15. (Q) Can the bowels be raised off the bladder without an operation?

(A) With these corrections, and with the changing of those activities throughout the system, these of themselves will be PLACED - as it were, and not with an operation. An operation will put them closer - make MORE pressure!

Do these, consistently and persistently, and we will see results coming for this body.

**2491-5**

**F 70**

**6/5/42**

21. (Q) Any other advice?

(A) These are serious conditions to be dealt with. These require persistence and consistence. And KNOW that all healing must come through expectation, and through the attuning of creative forces for improvement - and not misjudging or deterioration.

**410-1**

**F 42**

**9/21/33**

13. To be sure, the condition has been of long-standing; it will require some persistence and consistency in the applications that may be made for the correction of the conditions. And, while the body will respond to a great extent, as we find, there need not be expected a cure instantaneously; for the system has attempted - and does attempt to adjust itself to the misdirected forces in the whole of the physical organism. Hence it would be found that there would be periods when the body would feel a great deal better, and others when there would be the tendency for the conditions to appear to become rather aggravated than helped. Yet, they will gradually through the proper applications, through the proper administrations for those things that would harmonize and coordinate with those resistive forces in the physical functioning of the body - bring about the near normal conditions.

**5037-1**

**F 48**

## PRINCIPLES OF HEALING CIRCULATING FILE

**4/19/44**

6. These are results in the physical. In the physical they must be met. While the body has an attunement to the mental and spiritual aspects of conditions within and without the body, these are results in the physical. Let's meet them in the physical.

**59-1****F Adult****12/20/22**

7. (Q) Are you ready to give the testament for this body?

(A) We have a condition here in the kidneys that is not very good either, see. This in the emunctory forces, in their action with these, do not throw off from the system as they should, and we have some conditions that arise in the blood supply and in the inefficiency of the elements to carry out their normal function as produced by this condition of overtaxation to these organs themselves, you see.

These may be all corrected within the system and relieve these conditions by giving the correct incentives to the functioning of the organs themselves, for we find within each entity the elements that are without. When one becomes below the normal it must be either supplied from without, that is, when we deal with the physical plane, or so controlled by the forces within the system as to renew that within, or else we have an improper balance within the system, as with this body here, you see, - [59], we are speaking of.

## PRINCIPLES OF HEALING CIRCULATING FILE

**294-121****M 52****12/12/29**

11. Conditions change from day to day. Conditions are reacting continually in the system. What may be meat today may be poison tomorrow. That means anybody, too!

**326-3****F 66****10/13/32**

12. (Q) When may I expect to be perfectly well?

(A) These conditions should be considered by the body: While there are those forces within an active physical body that may not only carry on the life, or active forces in a system, but create reserve energies and the resuscitating forces to CONTINUE this to be reactive in the system, from the consciousness of every atomic force in the body that has been gradually builded in the system, through the consciousness of man in his activity through the earth, there is gradually builded that which prevents the activities of the system to continue to resuscitate as fast as energies are used up; but when these have reached such stages where pressures are enacted in the system that produce pain, it requires only LONGER for the resuscitating forces to be brought back in balance. So, when the body is easier from pain, do not stop with those applications to make the proper corrections, but keep on until there is at least stored energy. Then we may expect to meet the conditions as they arise. In the present situations and conditions, ready relief should be found in from five to six days, but there should be kept the applications for three to five weeks, that there may be brought a near normal balance in the system...

17. (Q) I would appreciate any spiritual advice that would help me to take better care of my body.

(A) As there are those efforts within self to know and understand the activities of those spiritual forces, and the spiritual life that is manifest in the material plane, if the body will see, feel, know in self there is being enacted in self that which brings life's resuscitation in the earth, there may be felt that rejuvenation that only comes with the closer walk and communion with Him; for that Spirit that is termed or called God, Nature, is Life in its essence. So, the consciousness in the mental self of that activity taking place brings a closer walk with Him. THIS is real healing in self, for all healing of any nature must only be in the using of those energies in Life itself as manifest to bring cooperation in a body representing or presenting life...

26. (Q) Any further advice that will be of help to this body?

(A) As outlined, SEE self KEEPING in those balances necessary for the replenishing and rebuilding of the system. Do that.

**5609-5****M41****4/27/32**

14. (Q) What causes nausea at times, also unpleasant feeling after breakfast? How can this be avoided?

## PRINCIPLES OF HEALING CIRCULATING FILE

(A) Before the breakfast there should be a little exercise of the upper portion of the body; that is, the head and neck, forearm, arms swinging up, above and about, so that the circulation is set more in order - and the nausea won't appear! At other periods most of the nausea comes from imaginative forces; that is, that which is builded by the mental attitude towards conditions. To be sure, this should be recognized by the body. As conditions have been described, the system - the physical body, physical organism - is adjusting itself, with the manipulations and treatments that have been given, to a new ORDER of things within the system! and the body is naturally sensitive - more SENSITIVE - to things, see?

15. (Q) Why does fecal matter still appear?

(A) This is from the same condition as we have just given, as to why gas is formed. Use those properties as given that will prevent this. It is because, as seen, this has never been cleansed entirely from the system, and there is the natural trend or bent of the system to create these forces! just as it would be were there a scab externally and it were rubbed off, naturally it would keep accumulating again when it is kept irritated - but if it is healed from the inside it disappears!...

23. (Q) Any further suggestions for the treatment of this body?

(A) Study these in relationship (this given) to all those that have been given for the body. Be reasonable; be sympathetic with self - but don't pity self! Be in an active way as COORDINATING with the very best forces that may be active in system. Expect good health! Don't expect to remain ill! and you'll be better off.

**5609-6**  
**M 41**  
**8/18/32**

16. (Q) How soon may I expect a complete cure?

(A) Set the time for self, then do the things necessary to bring them about! and then expect to be well! How soon will he do these? and then we may find how soon he may expect to be well!

## PRINCIPLES OF HEALING CIRCULATING FILE

**850-2**  
**F Adult**  
**4/24/35**

26. (Q) Any other advice?

(A) Be consistent, but be persistent with those applications as suggested. Not as mere rote to be gotten through with, either in the breathing exercises or the massages that are to be given, but rather SEEING that these are to accomplish that within the physical reactions for the body. For each activity has its own reaction, whether in the mental or the material world. By the proper attitude they may be accorded one with another, as cooperative influences; but if one is thinking one thing and doing another, then they must be combative one with another. Be not double-minded.

**5642-3**  
**M 33**  
**7/30/28**

1. ...for while physical conditions are reacting to the mental being, the mental body IS the builder. The physical is the result, and the spiritual will build that as is builded in the mental being, and a physical result is then amenable to outside influences that are mental, material, and physical. Hence there are being applied in the physical being of this body those conditions that, while these are material - and while the mental body is in the condition of being disturbed, this gives rise to those conditions of discouragement. This must have the outside influence to give the proper incentive in a correlated effect or correlated manner to this body, so that the whole physical reaction will be in keeping with that as the mental being would have the body be. Then, be consistent - persistent - in the spiritual, mental and physical application of all those conditions that apply to the physical body, to the material body, to the mental body, and the SPIRITUAL will guide and lead aright. For we are one in Him, and ourselves may only get in the way of a full development. Then keep those, as yet, as have been given, and be patient in well-doing. Do not be overcome, but overcome evil with good. Materially, mentally, physically, apply this in the body. Do that.

**900-386**  
**M 33**  
**5/26/28**

3. In the eliminations - these may be overtaxed as well as undertaxed; for would the physical body be brought near the normal functioning, care, discretion and consistence must be met with the regular activities and functionings of the system; that is, the body may not overtax self PHYSICALLY and then add that to bring recuperation from the physical condition - then overtax self MENTALLY - and expect normal results from that applied for physical conditions of the body; but using consistency with the whole of that administered for the needs of the conditions in the body. True enough that a body physically is rested by mental application along a different line, but when a body is physically AND mentally tired - then mental

## PRINCIPLES OF HEALING CIRCULATING FILE

application in another direction, with applications for the physical conditions of the body, only brings that of accentuation in other portions of the body.

**331-1**  
**M 35**  
**1/17/31**

21. (Q) What are the causes and cures of low depressed nervous condition?

(A) Removal of the toxemia which is forming in the colon itself, and the enlivening of the liver in ITS activity. This best enlivened through the diet, as indicated, allowing the system to adjust itself - for the system can, and does create within itself all necessary either to cure or to sustain the virility of a body. Only when the system becomes so unbalanced as to need outside forces to create a different element of consciousness in the system is it necessary for medicinal properties or medicines for the body.

**1091-1**  
**M Adult**  
**1/2/36**

10. But, if there is the consistent and persistent application of those things that we find would make the necessary corrections in the physical functionings of the body of [1091], we find that these may be materially aided. And not only may the hormones of the life-giving flow itself be increased as to make for a greater activity throughout the system, giving greater vitality, but the body would be able to put on greater resistances in the physical force. Thus there would be supplied a physical and mental capacity for greater reactions in whatever may be the choice of the mental and material body for its functioning...

15. While, as we find, if there would be not just a little period but a period of consistent, persistent application in the corrections directly for the various disturbances in the body, we may build - as indicated - quite a resistance; and give or EXTEND the periods of activity for this body for many, many moons.

**543-16**  
**F 23**  
**1/8/32**

2. As has been outlined in various conditions as concerning this body, these conditions, this is an altered vibration being met as of old, [Karma? - See 543-11] and the body consciousness, body-mental, body-physical, should be persistent, be consistent, and those also about the body - in their treatment of, their approach to, their associations with, in the same mind; for, "Where two or three seek in My Name," He has given, "there will I be also." Is this consciousness to be awakened, then seek often - ALL - that would minister with the body in gaining that understanding, that the ministrations as given will bring about a more perfect accord in this material body, and it - the cure will come to pass.

## PRINCIPLES OF HEALING CIRCULATING FILE

**2153-6****F 13****11/12/40**

22. Still be mindful as to the attitudes about the body; keeping helpful influences to bring cheery, hopeful, expectant activities. Build with the body, in its associations, those things it expects to attain to in the development of its activity through its mental and spiritual relationships and physical activities with others...

34. (Q) What signs can her parents have that will indicate to them that she is improving rather than retarding? [Epilepsy]

(A) What has been indicated should be sufficient evidence that there are improvements, and that there are those various stages through which the body must pass. This disturbance has been a gradual growth and development, and it must necessarily be alleviated in the same manner.

To be sure, - if such chances are desired to be taken, - this MIGHT be eliminated SUDDENLY through operative measures, but SUCH would take away from the body the abilities to function in and through those channels that SHOULD be a part of the birthright of this body.

For, as has been indicated for the body, not only in the physical reactions but in its life's span, THIS should be a developing period for ALL - through the administrations made, in PATIENCE, - yea, in anxiety and suffering; meeting those things that are a part of the consciousness of each.

## PRINCIPLES OF HEALING CIRCULATING FILE

**140-4**  
**F 22**  
**12/24/24**

11. (Q) How may she improve herself mentally and spiritually, so as to assist her physical condition?

(A) Keeping ever in that manner and way, knowing that through faith are ye healed, and not of self, but the correction of the physical forces as pertain to the body, and in the compliance with divine law the correction, the proper conditions, come as the gift of the Creator.

**1309-1**  
**F 53**  
**12/21/36**

24. (Q) Are Catalyn Tablets advisable for me to take?

(A) These as we find are not NECESSARY; neither would they be necessarily harmful. This as we find would be rather as a matter of choice - if there is the feeling at times because of the strain upon the body and the nervous system that such strengthening vitamins are needed for the system. But nature's storehouse (thine own body) may be induced to create every influence necessary for bringing greater and better and nearer normal conditions, if the hindrances are removed.

**1158-17**  
**F 48**  
**6/10/38**

18. (Q) Could I, in any way, improve my diet, or exercise?

(A) As we have given, keep to those things that are of NATURE'S activity, see? making for those conditions where there is a better normal balance kept. Not overtaxing or OVERDRIVING the system, but finding the outlets through natural channels.



## PRINCIPLES OF HEALING CIRCULATING FILE

**903-24****F 34****11/23/36**

7. (Q) What is the effect of the Yoga breathing exercises, as given by Dr. [866], on my body?

(A) These, as we have given, are good; and should be maintained for the varied conditions that arise in the experience of the body.

It has been given before that these are most helpful. There are specific exercises and breathings for the varied activities upon the various organs, the varied activities of the glandular system. These, not too strenuous, are much preferable to outside influences.

For EVERY influence for corrective measures is to create within the activating body the awareness of its deficiency or its over or superfluous activity, and to bring about a COORDINANT condition, a cooperate condition in the body. And this - that it may be done in this body in a much better way and manner than in ninety-eight percent of others that may be found, even that would use the same expressions or same activity - is much preferable to drug or mechanical appliances or applications!

**1173-5****M 28****7/29/36**

23. (Q) What medicines should he take?

(A) This will depend upon the general eliminations or the general activity. The less medications, AS medicines, the better it will be for the body; provided these are not necessary to add stimulation to some depleted or defunct activity of an organ or for the strengthening of the body in some way or manner. But these are rather as tonics and stimulants than as medications, as we find. For nature should be the healer.

24. (Q) Any other treatments that should be taken?

(A) These will depend upon general conditions, and these change as conditions in each body change every day. These as we find will grow less and less necessary, as these applications become more and more effective - if they are followed as has been suggested.

**264-32****F 42****4/9/33**

## PRINCIPLES OF HEALING CIRCULATING FILE

24. (Q) How long before I will be physically able to begin my lift work of analyzing problems for individuals?

(A) Should begin now! but when the general physical condition is such as to overcome, this depends upon self and upon the applications of those things that have been suggested!

For, as self begins to prepare self for analyzing or aiding another, as we have given from the beginning, HEALING comes for self mentally and physically - and growth spiritually.

**1082-2**

**F 40**

**11/12/36**

22. (Q) Any mental or spiritual advice for the body?

(A) Keep FROM the hypnotics or narcotics as much as possible, for these tend to produce a reaction to the whole of the eliminating system that clogs rather than clears. Hence those properties suggested here to be taken internally are given as those influences that will overcome these inclinations. When the pains become TOO severe, use a hypnotic rather than narcotic; but get away from these as speedily as possible, not to cause too great a distress.

Let the mental forces know, not only that there may be help by following these things suggested but that the source of all healing comes from within. These are not curatives that are indicated; they are to PREPARE the body that the cure may be produced BY the activity of the system itself! For it is in its very nature CREATIVE! Give it the opportunity to create, to reproduce CONSTRUCTIVE forces; physically, mentally. These arise from the spiritual forces within the body itself.

**808-13**

**F 33**

**12/7/40**

13. (Q) Any further suggestions for the physical and spiritual improvement of this body?

(A) Keep the attitude that as the physical body is the manifestation of spiritual life and influence, it is to be used in a constructive manner as to bring hope and cheer into the lives of others. This is a reasonable service, as an appreciation, as a duty, as an opportunity for expressing the divine in self. Be expectant in the opportunities. These WILL present themselves in many ways.

**262-83**

**Study Group Series**

**6/9/35**

10. (Q) [585]: Would the conflict between spirit and flesh cause one to be affected physically, to become tired or even ill?

(A) RELATIVELY so. As He gave, "For whether is easier, to say, Thy sins be forgiven thee; or to say, Arise and walk?" Or again when confronted by that which had become as a disease, as a temperament of the body, as the wantonness of the flesh, He said to the woman, "Where are those thine accusers? - No man, Lord - Neither do I accuse thee; but SIN NO MORE." What took place then in the experience of those

## PRINCIPLES OF HEALING CIRCULATING FILE

individuals spoken to by LIFE, Light and Immortality? These were concentrated and centralized upon the activity of what? What has ever been the builder, body, mind and spirit? As given, the expressions are in the physical, the motive force is the spirit, the mind is the builder. What was builded? Those bodies had dwelt as individuals do (as may be illustrated in habit) with the interconsciousness of the necessity of the expression of something within self which brought dis-ease, the natural result of what? An at-variance to the divine law! Hence it may truly be said that to be at-variance may bring sickness, dis-ease, disruption, distress in a physical body. It is true then that the mind may heal entirely by the spoken word, by the laying on of hands, dependent upon the CONSCIOUSNESS of the motive forces in the individual body. Yet those requiring material expression to create a balance may necessitate drug, knife, water, heat, electricity, or ANY of those forces that are yet what? What is the spirit? The MANIFESTATION OF GOD! The CREATIVE Force working in, with and upon what? The awareness, the interconsciousness of the BODY, the mind, the spirit, as separated in individuals! O that all would gain JUST that! and not feel, "Yes, I understand - but my desires and my body and my weaknesses and this or that - and I didn't do it." Who else did?

This may be a hard statement for many, but you will eventually come to know it is true: No fault, no hurt comes to self save that thou hast created in thine consciousness, in thine inner self, the cause. For only those that ye love may hurt you.

**KEEP FIT FOR A PURPOSE**

**1190-1**  
**M 10**  
**4/29/36**

32. (Q) Are the injections he is getting doing him any good?

(A) These do at times, you see. But the causes of these, as we find, need to be removed. For, as indicated in the applications, there are the applications for the effects that have been created. There are applications for those that have first CAUSED conditions. Thus we will produce, as was indicated in the first, a coordination throughout the whole of the physical and mental reactions of the body.

These, then, are only allaying (the injections), with the hope that the effect of these will be either to make for a throwing off of these disturbing forces or for a localization of same. However, if localized and operative forces were to remove the disturbing member, the causes would still remain - and would NEVER create in the experience of the body the whole mental coordination with the physical and mental abilities of the body itself!

Hence we would make rather those applications as suggested. And these done, we may bring the normal activity and give the bodily functions better coordination and give the opportunities for the mental and spiritual development.

As should be remembered by all, though one may maintain a physical body near to normal, unless it is for a purpose other than for self-aggrandizement, how little has the soul gained?

**633-10**  
**M 27**  
**2/13/28**

10. Don't become so overanxious as to rely upon either the mechanical adjustments or the general reactionary forces from specific exercises; but be rather the master of self in the determining to keep fit. But keep fit for a PURPOSE!

## PRINCIPLES OF HEALING CIRCULATING FILE

**949-10****M 23****4/15/38**

5. We would keep in the attitudes for not only keeping physically fit but for a purpose, and it - the purpose - of a constructive nature.

**3400-1****M 39****12/9/43**

7. Then, in the life purpose - be serious with self. Are you living the purposeful life that you would have others to see? This is not a questioning of you. The question is in self! For each soul gives account for the deeds done in the body. Each soul gives account of the deeds done in the body!

8. To whom do they account? The divine within their own selves!

**3230-1****M 56****9/21/43**

3. In giving the interpretation of the causes and the manner of correcting the disturbances with this body, we find that - if the body will accept same - there are other things and conditions in the mental and spiritual body also that should be taken into consideration; else why correct a physical being or body only to use for self's own indulgence.

4. For, the sources of much of those disturbances that are a part of the physical condition in the present arise from a disregard of many of those things pertaining to the answering "Am I my brother's keeper?"

5. These, then, should also be taken into consideration.

6. While there are pathological disorders it is well that a body-mind, and a body-physical mind and being, be not only good but good for something - other than just considering self.

## PRINCIPLES OF HEALING CIRCULATING FILE

**1056-2****M 38****4/30/43**

3. In giving those suggestions as may be helpful for this body, all of that which has been indicated for the body should be taken into consideration; as to causes and sources. And there should be those applications made as we have indicated, consistently, persistently, if the body would be rid of those disturbances which have so upset the body.

4. If the body prefers just to take a pellet or pill, those things that have been given at varied times, such may be continued - but it only allays.

5. These conditions are part of an experience of the entity, and in its study, in its analysis of the purpose, the cause of life, the cause of a disorder in a life experience, if the entity or body becomes antagonistic to self or to those about self, it is only kicking against the pricks. For, know - it is self ye are meeting; not someone else. That others are in the position from the material angle of being responsible for the individual entity is their karma, their selves, - not thine own self but THEIR selves they are meeting!

6. Each soul pays for his OWN shortcomings, not someone else's!

7. Then, in applying the spiritual, mental and material laws so as to make all of these coordinate in their relationship one to another, - this is what was meant by the command to the individual soul to be fruitful, to multiply, to subdue the earth. Too oft does the individual apply this only to secular or sexual associations, when it has nothing whatsoever to do with such in the spiritual or mental self, but has to do with the spiritual and mental in controlling, in governing self, self's appetites, self's desires, self's impatience, self's wilfulness. Thus does one multiply. Thus does one SUBDUE the influences of materiality.

8. If this entity, then, will analyze self, self's purposes, seek to know the first causes, seek to apply - physically those suggestions we have made for physical corrections in the body, as they have been outlined, - and then in its relationship with self, with others, make application of those influences just indicated, - we will find that life and its experience in the earth, as related to self and its associations with others, will become a reality, worth living; joy, peace - as promised in Him, who is life, who IS the way. And ye will find it, if ye will apply thyself therein.

9. It is as much a mental and spiritual application that is to be awakened as it is a physical. Materially ye will awaken it by subduing and applying those suggestions given.

## PRINCIPLES OF HEALING CIRCULATING FILE

**1303-1****F Adult****12/8/36**

13. These are then conditions to be met and to be overcome; not only effects but the basic causes of same.

14. As we find, this will require then some patience, some persistence, some periods of the body taking not only precautions but being very persistent, very consistent with itself and with its activities. But if these are done, consistently, persistently, we may bring back to the body quite a different outlook, upon life. And we will arouse those emotions not only to be good but to be good for something; and this the body has almost lost sight of.

15. Being merely good for self's own satisfaction doesn't satisfy a very great deal in the last analysis of the purposes of an individual experience in associations with others. But to become a channel through which hopefulness, helpfulness, patience, long-suffering, endurance, loveliness in its expressions to others, makes for life and its experience and its expressions and its outlook upon life more and more worth while. Something to hope for! It's not all just to live nor yet all JUST to die. For as the tree grows (and when it passeth or falleth), so it lies, and it has not changed that it has lived or experienced. For only that an individual soul is able to give out does the individual have. And ye cannot create a surrounding or an environment for self or others of that ye do not express or experience within, not only the own mind but the own body itself.

16. These hindrances have come, then, for a purposefulness - if they are to be used as stepping-stones to understand self and self's relations within a creative world - yea, a really beautiful world, if the beauties will be sought and not the sordid darkness of disappointments or failures or ill health. For if you continue to look for ill health or sordidness or disappointments or darkness, how has the law been given? "As ye seek, so ye find - as ye sow, so ye reap." If you are looking for these, ye cannot find happiness or contentment or harmony or peace, either in body or mind; neither can ye give out other than discontent to others in thine own self of self-expression.

17. First then begin with this ideal and this idea; that the corrections can be made, will be made, "IF I will only choose to have same that the usefulness of this experience may be worth while, not so much for self but spent for others; that I may indeed have love and hope and faith in my own experience.

**2545-1****F 35****7/26/41**

11. The physical disturbances in the body have been from the material angle an excuse, a stumblingblock to hinder the entity from preparations, from carrying on in those directions for the material preparation through the mental self. But continuing in the manner that has been outlined for the entity, those defects may be overcome; for those changes in the ability of the body to meet the physical conditions are being set. Hold fast to them; knowing that thy life is an expression of the divine, thy health is an expression of thy faith and thy hope in that divine power within thine own self.

12. Know that there must be the answer within self for each purpose, for each desire; and the choice is within self.

## PRINCIPLES OF HEALING CIRCULATING FILE

13. Know that there is nothing that can hinder thee from fulfilling that purpose for which ye entered this experience save thine own self. For, as ye study nature, as ye study the expression of life in the various planes of consciousness about thee, ye do not find the rose - because of hindrances - attempting to be a blade of grass. Ye do not find ANY influence that is brought to bear in nature deflecting from the attempt to fulfil that purpose, that state of awareness which it has been given.
14. Then in thy own consciousness, - ye are indeed a child of the King. Thou ART a helpmeet in the creation of the earth, the world, the thought of same. As a child of the living God, then, quit thyself as such; knowing that upon His power, His love, His promise ye can put thy trust. For His promise is, "Though ye may be far afield, though ye may be discouraged, though ye may be troubled, if ye call I will hear - and answer speedily."
15. What - ye may ask - has this to do with those problems, those perplexities that are in my experience today, now! What are the urges that have brought about that material, mental and spiritual outlook that is mine today?
16. Ye are a result of that ye have been...
19. And know that there is NO influence, from any urge, greater than the WILL within self, IF the self first know self, knows the own inner purposes, knows the abilities, - physically, mentally, spiritually.
20. Then, let's analyze these - and find that by which ye must make manifest.
21. Minimize those things that are hindrances or faults.
22. Magnify those things and urges that are virtues, in thy choices, in thy daily life, in thy activities and associations.

**1520-2**

**F 41**

**2/23/42**

15. Doing these, as we find, offers the better help in the present. 16. The results will depend upon the spiritual attitude for helpfulness, and the trust in the healing forces of the Divine for PURPOSEFUL living.

**1088-1**

**M Adult**

**10/13/35**

35. (Q) Any other suggestions at this time?

(A) In the corrective forces for the body, as the body attempts to make for those changes or alterations in its physical reactions for physical improvement, let the purpose and the mind be that the OPPORTUNITIES that are offered through the recuperative forces will be used CONSTRUCTIVELY, unselfishly. Thus life and experiences to the body may become more worth while.



## PRINCIPLES OF HEALING CIRCULATING FILE

**2514-7****F 23****5/25/42**

14. (Q) Will they ever straighten out? [knees]

(A) Will tomorrow ever come? This depends, to be sure, upon the responses, the desires, - and then have you considered what you will do with them when they straighten out? Are they to be used for gratifying of self, or to the glory of God? These things consider also. These are not to discourage, - these are to ENCOURAGE. KNOW that all is possible in Him.

**3433-1****F 48****11/30/43**

16. (Q) If carefully followed, how long should it take for this treatment to have effect?

(A) A year or two years or seventy years - what's the difference! It it building to use the time for constructive activities or for the gratification of self? If it is for the gratification of self, you'd better let it alone. If it is to be for constructive influences in the lives of others, begin. But begin by praying about it and making the promises - then do keep your promises to your Maker.

## PRINCIPLES OF HEALING CIRCULATING FILE

**889-1**  
**F Adult**  
**4/12/35**

20. (Q) Any other suggestions for the body?

(A) Do these, keeping the mental attitude in a constructive influence; knowing that in the application of these things we only fit the body for a better expression for its purpose in the material world. Not as for the aggrandizement of self alone, but that the body, the mind, the soul, may be as a channel of blessings to others in the name of Him that is the Giver of all good and perfect gifts.

**1968-9**  
**F 32**  
**7/25/43**

16. (Q) Please give any other information that would be helpful at this time.

(A) Keep the body not only in the way of being better physically but better physically FOR a better mental and spiritual purpose. Be purposeful! Expect something! Require much of self in thy relationships to others, to the glory of the Creative Forces! and life will be more worth while.