

OPEN YOUR THREE WINDOWS!
BODY, MIND, SOUL HEALING



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YOUR HOUSE WITH THREE WINDOWS

Human life can be compared to a house fitted with three windows of the body, mind, and Soul. Through these openings come pouring forth the three kinds of divergent perfect light of God, known as *Health Rays*, *Faculty Rays*, and *Wisdom Rays*. These Triad Rays are responsible for the perfect health, mental equanimity, and enlightenment of the Soul of man. That is why man is spoken of as being created in the image of God. But then arises the question: if man is made after God's likeness, why does he suffer in so many ways? The answer is: man as a Divine Child shares the independence of the Divine Being. Man essentially was made as a God, and as such he has the privilege and free choice of the great God to eclipse that image with error, or to keep it unobscured and dazzling with rays of health, power, and peace.

Man has the peculiar independence and free power to live in the house of life with health, strength, and light-giving windows open or closed. Thus it is that when he closes the windows of life, the Ultra Violet Conscious Cosmic Rays are shut out and he lives in the darkness of physical disease, mental disquietude, or abysmal Soul-ignorance. Most people have one or more of their windows of life shut and jammed for years. That is why they suffer from chronic maladies. Their rescue lies in the *knowledge of the law* by which they may open their windows themselves, and bask once more in the all-healing Conscious Cosmic Rays.

Man wants instantaneous healing by God's power, but he fails to understand that the work of healing lies with himself and that God never wanted him to be sick in the first place. God gave man the original privilege and free choice to receive Rays or shut them out. God cannot change His law arbitrarily just by the bribery of special ceremonies or blind prayer, or partiality. He can be moved only by the law and love. Love is law. When man closes the health-power-and-light-giving windows of life and keeps them closed indefinitely, he must himself make the effort to open those windows again to let the freely-willing-to-help, knocking-to-enter, Light in.

All physical diseases, psychological inharmonies, and Soul maladies born of ignorance come from man's own fault of shutting out the Rays of God. And the logical, lawful conclusion is, whether knowingly or unknowingly, he shuts the health-giving windows of life, he must open them again by self-effort. Ignorance of law cannot be an excuse for escaping the effects of a law which is broken. There are many ways of opening the three jammed windows of life. Those ways can be generally named as *Healing*. And healing in general can be classified as Physical Healing, Psychological Healing of worries, fears, nervousness, and so forth, and Spiritual Healing of Soul-ignorance.

BODY, MIND, SOUL

Classification of Healing

1. Healing of *bodily diseases*.
2. Healing of such *psychological diseases* as fear, anger, bad habits, failure consciousness, lack of initiative and confidence, etc.
3. Healing of such *spiritual diseases* as ignorance, indifference, purposeless life, intellectual pride and dogmatism and theoretical metaphysics, skepticism, and contentment with the material method of existence, ignorance of the laws of life, and of his own divinity, etc.

It is of paramount importance that equal emphasis should be given to the prevention and cure of *all three kinds of disease*. Each causes either bodily, mental or spiritual suffering in man and must, therefore, be remedied by every suitable method of cure.

The attention of most people is fixed solely on the cure of bodily diseases, because the latter are so tangible and obvious. They do not realize that their mental troubles of fear, despair, bereavement, worry, violent anger, lack of self-control, and their spiritual suffering through ignorance of the clue to the mystery and meaning of human life are still more important and overpowering, and that *all physical diseases originate in mental and spiritual inharmony*. Ignorance of the laws of *mental hygiene*, and of the spiritual art of living are responsible for all human bodily and material suffering. If the mind is free from the mental bacteria of anger, worry, fear, etc., and the Soul is free from ignorance, no material disease or lack can follow.

We do not want sickness in body, mind or soul. We do not need medicine, or mental or spiritual healing if we are well. By ignorance we break the laws of harmony by which the body was created perfectly by the Spirit, and then we seek methods of cure. We want to be diseaseless in every way and for that reason our whole concentration should be directed towards the prevention of physical, mental and spiritual diseases.

PHYSICAL HEALING: OBTAINING HEALTH

So many people do not realize that uniform health depends upon:

- (1) Proper eating
- (2) Less eating
- (3) Fasting
- (4) Conservation of vital [sexual] energy by self-control
- (5) Proper exercise
- (6) Fresh air and sunbaths
- (7) Proper elimination
- (8) Good thoughts and cheerfulness
- (9) Calm meditation

Avoid over-eating, wrong eating, over-indulgence of any of the senses and lack of exercise.

About (6):

Take **sunbaths** as often as you can, from 10 minutes to one-half hour, according to the strength of the sun.

Breathe deeply at least 3 times in the fresh air, 6 times a day. First, exhale quickly through mouth and nostrils, then inhale through the nostrils only, slowly, counting 1 to 12. Hold breath, counting 1 to 6. Exhale, counting 1 to 6. Never forget to do this while you are walking outdoors.

PHYSICAL HEALING EXERCISES

Energization Exercises

The *rejuvenation [energization] exercises* teach how to concentrate the mind and energy principally in exercising and healing. All methods of healing – physical, mental, and vital – become limited without knowing that the unlimited power of God alone is working behind them, and that His power of healing is almighty and is sufficient by itself.

Vital Healing Exercise

In the *vital healing* of any body part first inhale, hold breath, then feel the breath in the lungs converted into energy. Visualize that energy reinforcing the energy in the medulla. Then concentrate upon the point between the eyebrows and centralize the energy there, feeling it as a warm force. Then divert the energy from there to the diseased part, feeling that power burning up all disease.

Mental Healing

Concentrate upon both feet and imagine a warm electric force trickling all over the soles of your feet. Do the same with calves, thighs, haunches, abdomen, stomach, navel, heart, left and right lungs, each of the fingers, palms, forearms, upper arms, throat, back of head and top of head, in the middle of the head, in the eyes, in the ears, nostrils, and mouth, in the liver, kidneys, intestines, and wherever there is disease or weakness. Concentrate the mind on the weak or diseased part and try to feel that a warm electric force is descending from the mental chanting of **Om**, fifteen times in each place or body part.

When the law is fulfilled, and when one is completely willing and unfailing in enthusiastic practice of the above methods and with faith in God, then healing can be instantaneous, just like the germinating and growth of a seed which has touched the properly irrigated soil. Plough your mind with concentration and put the seed of the Spiritual exercises therein and water them regularly with faith, and then your harvest will be Spiritual abundance.

PHYSICAL HEALING THROUGH ENERGIZATION

No disease is incurable! Some diseases are beyond the reach of medicines, which are by their nature limited. When a disease is persistent and long-continued, and medical aid and other ordinary methods fail to cure it, it is then called chronic or incurable. The fault of deficiency in the medicine, and its inability to cure, are illogically transferred to the disease. The medicine is incurative—so doctors call the disease incurable! But *the power of the Infinite is unlimited and can heal all disease*. Medicine has its uses, why deny facts? But it is strictly confined to certain limits. If a disease is beyond medical aid, that is not the time to despair, but rather the time to put your faith on the *Infinite power who is omnipotent*. Medicine cannot help you if you just talk about it and do not use it; similarly, faith cannot cure unless you use it and not simply talk of it. In mental or spiritual healing, one must have faith to ‘burn the boat to walk on the sea.’ Would you not rather doubt the aid of limited material forces than the power of the Infinite Spirit?



Yogoda (energization exercises) will be found to be the surest and most effective remedy for *bodily* diseases and inharmonious conditions of the *mind*. It acts as a healing balm for nervous affections and abnormalities. Stomach and abdominal troubles quickly yield to this treatment. It cures constipation by accelerating the peristaltic action of the intestinal muscles and quickening the secretions of the liver, pancreas, etc.; it cures headache, gout, and rheumatism by regulating the circulation; it eliminates colds, bronchitis, etc., by properly exercising the air cells. By its aid the general vitality is markedly raised, resulting in a wonderful development of tissue strength and unexpected nerve vigor, thereby insuring greater longevity. Memory and brain power are also increased through greater blood supply. *Yogoda* teaches the art of *consciously sending the curative life energy* to any diseased body part.



Yogoda (energization exercises) teaches how to surround each body cell with a ring of super-charged electrical vital energy and thus keep them free from decay or bacterial invasion. It keeps not only the muscles, but all the tissues of the body, bones, marrow, brain, and cells in perfect health....The special psychophysical technique of *Yogoda* enables one to connect the specific Life Current existing in the Medulla Oblongata with the Cosmic Life Energy which surrounds and permeates the body, thus insuring an inexhaustible supply.

MENTAL HEALING

The mind is the creator, designer, architect, and the supreme builder in the body, is the supreme power to effect healing. The materials and parts of an automobile are manufactured outside and brought together, but the body parts are all grown from within. The repair of an automobile may be effected through parts brought from without. The repair of an injured body part almost wholly takes place within.

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Words that are saturated with sincerity, conviction, faith and intuition are like highly explosive *vibration bombs* which have power to explode the rocks of difficulties and create the change desired.

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Affirmations For Special Cures

If you have a tendency to become angry at slight provocation, find the affirmation which has the most meaning for you and repeat it to yourself until your subconscious mind is clear of all tendency to anger and harsh speech. Live a godly life yourself and everyone who crosses your path will be helped just by contacting you. Criticize and reform yourself. That is where your greatest problem lies. Affirm Divine calmness and peace, and send out only thoughts of love and good-will if you want to live in peace and harmony. Never get angry, for anger poisons your system. Try to understand people who cross you, and whenever anybody tries to get you mad, mentally say: "I am too comfortable to be angry, I don't want to be sick with anger." If you are angry and affirm with anger in your heart: "I am peace, I am peace," your parroting peace will mean nothing, but instead you will develop more anger.

If you affirm, *I am rich*, with a belief that you will never be rich, you will remain poor, for your negative thoughts will keep you paralyzed, impotent, and unable to initiate the right *modus operandi* which will yield you the desired result, and if you mechanically affirm, *What is the use of prosperity affirmations anyway*, then of course, no results will be forthcoming.

Individuals would do better to start affirmations in a whisper, or mentally, and with deep, ever-increasing mental affirmations. All loud affirmations by a group may be started loudly or softly, but must end in chanting them mentally for some time in silence, until the words change into vibratory messengers of thought let loose in the ether to execute their desired errands. In group affirmations it is best to take a sentence. Let one man repeat it or explain its meaning, and let him warn the others of the danger of mechanical utterance of words without thinking of their corresponding meaning.

SPIRITUAL HEALING

Frequently the question is asked: "What is the power that really heals?" We answer: "If medicine heals, why doesn't it heal everybody?" Neither is healing due entirely to *mind power*. A certain amount of *body preparation* is necessary for body healing. If you keep on eating wrong foods, you will die, even though you take medicine. You must obey the laws of good health. You must obey the laws of God. Then, if you are sick and you look for someone who can give you mental healing, if you have faith in him, he will be able to help you. If you believe in a doctor, go to a doctor; if you believe in a mental healer, go to a mental healer, but you *must believe in God above all*, who gave them both the power to heal. The medical healer depends upon chemicals, but what is behind the chemicals? The power of God. Nothing can operate without God's power. God's vibration is in the medicine. Omit God and everything is sunk in darkness.

Electricity and *rays* will be the future medicine of the word. And when we advance still farther, *thought* will be the medicine. Millions of volts of energy are right in your brain. Each gram contains millions of volts of current, and this energy is all over your body.

To give up the use of will power would mean to disconnect yourself. Just from the protoplasm on the third day in the embryo, the bones and the matter of the body are formed. When a soul is being born, the will and energy create the body for the soul.

When you work for God, when you meditate and dream of the power which is within you, which talks to you through the blade of grass and every nod of every leaf, then you know that you are not surrounded by death, but by the immortal breath of God. You forget your immortal nature and you are looking at the limited surrounding of the material world and that is why you say that you are limited, and so on.

SPIRITUAL HEALING: *The Terror of Disease*

Why is disease so terrible? Because it produces pain and death. Disease must be cast out from the body, mind, and soul. Disease is not only detrimental to your material aspirations, but to your mental and spiritual aspirations. You can't think of God with a headache, nor can you think of God when you are being riddled with bills, jealousy, and so forth, and when you are at war with yourself.

Suffering has been more or less in the world always. Our bones are brittle and they break; mentally we suffer from melancholia, and other mental weakness and fears, and so we see that we can classify all diseases in three ways: Physical diseases born of bacteria; transgression against the body leads to accidents; mental diseases born of mental weaknesses, such as fears and worries, and the greatest of all diseases: ignorance of the Soul.

Your first and foremost duty is to *clean this temple* of the demons of bacteria. There are many and various ways to do this, and I bow my head to the great doctors and the great scientists and saints who have been the cause of mental healings. You must outlaw counteracting thoughts and actions. Stop those actions that create in you the disease.

Find God! Vibrate energy and mind power and charge the body with that energy and destroy the demons of bacteria with the flaming energy of God. Burn the demons of disease. Bring God, not by imagination, but bring Him through vitality. Bring God by affirmations and say: "God is in my food; God is in my mind; I am healed."

The Master-minds of India have shown that the Divine Power works in a practical way, provided you have contacted the Divine Power. What is the way? What is the way to bring the unlimited power of God: how to tune your mental radio with the Divine Harmony of Music so that it will destroy all disease and let the vibration of God pass through.

Ignorance is the cause of all suffering. Remember this: if you heal your mind of ignorance, you have healed the body, mind, and soul. Always remember that you are much more fortunate than many others. If you know the laws of Truth, you will be able to obliterate diseases and make yourself what you want to be.

Cheerfulness is very important to health. It is the best antiseptic that you can have, plus the thought that you are all right. But at the same time, along with right thinking, you must live right. You must not be a fanatic and think that you are all right, and still every day indulge in wrong living.