

A short review of:

The Science of Psychic Healing

by Yogi Ramacharaka

This book is intended to be a plain, simple, practical presentation of the various forms of Psychic Healing. We have said very little about theory although giving a general outline of the underlying theories that the healer may understand the nature of the work he is doing and live tried to make the book tell "how" to do the work.

Contents of this review:	page
Publishers` notes	2
The Purpose of this book (first chapter)	3
Concluding Advice (last chapter)	5
Contents	7

PUBLISHERS' NOTICE

This book is not a book of theories it deals with facts. Its author regards the best of theories as but working hypotheses to be used only until better ones present themselves. The "fact" is the principal thing the essential thing to uncover which the tool, theory, is used. The sanest thinkers the best investigators hold no theory, not even the one dearest to them, that they are not ready and willing to throw away when a better one presents itself, whether that better one be discovered by themselves or other persons. This is the true philosophical spirit.

It is true that this book may appear dogmatic rather than argumentative. But the author knows of no better way to present the facts of the subject, concisely and to the point free from the web of theory, and the quick sands of argument. And so he has decided to take the liability of the charge of " dogmatism, " in order to deliver Ms message to you in the style that lie feels will recall the greatest number, and thus do the most good.

The facts stated In the book are true, and may be so proven by you in your actual practice, if you will but follow instructions. This, after all, is better than argumentative proofs that fail to prove.

The best way to get the benefit of this book is to start in to put its teachings into practice. Do not be content with merely agreeing intellectually to its propositions, but get to work and do something. This is the only way for you to get the benefit of the book to get your money's worth from the book.

The author has placed in your hands the operation of a mighty force of Nature you must do the rest. He has pointed out the way you must take the steps yourself. He has opened the door, but you must walk through it yourself.

We ask the reader to acquaint himself with each and every one of the several methods of healing taught in this book, before he determines which he prefers to use. The wisest will take a little from each, rather than to tie himself down to any particular method or system. AH are good, but some will be better for individuals than others. The author mentions this fact, and tells yon how to select.

The methods described in this book may be used in self-healing, even when it is not so stated in the text. In fact, self-healing is probably the favorite idea of the author, who believes in people doing things for themselves, and being independent, so far as is possible.

We trust that you will appreciate the value and simplicity of this book, and will put into practice its important instruction.

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THE PURPOSE OF THE BOOK

This book is intended to be a plain, simple, practical presentation of the various forms of Psychic Healing. We have said very little about theory although giving a general outline of the underlying theories that the healer may understand the nature of the work he is doing and live tried to make the book tell "how" to do the work.

In introducing the subject we wish to say that we have not tried to make a religion of Psychic Healing, for this seems a folly to us. We do not see why Psychic Healing should be made into a religion, any more than should Drug Healing, Massage, Osteopathy, or any other form of healing. All true healing results from an application of perfectly natural laws, and the power employed is as much a natural law as is electricity. For that matter, all I natural laws are of "divine" religion, and are equally worthy of respect and reverence.

There has been a great tendency in the Western world to build up religious or semi religious cults around the work of healing. Each cult or sect claims that its cures and healing is the result of some special creed or metaphysical belief, notwithstanding the fact that the other sects make cures in about the same proportion. The Oriental is not deceived even self deceived in this manner. He is taught from childhood that there are many subtle forces and forms of energy in Nature, which may be taken advantage of and pressed into service by Man. To the Oriental there is much mystery and awe about electricity as about psychic force in fact, he sees them as but varying forms of the same thing, and he respects them both. A little reflection will teach anyone that this is correct. All Energy and Force is a manifestation of Prana (the Hindu term for the Principle of Energy) and the Oriental teachings are that Prana has Mind behind it that it emerged from the Mind Principle of the Universe. We cannot speak at length of these theories here, and must refer students to our "Advanced Course in Yogi Philosophy" for fuller information, if they desire the same.

The above facts being true, it follows that the Oriental psychic healer fails to feel that jealousy and prejudice regarding practitioners of other forms of healing, which, alas, is so prevalent in the Western world. He believes that any form of true healing employs the same force and power that he is using notwithstanding the difference in the methods and he respects the same accordingly. He naturally prefers his own method, but does not abuse his neighbor for preferring another method.

Moreover, the Oriental healer is taught from the beginning that there are certain natural laws of the body, which must be observed in order to maintain health, or to restore it if lost. He believes that that which makes the healthy man healthy will make the sick man well. We allude to the natural laws regarding nutrition, elimination, breathing, etc. We have set forth our conception of these laws in our book, "Hatha Yoga", and will briefly mention the same in the succeeding chapter entitled "The Natural Laws of the Body", to which we refer all students, strongly advising them to acquaint themselves with these natural laws before attempting healing work. We are fully aware that many "Western schools of Psychic Healing ignore these laws as too material", but one has but to look around him to see the folly of that position. Natural laws may not be defied with impunity.

We believe that if people would follow the teachings of "Hatha Yoga" there would be no need for healing of any sort, for all would maintain health. But people will not do this, and therefore healing methods are necessary. And we believe that Psychic Healing is the best and highest form of Healing known to man. But even Psychic Healing will not, and cannot, effect a permanent cure, unless the patient will change his or her habits of living, and will endeavor to live in accordance with Nature's laws.

So therefore, again and again, do we urge the healer to acquaint his patient with these natural laws of the body "Hatha Yoga" and while giving the healing treatments he should endeavor to work in advice and instruction regarding the natural laws of the

body, so that when the patient is healed he will live in such a manner as to promote health, and to hold the ground he has gained, and not slip back again.

We believe that these two books companion books "Hatha Yoga" and "Psychic Healing" will give one the "Key to Health".

This book is not intended as a treatise upon disease. On the contrary, it says as little as possible about disease, and prefers to keep before the eye of the student the Healthy Condition, and the means of bringing it about. Therefore you will see but little of symptoms in this book. Symptoms are but various indications of a cause behind them, and we believe that there is only one general cause for disease, and that is improper functioning of the cells. In other words, we believe that all disease is but Cell disease. And we believe that the general treatments given in connection with the principles laid down in "Hatha Yoga", will remove the cause of the trouble, and the symptoms will then disappear.

We will not take up your attention with praise of the systems of healing taught in this book. We believe that "the proof of the pudding lies in the eating", and we say to you, "Try It".

Have confidence in yourself, and in your healing power. It is your Divine heritage, and is not a gift bestowed upon but a few. It is a general gift and natural power that may be developed by practice and confidence, and instead of decreasing by use, it grows in proportion to its use. It is like a muscle that is developed by practice, but which becomes soft and flabby by non-use.

But when you begin to make cures, and hear wonderful reports of your success, which may seem miraculous to those around you who do not understand the subject, do not become puffed up or conceited, and begin to believe that you have some special gift or power. This is folly, for all healers are but channels of expression through which the natural forces and energies flow. You are but an instrument in the hands of Natural Laws. Do not forget this. This thought may be turned into a source of strength if you will look at the other side of the proposition and remember that you have the forces of the Universe back of you.

We advise the student to carefully study, and acquaint himself with all of the methods taught in this book. After doing so, let him select the methods that appeal most to him being guided by intuition. Let him, if he is so led, take a little from one system and a little from another, and combine them into a system of My own. Let Me "take My own wherever he finds it". Do not deem it necessary, to tie yourself to any one system, or to wear the "label" or "tag" of any one school. Beware of labels and tags on the mind. Be *YOURSELF*.

CONCLUDING ADVICE (last chapter)

Now that we have acquainted the reader with the theory and practice of the various forms of Psychic Healing, we wish to say a few words to him regarding the practice of the healing's power that has been described.

In the first place, do not make the mistake of becoming bigoted, and narrow in your views of healing. Do not follow the example of so many of the practitioners of drug healing, and revile and abuse those who may differ from you. Be broad be generous be liberal. Give each man the same liberty of opinion that you demand for yourself. Do not force your views upon others, but always be willing to answer a courteous and earnest inquiry for information.

Do not start in to abuse the drug practitioners. This is not right from any point of view, and as a mere matter of policy is unwise. Make your own work so good that people will seek you on that account, and do not try to build up a practice upon the abuse of others. There are many drug practitioners who are splendid men, and who, at the bottom of their hearts are in: full sympathy with the finer forms of healing, but who are not able to express themselves fully, owing to popular prejudice and the fear of getting into trouble with the medical boards.

Such men give drugs because they have to do so, and at the same time manage to "work in" psychic healing without the knowledge of the patient, which fact accounts for the success of many a quiet physician. As for those abusive members of the medical fraternity, who go about resiling the mental or spiritual healer why, just let them alone. They will reap their own harvest of hate and abuse, and so do not commit the folly of entering into their whirlpool. Practice "passive .resistance" toward them, and you will find it far more efficacious than the "active resistance" of the world about you. This is a truth known to all students of occultism, and is one of the most "practical" bits of advice known to man.

Do not neglect the attention to the natural laws of the body, as mentioned in an early chapter. See that the patient acts in accord with these natural laws of his being, and will be thereby enabled to get much better results, in a much, shorter time. Proper nutrition, and proper elimination must be had before any system of healing is effective. And no matter if the patient were cured instantaneously by the most powerful form of psychic healing, still, if he were to continue to neglect the primary physical laws of his being he would sooner or later get back to his old diseased condition. This is a fact that many psychic healers ignore or refuse to accept, but rest assured that it is absolute truth, and that it will be found to be fully operative at all times, and in all cases. Common sense will show the correctness of this view of the matter. Don't be like an ostrich, and hide your head so that you will not see the truth regarding the physical laws. Do not let metaphysics make you refuse to recognize physics. This is as absurd a position as is that of the physician who refuses to see the great truths of metaphysics.

Be full of the spirit of Love and Kindness for your patients, but do not allow a false sympathy to cause you to take on their conditions, or to let them drain your vitality from you. Refuse to allow this, and do not let yourself become "passive" to the patient, or to exhibit a "negative" condition to him. Keep "positive" and "active" in your relations to Him, else you may discover the effects of the "vampirism" of some sick people, who like nothing better than to drain the vitality of the healer, that they may be benefited or strengthened. Give them the benefit of your knowledge and skill, but do not allow them to absorb your life and vitality for that does not belong to them. So, therefore, do not "let go" of yourself in the direction of "feeling" their condition too strongly beware of a certain kind of Sympathy or rather, of something miscalled Sympathy.

The nearer you are in consciousness to the Source of all Power, the greater will be your healing power. Remember always that back of all the Power of the Universe is that Infinite Power, which is the source of all Power and Energy. Remember that you are as

a particle of this one Infinite Life, and that all that is Real about you is so because of your relationship with that Infinite Being. Try to realize this fully, and you will find that with the recognition will come a strength and power far surpassing anything that you have before known, or acquired by any other means. This is the source of all real power, and it is open to him or Her who seeks it.

The following Affirmation or Mantram may be found useful, if repeated before giving a treatment:

AFFIRMATION OR MANTRAM

Oh, thou Great Infinite Power Thou Great Flame of Life, of which I am but a spark I open myself to thy Healing Power, that it may flow through me to strengthen, build-up, and make whole, this brother (or sister) in Life. Let thy Power flow through me to the end that he (or she) may receive thy vivifying Energy and Strength and Life, and be able to manifest the same as Health, Strength, and Vigor. Make me a worthy channel for thy Power, and use me for Good.

Peace be with thee, in thy Healing Work.

CHAPTER	page
	The Purpose of the Book 5
	Natural Laws of the Body 7
	The Instinctive Mind 9
	Mind in Cells, and Cell Communities 10
	The Three Forms of Psychic Healing 13
	The Principles of Pranic Healing 14
	The Practice of Pranic Healing 19
	Pranic Breathing 25
	Pranic Treatments o go 28
	Auto-Pranic Treatments 32
	Thought-Force Healing 35
	Suggestive Healing 41
	Practice of Suggestive Healing 44
	Suggestive Treatments 48
	Self –Suggestion 51
	Mental Healing 53
	Mental Healing Methods 55
	Metaphysical Healing 57
	Spiritual Healing 59
	Practice of Spiritual Healing 61
	Concluding Advice 63