

**The Miracle
Of Your
GLANDULAR SYSTEM**

Derived Completely
from the Works of
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WHAT THIS BOOK IS ALL ABOUT

Each of us has three great operational systems in our body : (1) the circulatory, (2) the nervous, and (3) the glandular. These three great designs are closely related, inter-dependent, and associated as to function. In this study we will separate the glandular from the nervous and circulatory systems.

In order to fully understand the function of the family of glands, we must first know the purpose of the body organs and what to do to avert trouble or complications which have been imposed upon us. This we know will require some serious study.

For example, until very recent times the world of medicine did not know the real purpose of the spleen or how its relation to the stomach and the bile aides in our digestive process. The spleen has a very great function and is of absolute necessity in a normally organized body.

In this book we will come to know our glands. We will learn to manipulate all of our body organs mentally. We will learn mental control as well as physical massage brought about by controlled body movements.

Because we have not lived properly nor exercised correctly, our body organs have developed adhesions and to the extent there are adhesions, there can be trouble.

All of our so called blues are to be found in adhesions which tend to sap our body energies. That is how old age creeps in ! We lose our buoyancy and the figure that goes with youth, real youth. We experience a constant tired feeling and occasional sudden exhaustion. For example, melancholy can develop when there are adhesions between the liver and the intestines. Because of that dragging condition we get the blues.

In a body free from adhesions the organs are controlled by virtue of their own force and power. The magnetic field of operation is free. The individual will be happy, joyous, always in a good mood, never cross, mean, or angry. Awakened at any time of the night, the eyes will open quickly --- wide and clear.

With the magnetic field of operation working freely in the body we are always ready to apply ourselves to the tasks of the day, knowing that the means are ever available to accomplish all those things which we desire to demonstrate in our lives, for new health fulfills new purposes.

O. Z. Hanish, M.D.

HOW YOU CAN ACHIEVE GOOD HEALTH

The human manifestation is not a physical being in the true sense of the word. Nature intended for man to become equally spiritual in expression. To be spiritualized, to be able to make contact with any other similar materialization throughout the universe --- one way this can be accomplished is by awakening the glandular system.

The study of the glandular system is truly a most challenging endeavor and a complicated one too, if we were to go into tedious detail. There is so much to know because of all the mental phases created in man, the results of which show in the glandular substances supplied to the brain. The one cannot function without the other --- no glandular system --- no brain. But the brain, like the bloom of the tree avails us nothing if this bloom, these buds, these flowers, are not turning into fruit reaching and gaining the roots of the spirit.

The brain is our sum and substance by virtue of which we are able to come to a thorough understanding of ourselves. Our heart can only bear out all that our mind is capable of comprehending. Even the heart and heart culture avails us nothing if the brain --- the vehicle of the soul --- lacks the balanced glandular activity to expand and come to full maturity.

What is to be done ? We must learn to animate and re-animate and charge and re-charge these brain cells. Even science admits that only a small portion of the brain is still not being used to its full capacity.

The circulatory system assures us of a more perfect organic operation; the nervous system gives us vim, vigor, strength and vitality to carry out our better living program.

But we must awaken the glandular system to be able to charge the brain cells, releasing the intelligence contained therein for the paving of the way to absolute freedom from limitation and disease.

We will learn, with such understanding and confidence in ourselves, in every part of our being, that we know every particular group intelligence, for every organ has its own intelligence by virtue of the relation of the component parts.

The system works in groups, not as individual entities and individual cells, but everything in your body works together and all the diverse parts have their particular intelligence and this intelligence has to have full sway. For this reason we instruct our intelligence, these group intelligences; we instruct them as to their purpose and they in turn educate their cellular part.

It is a process of education and information --- informing yourself as to what is expected of each and every group, and then it works well. Talking to oneself is the proper and right thing to do and we want to remember to establish a rapport with the various component parts of our make-up and not to leave it to the mind to continuously counsel and control. It is wearing on the mind and also depletes our body energies.

There are no limitations. Whatever we expect to reach, when it is reached, it is not the end of our endeavors; it is only one more of those innumerable, uncountable, unlimited revelations that are ever waiting for us to accept. Life is continuous and with it comes harmony, ever unfolding.

Only a few are born with a glandular system so far developed as to remove all tendencies to fear, doubt, and uncertainty. The rest of us need to train ourselves to find better ways to use our glandular system in order that we shall have a fulfilling and rich life.

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BY

DR, OTOMAN ZAR-ADUSHT HANISH

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Chapter One

THE 3 PHYSICAL BODY SYSTEMS

As I have previously stated, only a few persons are born with a glandular system so well developed that they go through life free from uncertainty, doubt, fear, and even without the enervating effects of worry. This is because one side of their make-up balances the other. They are in harmony with themselves.

The rest of us must train and educate our-selves, for the majority of persons go through life with sorrows, trials, tribulations and heartaches of every description. A man, robust and strong, falls

prey to arthritis, ulcers, gout, and cancer because there is a lack of physical unity within his glandular system.

Such a thing as "dis-ease" does not really exist. Every cell that makes up this cellular system is absolutely perfect and possesses health and strength. Every one of our cells contains its own intelligence and will perform its part with ease so long as there are no cross currents of confusion.

When negative interferences set in the glandular system is imposed upon and compelled to separate itself to the confines of its own realms. Once separated from the brain, the effect upon the person becomes apparent in different phases of illusion, delusion and lack of awareness. Caught Up in this web, the individual is not capable of asking himself, "Why am I sick ? What shall I do ?"

If we are here to create and re-create, then we are also here to rebuild our human constitution that it may become fit to reveal the intelligence which lies embodied in every particle of our being.

In addition to the health of the body which we must have and the power of mind which we realize, we will eventually be conscious of the infinite designs, and for this we will need to know ourselves better.

The Role of the Glandular System

Will we, or can we know ourselves better through the circulatory system ? Do we know ourselves better through the nervous system ? We may know many things based upon sight, hearing, or the senses in general. We may become physically strong, and powerful with knowledge and we may be endowed with the vigor and vitality to withstand strain and pressure -- and still lack a high level of consciousness.

Consciousness depends upon the third of the great systems which govern and control life, and that is the glandular system.

The circulatory system, when it is controlled scientifically and understood as to its method of operation, assures perfect performance. It keeps the organs in their respective places assigned to them by nature. It is designed to be self adjusting due to normal, natural circulation.

Organs such as the stomach, liver, and intestines are controlled by the nervous system, and so long as the nervous system receives a certain amount of energy, these organs are cared for properly. For example, the liver will furnish the required juices to increase the process of digestion.

Where there is perfect, proper and normal assimilation due to the dual action on the part of the stomach and the liver, vitamins are a creation within the process of this plan of nature.

The Art of "Nourishing" the Brain

When vitamins appear in our bodies due to the process of assimilation they are capable of attracting, by virtue of their dual nature, all salts and acids necessary to induce a distilling process. Because of the combination between acids and salts, an ethereal substance is created. These energy substances are later taken into the glandular system after they have been thoroughly refined.

This spirit substance is then carried to the brain --- not feeding the brain --- but quickening and animating it as the spiritual energy passes through. Soon the substance will evaporate and be

carried off through the sweat glands, the breath, and other natural channels as the work is accomplished --- that of vibrating, recharging and reinforcing the brain cells.

Through this smooth process of nature the individual becomes more certain of himself, confident in his conduct, and more positive. When he has the truth he knows his position is right, for all is in accordance with natural law.

It is the glandular system to which we should now turn for a program of better living. We have learned to stimulate the nervous system and its corresponding lines within the circulatory system and have become more conscious of the organs of the body. But we need to awaken all of our body cells. The tissues of our being must become alive, agitated, by virtue of their own operation paving the way to a higher, a nobler and more inspiring understanding of ourselves.

We should ask ourselves the question, "How can such a state be accomplished ?"

We are beginning to understand some of the things that pertain to life and eternity. We have learned to the extent that our brain has been developed and controlled by the mind, and to the degree that the mind is attuned to the operations of the soul, the psychic state, realizing its at-one-ment with spirit. We have seen but not comprehended ! So we continue to seek that desired state of conscious revelation through inspiration.

If we want joy and happiness everything must work in accordance with the perfect design. It is all planned and fixed for us and we need only to appeal to that part and portion to which each gift of nature is assigned and all phases of the good life will fall into place.

As more and more we begin to use the intelligence we have to help, ourselves, we shall take dominion over our bodies and consequently the state of our affairs.

We Paint Our Own Picture

When an artist paints a picture it is his own creation. It belongs to him and he can do with it as he chooses.

We are the result of that same creative energy which has been used in creating worlds and planets or planetary systems and that same creative energy is within each and everyone of us. That one Intelligence governs evolutions and evolutionary processes and, as we too are intelligence materialized in a small measure, we can apply those same evolutionary laws to our daily walks of life. We can use the creative energy to the extent that we can exercise that ability.

Leonardo Da Vinci observed, "Chance favors the mind that is prepared."

This means that in order to reach that coveted point of realization we will need a smoothly operating glandular system. We should study ourselves with that goal in mind and at the same time have a love and desire for more knowledge of the operations of the abstract side of our being.

All our development is conducted through and by virtue of our mind and heart. We must have love for all things. For this reason we were told, "Have ye love for one another." This includes ourselves and all that we do. We cannot expect to have a healthy body, a beautiful garden, an efficient office, or a profitable business unless we have an unbounded love for it.

An art teacher with a flourishing studio became very ill with throat cancer. She closed the classes and for a time had many sad and disappointed students. Upon the recommendation of one of them, she became acquainted with her glandular systems. She learned how to talk with her glands, to know them and to bless them. She began to imagine her doctor as she went to him on her scheduled appointments. She kept imagining his astonishment as he pronounced her

cured. Just before going to sleep at night, she joyously saw herself back again with her students.

In less than a month she was in fact back in her studio teaching oil painting. One of her students went on to become a very famous painter. The artist found herself in larger facilities and enjoying life as never before.

More and more we come to realize that everything in nature is set by fixed laws. Though we may scheme and manipulate, nature often decides otherwise because we have within us everything needed for perfection, so wonderfully arranged until we begin to "control" it for ourselves.

Revitalizing the Circulatory System

We can stimulate the circulatory system through foods, drinks and strenuous gymnastics thereby rousing ourselves to a higher pitch but in the end we find that it is not lasting nor beneficial to the body.

In order to obtain a feeling of well being, the first step is to relieve the glands of unnecessary weight. What would that be ? Our food. Not that the glands can be fed directly or that they can absorb food but the food selected should be the kind that is easily digested and assimilated and will place no burdens on the body organs. The proper diet brings fewer problems for the glands.

Whenever we select the diet that is conducive to our temperament we can improve the quality of our blood, the performance of our nervous system, and the reduction of weight pressure --- all of which tend to impair the functions of our organic make-up. When we practice good nutrition we assist the glandular system for it can then more easily create the internal and external fluids that we need for strength and vitality.

When the circulatory system was first "discovered" impetus was given to the study of the human body bringing forth a wealth of information that cannot be overestimated. Once the sympathetic nervous system was revealed to us many methods were devised to revitalize the ganglia and along with it we began to realize the important role that nerves play in maintaining normal body functions.

As we began to comprehend our potentialities we realized that as the glandular system develops, then the intelligence faculties come to the fore through the performance of the brain. These intelligences establish themselves throughout the various parts of the body --- in every cell and tissue. This is why we need to learn how we can train our tissues and cells to revive, rejuvenate, and recreate, for in them lies all the atomic power which contains the life-giving secrets of the universe.

As we have grown in our understanding and knowledge we have learned that everything in nature is dual in its operation --- it operates in both directions. We know that our blood, with its red and white corpuscles, is controlled, governed, and directed by a magnetic field. The larger the magnetic field, the more it can expand, then to that extent the control on the part of the circulation becomes normal in accordance with fixed law. The intelligence then awakens to its own consciousness or realization, and for this reason everything that is to be expected of the circulatory system is being conducted in a harmonious and orderly manner.

Attuning the Nervous System

By forcing and controlling our nervous system we can make ourselves perform for a certain length of time --- and then we collapse.

The mental sphere would always be at ease. We should consider our minds as a king on a

throne, sending out orders. Then if each attendant performs its particular part everything is carried out and working well we shall have more time and more opportunities to be in the condition to be able to think.

When we feel perfectly relaxed and are at ease, that tranquillity is transmitted to the mind so that it can charge the group intelligences with information to perform their part.

The more we relax the easier it is for us to take our position in life. Step by step we acquaint ourselves with the means at our command to pave the way into eternity. The power for the nervous system lies in the breath. The heart distributes body energies, and the brain reveals to us the treasures of our nature.

If there is no connection between the brain and the glands we are senseless. We want to know what is hidden deep within our brain cells for they are of inestimable value, and we can begin to know as we adjust our glandular system.

Many persons have taken what is called "Heart Culture" and the study of refinement and culture. Naturally they already have that tendency and adapt easily to everything pertaining to refinement and culture. But should one converse with them on topics of philosophy, science, art and music, for example, we discover how little they truly "know".

They are refined in their own atmosphere, but if another element is involved, they become lost and are capable of being as mean and cruel as the lowest form of humanity. That kind of "heart culture" is of little value for if the mind does not correspond to the vibrations of the heart, if an equilibrium cannot be established, how valueless is that type of culture.

It becomes necessary then, for us not only to know something about ourselves but how to direct our nervous system too toward a harmonious equalization of the total being.

To facilitate this ideal state of being, we turn our attention again to the glandular system.

Unlocking the Storehouse

The key to the treasure house of knowledge and understanding is to be found in the glandular system, for it contains the most effective means to revitalize the brain cells. This it will do to the extent that the mind is capable and willing to reveal.

The awakening of the brain cells is of absolute necessity to assist us in accomplishing our growth, development and unfoldment. With all the knowledge we have acquired so far, we have not yet gained that coveted level of accomplishment. We need to use our freedom for it will assure us the ability to exercise and use our natural talents.

As the revitalized cells become reinforced, other cells which have been dormant become charged and animated. New thought waves surface in our minds. Things in our lives that we could not account for and which seemed "beyond us" are made clear --- as the system goes on recharging.

The more we unfold and develop the more we keep growing until we reach that state of assurance where we no longer have doubts. Uncertainty does not exist for us and we are not afraid for there is no room for the enervating emotion of fear within a smoothly operating glandular arrangement. We were not placed on this planet Earth to labor, hoard and accumulate. Nor to know trials and tribulations of every description. If so, life would not be worthwhile. Rather, we are here to learn about this amazing universe and the center of the galaxies so far as we are concerned --- in that wonderful creation we have come to know as ourselves.

Knowledge Is Power

In this study we shall need to know about the relationship of things and the law of correspondency governing and controlling the objective world.

As human beings we have all the endowments necessary to protect ourselves from any possible invasion --- personal or otherwise --- all we need is more physical, mental, spiritual and psychic growth. It is imperative that we enter a state of maturity where we do not find ourselves continually sliding back on an uncertain path. We should be cognizant of the steps we are to take, meanwhile doing nothing hastily as we calculate, plan, reason, and at the same time having courage, for whenever we propose to go a step further than nature has endowed us with the ability to do, when we want to develop to a point of greater realization, we cannot expect it to come to us by folding our hands serenely and waiting. It will not come that way.

Our principle glands need to be retouched so that they become active and utilize the sustaining substance which otherwise goes to waste. Through thought and consideration we come to realize that all development has to be conducted through and by virtue of our own mind and heart. Love is the catalyst. It is through the operation of the glandular system that the loving consciousness of the presence of divine intelligence comes to us.

Much worship in this world is simply a form of fear. It is fear that makes persons subservient, not love. Love calls for no language, no string of words, no prayers. It is from the heart. Love knows no possession, no selfishness, for it is uniting, binding, completeness for the purpose of gaining the highest state of joy and happiness in life. The thought of one person blends with the thought of another and we begin to know and enjoy the highest possible state that can come to any human being.

We Begin With A Pattern

A famous mathematician and astronomer observed, "I find that I do not dare to think about the complexity and the variety of things, for whenever I attempt to do so I feel utterly incapable; I find I do not know anything. And so as not to expose myself to myself I just stop thinking. I realize that one lifetime will never be long enough to enable one to comprehend and realize the complexity of all things."

It is true that after we spend our time and money to learn, we all find sooner or later that we know so very little. We have gained a great deal but there is so much more.

"There are more things in heaven than you dreamest of," Horatio stated.

We are reminded of the words of Jesus, "Seek ye first the Kingdom of God." Be bright ! Be perfect ! Do not remain in one little groove but become conscious of the possibilities around and about you --- then all else will be added.

We get so much more out of life if we possess a body wherein we have discovered a means that will accomplish anything and everything. Like a delicate instrument, it will become more and more compact until at last the apparatus will be smaller than a watch, no wires, no poles. You carry it in your pocket and make your own connections --- and then go a step further. In addition to your ability of seeing, comprehending, understanding, you will have the disc which makes it easier for you to see into the realms of spirituality.

Everyone will not be attuned to that same level --- your body needs to vibrate with it to catch it at all. To the individual who is not developing, the instrument will not be useful, for if it was, how unjust the world would be.

Everything worthwhile that we want requires our undivided attention. In the glandular study

our pattern of thinking and body movement is laid out for us. It now becomes our own responsibility to use the gifts that have been presented.

As we turn our attention to these gifts our lives will become more and more meaningful.

So Little Time Is Required

The body movement routine needs to be done regularly, for just a few minutes each day. However, it does demand our attention during those times --- as with anything else. In the practice of music one must exercise every day. During the appointed time, one must dismiss everything else from the mind.

As with any sort of regularly scheduled discipline, when the hour approaches which we have set aside for self improvement, we find ourselves busy with so many alluring distractions. We find excuses for ourselves of every description, willing as we profess to be about our new program. This is a normal and natural course --- for the average person.

To lift oneself from the "rut" of the humdrum life requires only initial effort. We need just a few minutes a day to lift ourselves above and beyond the old level but we do need those moments to realize that we are taking one step nearer our goal.

Soon the temptations and security of the old feelings, which of course are all we have ever known, begin to loose their power over us, and do not charm us as before. We will outgrow them both --- temptations and false security --- and they will no longer restrain our life, for they cannot compete with the grand and glorious opportunities which the world truly has to offer the aware person.

A seedling becomes an edible, delicious and nourishing fruit through budding. We too, may use the same growth principle to charge our glands, and consequently the brain, with a revitalized blood stream and a flow of energy that will quicken the brain and illumine the mind to a higher degree of understanding of life and eternity. It lies within the power of man and woman to delve into the secret chambers of their being and avail themselves of the treasures hidden there and direct them toward a process of reclamation which can result in the successful attainment of any type of endeavor they should choose.

We Need Not Grow Old

We can stay young by developing a higher state of consciousness. The same mental power that has proven itself in the past will continue to do so in the future. We simply need that assurance gained through implicit faith in the knowledge that everything must adjust itself in accordance to time and season, for all that has come to us in the past is from the infinite source. It can never be exhausted.

This attitude is reflected in a wonderfully pleasant long life of confidence, assurance and faith. Through the application of the mind, the brain, there is nothing hidden, nothing strange and mysterious, nothing mystical. Everything is revealed !

It is glorious to see things we never saw before, things we thought could not exist. There are things in this world that are sublime and miraculous in their nature. It is possible to see with the eyes of flesh, to hear the awe inspiring music of the stars, and to know of other worlds. To have these gifts come to us within the range of our hearing and to be able to contemplate them with our mortal mind is one of the goals ahead of us in this study.

If we desire to live a life of revelation and inspiration it is well worth while to develop the latent forces of our being into a higher state of consciousness and realization.

The glandular system is of such great importance because it is the means to final emancipation with absolute independence and freedom. We realize that we need to enter our mind. But how, when the mind is like the shore of a mighty ocean ? How are we going to draw out of that mind what it contains when we think with that same source and power that created the mind ?

Mind is a result of collectivity. It is a unit of all the incomprehensible in evolutionary processes, thus it must be based on something.

We can liken the glandular system to a seed. Not only must the seed sprout but at the same time it sends out its little feelers, reaching for growth and stability in the universe.

There is an ascending, or branching upward, of our glandular make-up and there is also a descending part or counter part. By virtue of its control and development we become acquainted not only with what is contained in the brain cells but with all the functions of our organic arrangements which, like the roots of the seed, sends its feelers into the earth. The chemical compounds of the cell life are carried to the heart of the being. The substance is carried from the cell life, the atom, into that of the brain. We bloom, we bear the fruits of the spirit and we remain young because we become conscious of things that otherwise would require many, many years to have revealed to us.

Today knowledge of the glands has become universal and scientific giants realize the inestimable value of this great revelation.

Hopes and visions are at last fulfilled and what once seemed to be available only to a privileged few has become an inheritance and a birthright to all.

Summary

- (1) The glandular system is our source of supply for better living.
- (2) The first step to feeling better is to relieve the glands of unnecessary weight.
- (3) Our level, of intelligence grows with the development of the glandular system.
- (4) The key to the treasure house of being is found in our glandular system.
- (5) The discipline of regularly scheduled body movements can change your life.

Chapter Two

IF YOUR GLANDS COULD ONLY TALK

"If ye had faith," the Savior said, "to the size of a mustard seed, ye would have power to move mountains."

Translated, this means mountains of sickness, of sorrow, of poverty --- mountains of everything. If we had faith to the size of a mustard seed we would be able to remove all obstacles and this includes everything and anything, for faith is not a belief; faith is not a creed; faith is not a confession, a denomination.

As the scriptures define it : "Faith is confidence and assurance in substance unseen."

It is revealed in its own due time and season --- therefore based upon principle and law, natural, universal, infinite design : that is faith, confidence, assurance in substance unseen. Substance is that which has reality, exists; that is why we say " sum and substance " --- that which is real. We have faith, confidence assurance in things real, absolute, and it will come to us if we will but apply ourselves. Faith will come to us in its own due time and season.

All of us the world over, who are confident in the success of all our undertakings, still happen to have the thymus active --- at least to the degree that we will succeed in our endeavors, while all those who, in spite of all their knowledge and understanding are failures. It is because we have not sustained our thymus gland.

What shall we do about it ?

Simply arouse the thymus region; relieve the system of any unnecessary pressure; follow the scientific diet, for we must assist in every possible way and manner, if we desire to succeed in all things. Pound, as it were, rub, squeeze, rotate; use every available means in bringing your glands back into full operation The rest will follow naturally, for nature is ever ready to adjust herself, if we will only give her an opportunity.

We still need to pay more attention to our glandular system. We are often prompted, indeed, we are prompted by virtue of the leucocytes or small white disease destroying blood cells in our circulatory system. We become enthused. This is the result of the activity on the part of our leucocytes. We are thrown into ecstasy by virtue of increased vibration of our nervous system -- so great an ecstasy that it seems we have reached illumination.

We are now prompted by the higher self to do things, and we do them only to realize that after all there is something lacking. We even say " it is wrong." We should not say that. The reason we do is because our glandular system is not sufficiently operative, for where it is at work, there is no wrong, which means to say, that, "if my progress is not to be deferred, then I must find the path to final emancipation."

We are now here on this earth in the expectation of finding full solutions to all of life's problems. We are here where we should be to come to an understanding. But suppose we do not come to an understanding ? Suppose we just live for the day --- then " What man soweth --- that he shall reap."

That is all, and that is enough. Further explanations are not necessary. We know what we are about. All of our struggles avails us nothing. All the trials, sorrows and tribulations we undergo avail us nothing. All the sacrifice and the denials we brought, avail us nothing. All these aches and pains, that did not heal, did not ease up anywhere, did not make us any better.

It is wonderful, when we come to think about it, that in looking at this body mechanism of ours through a microscope --- though it takes 1,265,000 degrees of magnification to see it work --- and what do we see at that rate of lense power ?

We see that every cell in the body stands by itself; there is no such thing as interlinking; there is no such thing as adhesive cell to cell. Between each and every cell, surrounding the cell and penetrating each and every cell is the ethereal substance. It is the ether, and this ether will not allow a cell to join another cell. Each cell works independently of another cell; though there may be close relation, there is no contact.

Each now works relatively. They work towards a certain part and collectively, as in an organ like the stomach. The cells and tissues of the stomach work collectively --- nevertheless each and every cell performs its particular part that has been assigned to it, and the cell of one part of the stomach cannot take the part of another cell in another part that makes up the stomach.

Each and everyone of these cells is absolutely individual. Each has its own individual work to perform. It is only by virtue of the consciousness of the soul that they work collectively, move harmoniously. The cell in one part cannot take up the work of a cell in another part. This whole body of ours is composed of cells, of tissues, is not joined, not glued together, a hinged --- together body. Therein lies the marvelous, wonderful part, that in the human body, in the human frame, the cells stand out separately, kept apart by the continuous flow of ether.

In the clay of our body there is no conscious life, being of a crystallized nature. When we magnify and remagnify it only 1,250,000 times, we find therein an adhesiveness, an adhesive substance that holds all these crystals together; throughout the whole mineral kingdom everything is held together by an adhesive substance, not ether.

In the mind every cell is held together by a fluid of adhesiveness. This fluid pressed out and boiled will make a most powerful glue. In this human body of ours all cells are separated by virtue of the continuous circulation of ether. Not until the body is dead and falls into a heap is there no iota of ether left.

That ethereal substance, that soul consciousness known as the individual entity or divine part, disappears.

At first the ether gradually draws away from the right side of the body; therefore the right toes, right foot begins to get cold first. The soul is still in the body, and it starts to move. The ether is being contracted and contracted toward the heart. As it reaches the heart region, it then draws upon the mental sphere, that is, the ether in our brain; it draws that down gradually toward the heart.

That is when we say the individual is already past the state of unconscious. When we observe such a body already undergoing transition, their eyes no longer recognize us. We are no longer known because all objects begin to disappear from sight. The important factors, mind, soul, spirit are being withdrawn.

The ether keeps on contracting and the circulatory system now starts cooling down.

With this ether contracted we will say, to get an idea of it, the entity, the divine spark begins to hide itself in the apparent ball-like substance, and we breathe it off. The feeling, owing to the circulation partly, and partly to the nervous twitching, the soul is still to a degree present, but the unity is gone. We cannot see it, unless we cast a lense upon that process of 2,500,000 scintillating action, a 2,500,000 magnification, to see that ball rolling away, floating off into space.

Glands Are The Key Factor In Our Living Process

Our mind, our soul and spirit, our entity, our divine spark, the infinite is the seed within the glandular system. In the Infinite is contained everything there is, or is to be.

The infinite, so to speak, plants itself in the soil of the universe. And now in making use of the substance, atom, ether, evolves into the outer that which is contained within the inner.

That same process is continuous throughout all of creation and creative things. It is continuous because of the imprint made, the impression made. And we, being of the same realm or source, beginning, origin, each and every one of us is that Infinite Intelligence, having clothed ourselves with all the processes, all of that infinite surrounding. We have clothed ourselves in the infinite. We are clothed with the infinite circumference, and in the finite we are clothed with that which is contained in the infinite space.

That is where we stand as of this moment. Consequently, we continue to study into the subject

matter of being, that we may be spiritualized. The Greeks in their day, searched until they could write these lines. They desired to reach Untus. They said, " to be " Untus, to be --- not we are; but that avails us nothing, because we exist. It is " to be " and the " to be " is the " I AM, " the revelation of the " I AM. "

The savior, attempting to make it clear, put it " I and Abba are as one. He who sees me, sees Abba. "

Whomsoever we see, lo and behold, is the reflex same thought and therefore the same. It is the realization; it is the assurance of it all, and a state of realization. Just as maturity depends upon growth and development, so must our search for fulfillment.

We not only grow physically, we should grow mentally and spiritually. It is all a matter of increasing glandular activity.

To grow necessitates the nurturing of the seed of that which we expect. And the result we expect necessitates a positive growing climate. Mind and body must be prepared in accordance to the seed to be planted, in accordance to the compounds contained within the seed. We must have a corresponding mental soil. But if the soil contains all of the ingredients, chemical compounds and substances conducive to any kind of growth, then, of course, we can sow any kind of seed; but even that seed has to be selected.

We must know something about the quality and purpose of the seed we have planted. All these growths we are fostering will avail us nothing unless we add the quality of persistence as soon as we realize that should a vagrant wind of chance intrude our growth, it is of no lasting quality.

And so it is with all the ideas we gather here and there. We collect them, pile them up in our brain, and every time something occurs or happens to us, we are confused. We must be well founded in our determination.

In all learning, elementary education comes first. We have to know and understand the elementaries appertaining to life. We do have to recreate this whole being or ours. Our very cell-life has to be equal to that of the life of the spirit. Every particle of our being has to be spiritualized, has to be illumined. Each and every cell has to stand out individually. There can be no leaning of one part on another.

There is no use learning about the glandular system, unless we are interested in the subject. Our object should be to restore the glandular system. We have to start at the first rung of the ladder. Little by little, we learn to get control of our physical body.

Some of us are born venturesome, but few are born with the glandular system so far developed as to remove all need to grow so that we can go through life with absolute certainty. Most of us have to train ourselves, to educate ourselves and find the way by which we can best use the glandular system which is our natural heritage.

Say to yourself, " I must learn to know that as a manifested being I am three-fold. I am triune. Just as there is vastness of space, as there is maximum of space, there is its opposite --- the minimum of space, and I, the intervening factor, the third, independent and free from either, using one and both to gain my infinite ends, in which case I have to use consideration. I have to be thoughtful. I have to be reasonable. I must be just, for in dealing with others I deal with that which is of myself. "

What would we think of an artist, who has spent months mixing his paints, applying them to the canvas, because as an artist he desires that his product inspire life ? We speak not of the dauber but of the artist.

It takes months, even years to accomplish his work. He cannot paint continuously. He can put

on a certain color and then wait for days until the different shades and tints have mixed and mingled with that color. Then he paints it all over again with the same color or another, and again he has to wait until the blending takes place. And lo and behold he brushes it over again -- at least seven times before the life proper appears in those colorings.

Now he carries out his theme, his subject, and every day, every few days as the case may be --- it depends upon what he is going to produce --- he again puts a few strokes here and there, until at last, after much painful labor and effort he studies his theme and subject as he applies his colors upon the canvas. He knows what he is about, but nevertheless to approach that which is in his mind, he must study the material he works with --- and at last he is finished !

And when it is finished, do you suppose he is really through with it ? No, he views his work from every possible angle --- first one distance, then another. At one time by day, then under the light, the electric light, lamplight, gas light or candle light, he keeps on viewing it. Not until he is satisfied that it is beyond all criticism is he satisfied that his picture is ready to exhibit.

We should want to apply this same principle to ourselves. Do you suppose for one moment that Infinite Intelligence, after having created unto himself this human tabernacle which is you with all the endowments, attributes, gifts and talents, which he has exercised throughout the whole of infinite space, now that he has accomplished it, does not consider it the most perfect accomplishment ?

Why should you ruin it with an unwise way of life ?

There is a comparison between ourselves and that little seed we put into the ground. As it grows, its growth reveals that the elements, the substance, the ingredients which existed were from a pattern in that seed. The cellular life and cellular accumulations, or expansions and consequently multiplication of powers, is unveiled and contained in the seed.

Where does this potential come from ?

It comes from Infinite Intelligence. Well then, why would we not be able without that seed to create life unto ourselves ? Why do we not draw life out of the air, the water, the soil ?

We know that it takes the seed, and in that seed is contained the sum and substance of the plant to be. The growth unfolds the inner chambers, and these developments reveal to us a state that eventually matures and bears the fruit of the spirit. The fruit of the intelligence is contained in that seed.

Just the same as the seed put into the proper soil grows, comes to consciousness, to its realization of its inherent possibilities, so do we. It is through the process of realization of its tremendous capabilities, and action on its part that reveals whatever lies hidden within itself. AND SO WITH US !

WE USE PRINCIPLE AND LAW

We become active in accordance to principle and law which is established throughout nature. The infinite space and nature of infinite intelligence comes to our rescue. It simply exercises itself and becomes manifest. It does not chase around through space collecting an atom here and an atom there and pushing us together as life. Nothing of the kind ! It directs the surrounding to present itself in its predestined presence.

All the worlds in space are created without the infinite intelligence ever moving out of its position an iota. It reduces circumference to a minimum of its being, and this process of reduction is gradual, and the continuity of this process of reduction eventually calls forth what we call planets or worlds or planetary systems.

These phases of growth call for adjustments on the part of this mechanism of ours, this body of ours, which with its component parts, is the result of many creations and evolutions. We must never forget the dual aspect in the phenomenal, the two great extremes. First, reduction of the atomic and ethereal spaces or worlds, then each and every world revealing the modus operandi of the creative energy, revealing its surface beyond the surface of the radius of its own being or nature.

First reduction, then expansion, because all growth, whether it be that of a crystallization process, whether it be plant or animal, it is the process of expansion.

For what is a tree ? A tree is the result of expansion of the seed, is it not ? And what is an animal ? It is an expansion of the nucleus. And the human body, the human form is the same. It is all expansion of the germ that constitutes, that creates, that makes and surrounds itself with the nucleus. What we call growth is expansion of that germ within the seed.

Therefore, it is a case of conscious development. Everything is a matter of growth and development. To the extent that we follow law and principle, to that extent we advance and reach a better understanding of all the various phases that will be revealed unto us, one step after another.

Can we not hasten things ? If we do, remember we are only too liable to interfere with designs, and if we do that, we have to take the consequences, we have to pay for it. We either become unbalanced mentally or we become visited with all kinds of physical ailments or invite troubles. Then we have a difficult time to gain the means required to reach our goals.

We always have a free choice to do just as we wish. We can do anything and everything. But insofar as it is not within the designs, it is not in accordance to principle and harmony with fixed laws, terrestrial, celestial, universal, we are running a great deal of risk. The whole world is taking chances right along, and therefore nothing is accomplished. We do not gain our points.

As the Savior said, we are not here merely to think and talk about eating and drinking. That is the least consideration, not the important one. The important mission in this life is to realize one's capabilities. To realize what we are really here for, consequently where did we come from, and where are we drifting unless we implement the power of will.

The key is within ourselves. We must heed the plea of our glands. However, most of these glandular exercises will avail us nothing if we have not received our preliminary instructions. If we have not developed a greater state of receptiveness, the exercises will avail us nothing. We will need to be conscious of the ethereal substance that passes around each and every cell, and then through the cell.

Everything causing weight and pressure has to be set aside so that there will be a conscious motion on the part of this cellular body.

Think of the power that is inherent in each and every one of the cells of our body ! Think of the power in each and every tissue ! If we would know or could find a way unto divisibility of our being, would it not be tremendous ?

But there is principle, and consequently there is law. And according to that law everything that is living must come up to that principle. We are not here for destructive purposes, but for the purpose of continuing in the process of creation, of evolution, and consequently destined for perfection.

All the powers and forces we seek are already in us, but we need to control them. We must direct them in accordance to fixed laws. It is for this purpose that we need a state of awakening. We must become conscious.

We are now preparing for that particular part. Why not before ? Because we were not that far advanced. You are not going to take up classics before you can read. You are not going to play classical music before you have learned your fingering exercises. You are not going to graduate before you go to school. And you will not reach the mountain tops of growth and unfoldment before you can perform according to principle.

Summary

- (1) You must have faith in the principle of growth.
- (2) We must pay attention to and practice body movements that will stimulate glandular activity.
- (3) We know that each body cell is absolutely individual.
- (4) We know that our glands are the key factor in our living process.
- (5) We must think as a great master artist in creating, sustaining and energizing body, mind and spirit.

Chapter Three

THE PITUITARY GLAND

OUR FIRST STEP TO PHYSICAL AND MENTAL MATURITY

The pituitary gland is a lump of tissues at the base of the brain and a short distance behind the root of the nose.

It facilitates the consumption of energy. It is a gland that tends to promote continued effort on our part. The pituitary gland controls perception and reveals our thinking. It increases our capabilities. It also affects the bone structure with its marrow; it affects the end of the hair, determining the electric and magnetic fluidum. Therefore, for the proper development of the mind and the body the correct functioning of this gland is most important.

Exercises calculated to awaken the pituitary gland to a greater degree of operation should require your undivided attention. We should allow ourselves time each day for tongue exercise. We should swing our head in perfect rhythm to melodies that appeal to our temperament. Dismiss all else from the mind; forget your surroundings. Let us think simply of the pituitary, that ductless gland, a mass of substance, full of elements turning ethereal which help direct us into channels destined to disclose to us intelligences heretofore unknown.

What was once expected in faith, we may now experience as reality. " What eyes have never seen, ears have never heard and heretofore not entered the human mind, shall be revealed unto you. "

The pituitary gland is about the size of a pea. It is the gland of energy, pep, transmitting unto the mind processes of great vitality. It also controls the bony structure of the body. It is the best protected of all our glands and can only be reached by x-rays. It commands a well protected position. Its activity persists throughout life. Its abundant blood supply make it a very important gland.

Most mental defectives have undeveloped pituitary glands. It has for its purpose the charging of the basic brain, therefore the perceptives. It reveals the way to happiness and success in life, aiding one to see more clearly how to attain success in one's undertaking, opening the way to channels for the expression of talents, gifts, forces and powers.

Belief or no belief, faith or no faith; when the pituitary charges the receptive groups of brain cells, the eyes become bright and one remembers that " I shall be a light unto thy feet. "

The development of the pituitary and the thymus is vitally important. Consistent body movements are of inestimable value to the pituitary gland. A diet of fruits, vegetables and grains are of great value. You must have a clear throat and clear nasal passages so as to effectively touch up this gland in order to have clearness and brightness in the basic part of the brain.

Put everything to a test. Reason does not come through asking, reason is due to mental unfoldment.

The pituitary gland controls the basic part of the brain, therefore not our intellectual, moral, ethical, spiritual propensities. Spiritual and intellectual developments are the result of growth and unfoldment. To enjoy perception we must be observant, we must necessarily first know what induces, what prompts, what controls and directs these perceptives that are located between the eye-brows.

All those cells, that gray matter between the eyebrows within the center of the perceptives determine our foresight and consequently our ability to perceive and eventually comprehend, understand, grasp and realize. Accordingly we become empowered to reach correct conclusions.

When our judgments are not based upon principle and law, then our perceptives are not sufficiently under control. All the misunderstanding in the world is the consequence.

First we need to develop our perceptives and for this reason we are endowed with the operation of the pituitary gland.

Centered Between The Eyebrows

In the process of evolution where the creature grows into the consciousness of sight, or the sense state, and is to be empowered with the sense condition, that creature or animal first gathers the gray matter between the eyebrows.

For instance, the fish. All the movements of the fish, the operations, thinking powers and powers of application seeking food and protection, are centered between the eye-brows. From there the gray matter begins to increase. One brain cell becomes added to another until in the higher animal all the basic properties and propensities are established.

As soon as the basic part of the head receives this gray matter, then these material propensities begin to spread at the back of the head and from there gradually rise to the moral, ethical and spiritual part of the brain. The higher the development of the animal, the higher the properties and propensities.

Of course, the human concept is gauged by conditions, environments, localization and inherited tendencies. One should always accept this as standard. So long as the idea of standardization is applied to our dally life, we will always walk in the right path and the realm of absolute safety, free from all negative suggestions.

The pituitary gland, lying at the base of the brain spreads throughout the whole or the basic part and gradually connects through all sorts of interpolations with the adrenals. These are the safety valves of the kidneys. From there gradually the system spreads, until we find it linking and interlinking with the thymus --- and it reaches out by degrees to the thyroids, and once again they join with the pituitary.

First Gland To Assert Itself

The pituitary gland is the first to develop and assert itself. It should be accompanied by a fully sustained thymus. To the extent that the thymus takes the lead, to that extent do we develop a happy and joyous disposition. This is especially true if, in addition to the thymus, we enjoy a certain part of our ethical or moral propensities, then by virtue of reflexes on the part of the brain and the glands, we are led, directed and compelled by what we call " an unseen power. " Some people go through life without any trouble or accidents and always strike the momentum of a happy medium.

The pituitary gland controls and reveals our thinking and our capabilities. It is also the gland which controls and reveals the five senses in their elementary stages. With further development of all the related members of the pituitary, the senses grow stronger and develop along parallel lines in the mental as well as a corresponding response to the organic part of our nature.

Without the pituitary being in full operation we have no understanding, no reasoning power. Unless the thymus is in working order we have a hard struggle to restore the gonoids or any other gland. Unless we possess perception and a sense of sublimity, unless we have reverence for ourselves and are morally balanced, we can never solve our problems.

The pituitary gland is most needed in these strenuous days of great demands and spiraling costs. We need greater power to cope, to reason and comprehend and above all things --- greater knowledge of application. The less the pituitary system is under control and development, the less is our power of application in our pursuit of accomplishment.

Persons who are sub-pituitary are those who suffer from insufficient secretions from this important gland. Their thinking is voluminous but inconsistent, self-satisfied, yet very critical. They are venomous and set, as a rule, and have a protruding abdomen and tend to be overweight. They suffer from that tired feeling most of the time, with a strong inclination to find fault with all they know.

The hyper-pituitary persons are those of strong features, heavy eyebrows and strong sinews and muscles. In thought they are somewhat executive, commandeering, pioneering, with ideas all their own. At times they are ahead of things and in other respects old-fashioned. They can reconcile their ideas with the three men in the fiery furnace without getting their hair singed. They often run to extremes. They are usually subject to every known ailment.

You should therefore attend to the quickening of the functions of the pituitary and with each day enjoy greater mental powers.

To help with this awakening roll the head upon its axis, roll it with ease from right to left a dozen times a day. The pituitary is first stimulated through the flexibility of the neck.

The pituitary gland controls the salivary glands and with it the water fluids of the kidneys and the bladder in general. But it performs a function which is much more farther reaching, it charges the faculty of perception and the corresponding faculties of basic origin. With the power of perception under our control we readily find the means that reinforce and expand our talents and gifts.

After we are through with our head rolling exercise, the next thing is to activate the power of

breath. Should we find anywhere a slight soreness --- that is the part to be treated and to be manipulated. We run our fingertips right down the neck, rolling and squeezing and pinching, if necessary, right after the exercise. That is the best time to get at the sore spots --- pressing especially at the atlas region, pressing, rolling, rubbing, until you get past the ears. And if you find here and there a cord still a little sore, you want to rub it out. You do not want to let it go but attend to it after every exercise --- because we must have freedom of the atlas.

We want to attend to our neck, in order to loosen up the tissues and muscles, so that we can carry our head with perfect ease for the sake of keeping in operation the pituitary gland and the glandular system.

Vibrational Center Of Operation

Every system must have a vibrational center of operation, a point from which vibrations extend and by which vibrations are being conducted. We simply say the pituitary gland, but it is really a whole system of emanating glands connecting each and every brain cell of this basic brain.

If we were to roll the head for a whole ten minutes, we would experience a throbbing sensation. Normally, it takes about ten minutes to arouse this force. Not until we have had a foretaste of certain mental developments does it dawn upon us of what inestimable value the basic brain is to us. Upon it is based our intellect with its talents and gifts.

All of these gifts and talents are based upon perception --- that means the whole of the basic brain. And as the whole of the basic brain reaches the point of self-preservation, then all such talents and endowments of a spiritual, ethical or moral nature begin to unfold and develop by virtue of additional action on the part of the thymus --- not thyroids but thymus. These two factors --- perception and self-preservation are the two principle factors in nature.

First, we need more action on the part of the basic brain. For this reason we want to loosen up all such parts of our anatomical side that are in direct connection and related to the pituitary-glandular system.

We want to relieve ourselves of every possible tension. We want to be able to send thoughtwaves through the basic part of the brain and from there, in accordance to our talents, to awaken these gifts and through the prompting thereof to guide and direct us.

Do not forget the tongue exercise and the manipulations. Have you ever noticed that at times (not in company, we hope) you have had the desire to clasp your hands behind your head ? This is a good exercise. We do want to throw our head as far back as we can and rest it in the hands, and then once in a while to bear down the head as far as possible in front. With the chin on the chest --- sing. Now note a peculiar sensation. We need more of those little sensations.

We start gently and then put in more and more force to loosen up. Loosen up until it seems that the teeth, everything in the body is loose.

Should this movement make you hot, do not worry. You are being magnetized. You are stronger and that electrifies and magnetizes you.

We are doing the exercises in a scientific manner, with understanding. Our mind and thought always centralizes upon what we are doing for ourselves. It does not take any special time, just a few minutes in the morning or whenever you find a few minutes of leisure.

As far as the humming is concerned, we can do that at any time, in the home, office, or walking down the street, humming lightly. Humming is one thing that is acceptable and enjoyable to ourselves and often to others.

Use The " Loose " Key Always

We should feel the pulsations of our pituitary gland. We should feel a pulsation towards the region of the palate where the pituitary gland lies as a central gland. From that central gland are the extensions reaching out and connecting every cell of this brain of ours. We should want to practice all the exercises calculated to make the pituitary gland more operative.

In order to do so, we must have a very loose neck. The neck must be loose without forcing, without any tension --- that is the key. When we throw the neck around we do not force it. It is by virtue of the will and determination of the mind that the neck just rolls back and forth.

The purpose is to break up all those calcareous deposits --- if any. Even if none are involved, keep on with the loosening movements. The more we loosen up and roll the head around, the better.

You will want to be able to easily touch the chest with the chin. We are often more free to do this exercise before retiring at night.

When practicing exercises, especially that of touching the chest with the chin, remember that forcing will not be beneficial. You must be perfectly loose and relaxed as if you did not care whether the head moved or not. The correct attitude is not to care, but to affirm. For example, I don't care about one thing or another, but I am determined to see that my goals, my longings, are satisfied and will materialize.

The more we think straight, the more we maintain an objective, material and terrestrial line of thought. As you begin to think now and have thought during these few minutes don't you feel as if there were a band around your head, as if there was a narrow ribbon all around it being tightened ? That is but natural. It seems as if the more we follow one trend of thought the cells are drawing together and made tighter. Concentrate consequently all of those brain cells with the pituitary gland and the mind in the epiphysis, concentrate it towards one realm, one wave, one focusing point. We notice then that tightening which means to say that the cells are beginning to vibrate. The pituitary gland is throwing an extra flow towards those cells, spraying then as the vital sprays of substance. It is this spraying process that regenerates our body.

Try and visualize your pituitary gland. Draw a picture of it on a piece of paper so as to impress it more on your mind. Now you can see at last how it radiates, raises and encircles the whole of the physical brain. Never lose sight of this perceptive point. It is like holding the reins on wild horses.

Continue to practice the loosening up exercises. Roll your head around. Then take all the shoulder exercises. All you need do is to put the idea into practice. Then you can invent new powers as it were. Naturally you invent in accordance with your individual nature. Of course remember, you never use force. Always exercise in a perfectly relaxed state. That will loosen up all those cords, ligaments and muscles that are in connection with the pituitary gland.

Roll you tongue as if you were about to swallow it. That creates saliva, which is what we want to do, because the more saliva we create without using artificial means, the better it is for us. In chewing gum we also create saliva but that is forcing it. Rolling the tongue without a medication is a natural process, therefore lubricants will form. The more lubricants that are formed naturally, the more physical substance is being created. It is not only being lubricated, but the ethereal substance which is created will be distributed throughout all the basic brain. As we go on we will see that it is not only the basic brain, but the pituitary gland that is eventually connected with the thyroid, the thymus, the adrenals, gonoids and all other glandular systems.

All glandular systems have their corresponding gland within one or the other side of the brain. Although every gland system operating within our human constitution is of inestimable value in

the development and unfoldment of our mental factors, the pituitary gland needs to be more fully considered. This is true because of its location as a center right at the base of the brain. From there, all of the basic brain factors are controlled.

To the extent that there is the proper rate of vibration we will enjoy the full operation of all of our faculties. Here the blood vessels and ganglia empty their fluids into the gray matter and through volatile and ethereal distillations quicken the cells to renewed operations, connecting the cosmic rays to the extent related and in correspondence with your level of consciousness at the time.

Modern research is just awakening to the facts known to ancient sages who made the brain one of their most inexhaustible studies. For they realized that in the brain were to be found the keys unlocking the storehouse of infinite knowledge.

Summary

- (1) The pituitary gland sustains us in all of our physical and intellectual efforts.
- (2) When we lack in perceptive qualities it is because our pituitary glands are underdeveloped.
- (3) Growth and unfoldment are only possible when the thymus and pituitary glands are sustained by correct body movements.
- (4) Vibration is a necessary part of all glandular activity regardless of whether it is induced by mental or mechanical means.
- (5) All of our glandular systems have a corresponding gland within one or the other side of the brain.

Chapter Four

THE THYMUS

NURTURING GLAND OF THE HEART

The thymus is a glandular body or ductless gland of uncertain function which is found in vertebrate animals. It is located in the thorax near the base of the neck in man.

The big problem is that it becomes vestigial in the adult. That is, it tends to degenerate or grow imperfect when a person approaches middle age. As a developed organ or structure it has little or no utility according to biologists. However, in an earlier stage of the individual or in preceding organisms it is claimed to have performed a useful function. In truth we know this need not be fact.

When verity prevails we will know that all heart culture depends upon the thymus gland. Where there is faith, assurance, confidence, certainty, freedom from doubt and fear --- where there is stamina, determination, there is understanding. All understanding is dependent upon the degree of development of the thymus.

All understanding, no matter what the talents, gifts, endowments, depends upon the thymus gland for further application. The attributes depend upon the moral, ethical and spiritual

properties. And these great factors developed assure a perfect life, for they control all gifts and talents.

We should learn (see exercise chart) to exercise the upper part of the body --- particularly the chest and upper arms. Our purpose is to recharge the thymus gland, which otherwise might deteriorate. When the thymus is not functioning properly, we entertain negative ideas of fear, calamity or frustration.

The song, God Is Love, (see Mazdaznan Hymnal) is used to bring the thymus gland into vibration. We cannot help but feel it in the upper part of the chest, when singing a melody in this particular key and tune. What is the object of vibrating and developing the thymus ? To instill implicit confidence, further assurance, the child-like consciousness of everything good, knowing that our needs will be fully supplied.

The thymus gland ascends towards the back of the brain, running along the fifth and sixth nerves, connecting our eyes, ears, and nose. It is the thymus which when in operation gives one hopefulness, faith, confidence, assurance. Eventually we are able to normalize ourselves.

In most of us the thymus gland dies, becomes dormant, shrivels up due to our imperfect way of life. Our implicit faith is taken from us and dogmas, creeds, contrary to our reasoning power are thrown upon us. Soon we accept them, for we have lost our assurance.

Eventually we accept these negative ideas as truth. While we are growing up we are able to combat these conditions and environments, following the first law in nature, that of self-preservation. The animal, physical propensities, assert themselves and our talents, gifts, endowments and attributes go to make up for the comforts so necessary to our way of life.

Should we permit these conditions to prevail eventually all we know is work, labor, scheming to just keep the body and soul together. All we will think of is to hoard up something for a rainy day. And then sure enough, that rainy day will come ! Greed will then take over.

When you see a person getting away from principle, then you know the thymus is dying. A person with large physical propensities and properties is partly controlled by the pituitary gland. Though he may be an intellectual giant, nevertheless, when there is thoughtlessness, or even criminality, using psychological measures to hypnotize himself to the fact that he is entitled to the things he wants, regardless of ownership. The spiritual propensities, the ethical and moral side is entirely lacking and has to remain lacking as long as that thymus is in a shriveled condition.

A human being is only complete when on parallel lines with truth and correspondingly the brain and the glandular system harmonize. But let the glandular system separate itself from the brain and the individual cannot advance any further than his usual academic studies. On leaving the academy he is then to the world a finished product. All he can refer to is to what he has memorized during his days of formal education.

The person without an education fares no better for his experiences are of no value. Those who succeed in this world are of that happy disposition because of the blending between the brain and the glands. Although they may possess but one or few talents, these people go through life without worrying because of that happy blending --- one side of their make-up always sustaining the other. There is a balance, an equilibrium. When interference sets in, then the glandular system is imposed upon and compelled to separate itself and be confined to its own realm --- to be separated from the brain. Then all those different phases of illusion and delusion set in and instead of returning to first principle, we ask " Why am I sick ? " The reason is simple.

Faith Is A Confidence

When examining these bodies posthumously we find that the thymus is dead, shriveled up. The organ is there, even up to the eye, ear and nose, but it does not vibrate. The brain has no correspondence and cannot weigh matters pro and con. It simply jumps to conclusions through lacking powers of deduction and reason. The individual, lacking reason, simply jumps from one thing to another. All because the thymus has ceased to function.

In order to revive the thymus the chest must be pounded. All of us who still have faith and are confident of the success of their undertakings have the thymus or part of it still working. We have faith. Faith is not a belief, not a confession, not a demonination. It is as the Scriptures define it :

" Faith is confidence and assurance in substance unseen. " This substance unseen is to be revealed in its own time and season, based upon principle and law which is natural and universal. That is faith. Faith is confidence, assurance, in substance unseen. Faith is substance unseen.

This substance unseen is to be revealed in its own time and season based upon principle and law. Substance is that which has reality and existence. That is why we say sum and substance -- -- summa summarus --- that which is real. We have faith, confidence in things real and absolute and they will come to us because we apply ourselves. This faith will come to us in its own due time and season.

What must I do ? Simply arouse the thymus region. Relieve the system of unnecessary pressure. Follow a scientific diet. Pound, squeeze, rub, rotate, use every available means to bring the thymus back to full operation. The renewal will come to you. Nature is anxious to take advantage when given the opportunity. Keep in mind the exercise for the thymus : Hit the upper part of the chest, gently, then harder and harder without causing pain, doing it with a relaxed wrist. This can be done in bed, in the morning, or when we have nothing else to do.

The thymus gland is a gland that can be awakened only through vibration, manipulation, massage, rotation and pounding. Through these movements it can be revived. Rotation is where we vibrate in a circular motion with the finger tips. Revival of the thymus is not often accomplished in a day or a month. If we accomplish this in nine months we are very fortunate.

The question is : Will we be fair enough to ourselves to do these exercises ? when the operation of the thymus is normal there is no such thing as becoming discouraged. Everybody around us may be so, but we cannot. You understand the condition of the others. Their thymus is dead, shriveled up, not operative. It is worth your while to bring your thymus into full operation

Realize that the thymus is one of the most important factors in this material existence. It fits us for everything. In seeing what others do, we know that we can do that too.

While he who lacks this gland or has it only partially developed can apply himself only in part for he will encounter many difficulties. It makes life hard and that is why we have so much discouragement, dissatisfaction and fault-finding. The more we find fault, the more we realize that we lack the thymus. Everything irritates us. Everything is wrong no matter how right it is. The idea of wrong becomes our way of judging. From that standpoint we judge everything. The principle is wrong --- and then we talk about righteousness !

It certainly shows that the part of the nervous system which comes under the surface of the thymus is not supported nor upheld in its ganglionic operations. These ganglia, instead of distributing are of a vibratory nature. They run like a whirlpool, around and around, and of course that makes one nervous, excited, and this wears on the system. They should vibrate in lines. It is not going to kill us. Persons having a ganglia that does not distribute may live to be 100 years or more, but think, of the trouble they undergo and the trials and sorrows that reach

the very heart.

By and through manipulations and correct body movements, the thymus can be restored and developed. By degrees it can be revived. Most of us have been at revivals and have been stirred to action while there. The singing, the continuity of singing increased the circulation while the excitement of the calling for commitment appealed to our emotion of faith, and that will stir even a dead thymus.

At times like these the revibrating on the part of the thymus gets to the very heart and you are ready to be converted; That is the reconverting of gland fluids in the system can take place --- consequently a change of mind, a degree of subjection and giving up. It creates happiness and joy. It may not be lasting but it proves that the thymus, when working, prevents one from entertaining any negative feelings.

With the thymus overworking, one wishes to throw one's arms around everybody. That is the converting spirit, the reviving. It is correct to revive, regenerate, rejuvenate. Unfortunately with some, the spirit of the revival lasts for three days and then IT IS GONE FOR GOOD. It is like the flaring of a dying flame. It seems to go out for there is no substance to feed it.

You hear people say, " I have longed again and again for that moment. I do not know what it was but I do not succeed. Others have the experience I had, but to me it never comes again. "

Everyone of us has had at least one such experience in a lifetime but we did not look into the matter sufficiently. We tend to remain in our state of suspension. That is the only thing that continues in our memory.

To perpetuate our regeneration we must have the means unto growth. We have asked ourselves if the fluids and substances referred to must be lodged somewhere in our being. If we only could keep them we would be able to perpetuate that same state and all the states that go to make life full of joy and happiness. We should sing more, especially early in the morning. The evening is not so beneficial. In fact, if all the exercises could be crowded into the morning, then we will be ready to face the day --- even far into the night. The earlier we arise the more we can accomplish.

The thymus is of great importance. With the loss of its operation we lose faith and assurance. In many cases, when growing in years, we think that certain ideas necessary should not be entertained. we are too big for that which in essence means that we are too poor mentally and physically.

For example, in ordinary love affairs between individuals, love gradually lessens because confidence then has not continued to grow. That is why, losing faith in each other, affection and love disappears and only passion remains. An attempt at tyranny takes place. The reason for it is that the thymus in one or the other has collapsed. Why should that happen ? Because of overindulgence, or not using measures of indulgence in one or more facets of living.

We Can Judge Development

The study of the glands is of inestimable value to each and everyone of us. We should be able to tell the degree of the development of others and judge ourselves accordingly. In that way we are able to achieve a greater harmony. Even in an advanced state of consciousness we need to be cautious and considerate. Why ? Because all of us have brought a certain degree of left-over beliefs from our past experiences.

As Omar and Ainyahita said : " We have allowed the dross to follow us. "

We have advanced and are advancing rapidly but we allow the negative to come along with us

so that whenever we are about to reach a certain point of growth, we suddenly feel ourselves falling. At the same time we are conscious of things to be attained. We know and comprehend but cannot make use of it, for we do not dare.

The song, Just As I Am, conveys a depth of thought. I come just as I am, as I am in reality, as I am in a state of consciousness and realization. That is the way I come, free from everything.

The thymus gland does not touch or enliven the membranes. It does not weigh matters or have the qualities of consideration or the power of deduction. That is not its office, its work. The thymus should stimulate everything in the area of tenacity, or love for material things. These are necessary to up-hold the individual, creating a happy mood or disposition.

There must be no weight on any one of the glands. The body must be free from all adhesions. To help adjust any unfortunate condition, we should always keep an upright position; chest wall up, for back of the chest wall lies the thymus gland which, when in operation, gives us that confidence and assurance so necessary in all our undertakings.

At least four times a day we should take a three minute breathing exercise, consisting of long exhalations --- twice to six times as long as the inhalation, so as to breathe off carbons. The more carbons we breathe out, the more readily the blood circulates and it is the increase in circulation that warms us, while if we tense, we are conscious of cold and the icy feeling to any part of the body. This is particularly true of the hands and feet. Tension holds back the carbons.

Those persons in a hyper-thymus condition (and this is possible) never reach old age unless other glandular functions are developed. To help offset this condition, males should be circumcised and females dehymenated.

Once again, the thymus is a gland that can be awakened through vibration. In most persons the thymus is the first one of all the glands to dry up. It is only vibratory motion, manipulation, massage, rotation that will keep it alive.

To rotate, we take the fingertips and vibrate in a circular motion. Also we can rub and hit, or rub and massage. These are methods to bring the thymus back to life. It cannot be done in a day or a month. The time to begin is now.

We must bear in mind that Whatever we seek we are not going to find in the objective for the objective is already centered, concentrated. We do not want to be seeking, searching, analyzing, but recognizing. To have that sense of recognition we need to know what we are. To be able to answer those questions we must be able to know whence, how, the object and purpose of things.

For example, here are the various parts; the keyboard, there is the case, the string of the piano, the sounding board, the manners, everything --- but you will assemble the parts.

We have no piano; until all the component parts are assembled is it a piano. Even though it is a piano, it still is valueless as long as it is not properly tuned. It may be the very best yet it has not been tuned up to the required musical scale.

When we have gone so far as to assemble the component parts, and tune up, there are still things we have not done. Things which we have left undone. And yet with it all, with all the assembling and all the tuning, we lack the presence of the virtuoso. Who is it all for ? Whose will it be ? For whom is the musical instrument built ? For him who plays, for the virtuoso, that great musician --- God, the Infinite Intelligence.

That infinite virtuoso, that great musician has built that musical instrument, that perfect instrument, that human frame. He had it built and tuned up and it is he who now plays upon it. It is we who should play this instrument, this human frame, the most perfect of all instruments.

We Must Take Action

We cannot just fold our hands serenely and wait. The Savior said, when His parents reproved Him, " Must I not be about my Father's business ? " Must I not seek company where I have an opportunity to express myself ? Must I not seek company, where even though I may not be appreciated, not recognized, nevertheless I must have an opportunity ?

We are able to make our deductions and conclusions from that biography. From that biographical sketch we are to draw our own sketches. Yes, we must be there where we can be about our Father's business. The parents, good as they were, still believed in visiting around. They forgot their duty and responsibility. Their son, however, is going to be busy in the temple among doctors of learning. That is where we all belong. We belong where we can make use of our gifts and talents. We are to apply that now to the individual self.

These component parts of ours have no business to be playing around aimlessly and forgetting our great responsibility in life. We are not to get to that point anymore where we have to be looking for the one who is not there. We look instead to the one that is to be the result of our concentration, the one that is inviting, the one that has come in answer to our prayers.

Our desire has been that we be in the sight of God, that we reach the plane of understanding, that we enjoy that heavenly state that assures unto us felicity. Then we want to remember that inasmuch as the Infinite Intelligence must be and is about its business, we, the rest of us in our make-up, must attend to our part to always remain within the presence of the one, that one that unto us is our goal.

This constitution of ours is the result of universal operations. This universal is born and you become reborn.

The more the real object of life dawns upon us, the more we attend to our body needs, and in so doing prepare ourselves so that our expectations may never be defeated.

It is similar to the preparations we make when planning a journey. We know that time will make certain demands upon us so we arrange matters. Then when the time comes we are able to supply our needs. In this way we save ourselves many untold troubles and vexations.

We must continue to be encouraged, to concentrate, to focalize and polarize our being, to make it fit for enjoying all the revelations that are in store for us.

Summary

- (1) Unless the vitally important thymus gland is nurtured with correct body movements, it tends to degenerate as a person approaches middle age.
- (2) All understanding depends upon sustaining the activity and power of this essential gland.
- (3) Autopsies reveal that the thymus is dead in persons who have shriveled up mentally and physically.
- (4) To restore the thymus to full operation it is necessary to follow a reasonably balanced diet and invoke the principles of growth inherent in the glandular exercises.
- (5) With the thymus in full operation, the basic concept of " love thy neighbor as thyself " and a whole new world or better living becomes manifest.

Chapter Five

ADRENALS --- THE FIRE-POWER GLANDS

We find the adrenal glands in which the strength center of our body is established, to be closely connected with the circulatory and nervous system. Just how essential the adrenals are to our body becomes obvious when these glands are removed. The inevitable result is death.

For example, we know that the adrenals react in a most adverse manner to strong feelings of hate, resentment, or unchecked emotional disturbances.

If a single gland can dominate the life history of an individual, the adrenals can claim that distinction. And further, it becomes possible by studying endocrine traits of physique, to understand life's reactions, disease tendencies, hereditary history and blood chemistry. By pursuing our studies it becomes possible to gain an insight into the constitution of any individual.

We will assert over and over again that the more we become stirred, the more closely is the heart and mind drawn together and a state of illumination sets in --- calling into realization the great possibilities we have in life. With it comes life eternal.

The scientific man is just beginning to realize the vast possibilities of gland awakening. We need the elements which empty into the bloodstream, we need the ether that charges the brain and with it gives power to the mind, releasing the crystallized potencies so needful for real health and further mental development.

An evangelistic revival wave is a fair illustration of one way to awaken the glands, when and if scientifically pursued and practised. Wonderful results may be obtained, irrespective of creed or ritual. In a glandular awakening questions never arise, as ecstasy determines the level of our consciousness and with it the foretaste of a heavenly calling.

The real power of the adrenal glands secretion is established by the fact that adrenalin is injected into the heart of a patient who is dying.

The stronger the adrenals grow, and the more elements they produce the more our anatomical being develops, especially our qualities of perception and the sense of smell.

Step by step we learn to observe and control our organs, senses and systems and it is evident that this will also incite the brain to a greater activity.

In emotionally-healthy persons the adrenals are geared to face up to emergencies and release extra supplies of this vital substance into the bloodstream whenever the need is evident.

We are created perfect, but we need to be re-created, that the perfection still hidden in us may be used to greater advantage. We have grown from out of the circulatory system, having learned to understand and to know that everything in nature is a duality. Our blood with its white and red corpuscles is controlled and governed, is directed by leucocytes, the magnetic field. The more this field expands, can expand, the more we understand the operation of leucocytes --- the more it asserts itself. Consequently, the control of the circulation becomes normal in accordance to fixed laws. The intelligence contained therein awakens to its own consciousness or realization, and everything is accomplished in accordance with the intelligence that is law, and then law and order is established in our body.

From our studies it is quite evident that the greatest emotional disturbances anyone ever has to bear derive for the most part from his own negative thoughts and beliefs. Remember --- that which we accept becomes our burden.

Each of us has two adrenal glands. In size they are about as big as the end of one's finger. The adrenals are known as the " glands of combat. " Reason for this comes from the fact that when we are in great fear, outraged or confronted with an emergency, the secretion of these glands is stimulated and the high-powered fluids are released into the bloodstream.

The more we understand the operations of the nervous system and its corresponding lines within the circulatory system, the more conscious become the organs of the body and consequently the greater the operation of our bodily organs.

when once we have satisfied the circulatory system and strengthened the nervous system we are to remember and learn to reinforce the glandular system. These alone contain the spirit substance and make it possible for us to come to an understanding of the truth. We need to be awakened cellularly; the cells must be animated, charged and re-charged by virtue of their operations. And in turn these must be sustained by an active glandular system.

It is an established fact that the office of the glandular system is twofold. To reinforce the functions of our body organs and to reinforce brain activity. To uphold the organic constitution or to further the development of our mind powers. To empty measured amounts of fluids into our bloodstream or to etherealize the gray matter for greater mental acquisitions.

Unlike the circulatory or nervous system the glands do not respond to treatments or change of diet. They are more susceptible to vibrations like music, color or the magic touch of hands well magnetized.

Melodies of a soothing, quieting nature, with words most appropriate to the temperament, often creates wonderful effects. Put your whole mind and spirit into the melody bearing in mind that breath is the life current.

The discovery of the functions of the various glands revealed that these glands not only possess numerous elements which help to charge the bloodstream, but they develop ether retained by them for purposes heretofore generally unknown. Serious study revealed that the ether corresponds to the elements of the brain and together form the life principle. when charging the brain we quicken the call into operation The intelligence contained therein widens the scope of understanding, and thus increases the storehouse of knowledge. Song, affirmations, and music, together with vibratory exercises are the only means that can arouse the glands to a point of liberating the substance contained in them and so carry it to the brain.

When you are afflicted with suggestions of negativeness, sing and take glandular exercises so as to encourage the flow of glandular substances. Stir the glands to increased vim, vigor, gumption, power of resistance, will power and determination. No matter what the condition of the body, it will aid the power of mind and in turn help you, comfort, strengthen and sustain you with renewed energies.

Glandular exercises are not solely for the purpose of developing the glands but to stir them. Once again, glands cannot be fed. It is difficult to describe the " glandular stir. " The more we are relaxed, the better we understand and become conscious of renewed energy.

To bring about this glandular stir we exercise the different parts of the body, while gently singing some song that appeals to us, conscious of the words, the motion and the melody. All must be done in a perfectly relaxed state. This " stir " must be felt from the top of the head to the soles of the feet.

Through exercises we raise the rate of vibrations of all our glands.

Summary

- (1) The adrenal glands are the source of physical and mental fire-power.
- (2) The adrenals dominate the life history of each individual.
- (3) The fire-power of the adrenals is established by the fact that as a last resort, adrenalin is often injected into the heart of a dying person.
- (4) Our greatest burdens derive from our own negative thoughts and beliefs.
- (5) Glandular exercises are not to develop the adrenals or our other glands, but to stir them to normal functioning.

Chapter Six

KEYBOARD OF THE BODY --- THE THYROIDS

The pressure of energy in the cells and the mobility of that energy is controlled by the thyroids. The thyroid gland is a horseshoe shaped structure which lies at the base of the neck in the throat region. The proper function of this gland is a most important factor as it expels, in accordance with our body needs, the thyroid hormone, thyroxine, which regulates the metabolic rate of the body.

The word " thyroid " is derived from the Greek, and means shield. This is because in ancient times the thyroid was thought to serve as a shield for the trachea.

In addition to its primary purpose, the thyroids are the self-preservation glands which control the intuitive powers and gradually reach into the spiritual, moral, and ethical nature of man. The thyroid controls the lower part of the head, giving stamina, physical strength and endurance.

This important gland is consequently located where it will receive protection, just as the heart and the dynamics are protected. The heart contains within its back chamber the individual entity, while the dynamics perpetuate the body machinery. The whole of the organic side of our make-up, which also includes the circulatory system, upon which the life of the body and its organs depend has to get its start in the dynamics.

This includes anything that has not by nature so far become operative. Anything and everything that is to be intelligently compared, understood, has to issue from the heart. Where there is no direct harmony between the one or the other, we only come to know about life in part.

There has to be a regulation of the dynamics, as there must be a regularity of the heart motion. Otherwise, all of our deductions and problems tend to be one-sided. They must work in unison.

The glandular system has for its mission the bringing about of harmony and unity. It is for this reason that the thyroid system is placed in that strategic region.

The Last Glands To Go

Regardless of what happens the thyroids stay with us. They are the last to give out. When they

do, we are gone. That is the reason science thought that by replacing the thyroids it would be possible for the body to go on living for an indefinite period. Learned men found the correct idea insofar as the importance of the thyroids is concerned. That is, they reached the right conclusion all right, that the thyroids are of great importance, even a necessity, therefore a depleted body can be restored if the thyroids are kept in action.

Consequently, we know that the thyroids are of inestimable value to the life of our being as far as perpetuity or longevity of cell life is concerned.

The thyroidal system is of great importance in maintaining the glandular system. It is the function of the thyroids to perpetuate cellular life, to uphold it for the sake of redeeming the glandular system which sustains our brain cells, the active unit of our mind.

Mind is the factor in the objective to define everything pertaining to the living process. Because the thyroids are of such great importance and the last to give out in our system, the facts are : The pituitary gland may not work; the thymus gland does not work; the gonads being one-sided, operating only on a material plane, then eventually become depleted; the adrenals located above the kidneys can and do give out, or in the majority of cases, become depleted. This simply means the shortening of cell life. Age creeps upon us and we suffer loss of strength and vitality and eventually lose the courage to carry on.

The thyroids absorb chemically the salts conducive to further distilling processes peculiar to the functionings of the glandular system.

The thyroid gland also controls the blood.

It regulates the iodine concentration of the blood. It requires a certain amount of iodine to keep it in normal condition. A lack of iodine in the system will cause an enlargement of this gland, forming the well known goiter. The thyroid secretion is the controller of the speed of living.

Just as the thyroid facilitates energy-production, the pituitary gland is energy-consumption. It appears, therefore, as the gland of continued body activity.

Melody Based In The Thyroid Gland

When we sing out easily and happily we tend to develop and bring the thyroids into operation. They control the vocal cords. They may be likened unto the keyboard of the body. To the extent that we are able to manipulate and control the thyroids, we eventually strike the cords which aid in vibrating and revibrating our whole being.

We should not speak loudly, but if we must, only once in a while --- just to test --- to tune up and try out our vocal cords.

The song, Let Not Your Heart Be Troubled, is a melody based upon the laws controlling the glandular system, particularly the thyroid.

It is designed to arouse the thyroid --- otherwise we would not be particular how we sing since the melody is of no merit. Singing the melody exactly the way it has been written will effect a change in our thinking and feeling, at least to a degree, as those songs are all written according to the laws of being.

All motions of the body, controlled by the mind, are carried by music. Song in a relaxed state becomes glandular exercises --- otherwise they are merely exercises. We have taken up the study of the glandular system and have sufficient proof to establish the fact that the glandular system is the system from which the brain derives its power.

Once again, the brain can only develop and be in action to the degree that there are correspondences with the glandular system. To uphold talents, gifts, endowments with the purpose of directing them into channels more profitable. The brain cells have to be attuned in accordance to the knowledge required, and that can only be done through the charging of the glandular system, for the brain is dependent upon the glandular system.

Two-Fold Action Can Be Yours

The thyroids are of tremendous value because of charging and recharging our intellectual side but it is not only necessary to charge them, we must also take pains to warm them up. If we can get the gonads to work in harmony with the thyroids, we not only have power of application but we have joy, happiness, satisfaction in everything that we do.

It is not " what can I get out of it ? " --- that is the cold intellect speaking, but " Whatever ye do, do it to the glory of God. "

The satisfaction of knowing that you can do it suffices, and all else will and must follow as a natural sequence. The intellect alone when not sufficiently developed, tends to keep us in hot water. After figuring, and even figuring rightly, they are lacking in balance and the power of application and they never arrive at results. Their propositions are not accepted and they have to continually struggle. Whereas if they would harmonize the thyroids and gonads, they would fall into patterns of right action. The more harmony there is in that twofold action, the more will be found in understanding and realization.

The intellect is cold because of the operation of only one factor and that is the thyroid. If the thyroids alone are in operation --- the stronger they are and reach up into the brain --- the more detached our intellect becomes. As we have previously stated, when we can get the gonads to work in harmony with the thyroids in all our calculations and reasoning, we not only have the power of application but we have joy, happiness, satisfaction in everything we do.

Where the thyroids are deficient and the gonads are active but not in balance, we have a serious case. There is a surplus of fluids and the surplus seeks release. The tendency toward rape can be found in this situation.

Products of the thyroids and gonads should meet, develop, until the fluids of the gonads unite and run on parallel lines with the thyroids. The issue of the gonads and thyroids must come together and empty into the mighty area of the brain. The more harmony there is in that twofold operation, the more there is understanding or harmony.

This same truth holds viable in the body of the female. (see my book, The Science of Regeneration) When she fails to keep her organs of sex stimulated either by participation or unclothed body contact, she is short-changing the mixture of fluids that should tend to keep her a normal, active and vitally alive person.

Close To The Heart

The thyroidal system is located where the greatest protection prevails. Of all things, let us never forget the heart. The heart possesses or contains within its back chamber the individual entity, the entity which is equal to the infinite side of being This is the whole of the organic make-up which includes the circulatory system, upon which the life of the body and its organs depends.

The glandular system has for its purpose to bring about the uniting, the harmonious operation of the heart and the other body dynamics.

Anything that is perpetuative must have its origin in the dynamics; anything and everything that

is to be intelligently compared, understood, has to issue from the heart. Where there is no direct relation, no direct harmony between the one or the other, we know of life only in part.

Tenacity Is Important

The thyroids assure unto us health of the body insofar as we apply our tenacity. That is why we have to have the thyroids; why they are here, that in controlling the back part of the brain which includes or has for its controlling, part of our nature tenacity, determination --- as these functions, forces, powers, endowments are being touched up and brightened, lighted, illumined. We never know what it is to step back --- but always go forward.

We need perceptives and therefore it is absolutely necessary that the basic brain is active. Then we add to it tenacity to carry us through, for we do not only want to start a thing, we want to see it through. For therein lies the success of all our venturing. We have to buy our freedom. It gives us vim, vigor and energy, assisting us to push ahead courageously in the pursuit of success.

Glandular Activity Influences Longevity Too.

We cannot emphasize too strongly that the thyroids are of inestimable value to the life of the individual as far as perpetuity is concerned, that is the longevity of the cells. It is the office of the thyroids to perpetuate cell life, to uphold it for the sake of activating the glandular system. The thyroid secretion controls the mobility of energy.

The thyroid was originally a sex gland and played an important part in the transformation of sea creatures into land animals, just as it is to play an important part in our transformation into a perfect body. To repeat, the thyroids absorb biochemically the salts conducive to further distilling processes peculiar to the functioning of the thyroids, assuring our general good health and resisting any and every invasion of foreign germs.

Exercise The Shoulder Blades

Relax, fall into a heap, become conscious of every organ while the chest is erect. Back of that wall is the power, the force unto life's manifestation. Just think of the protection that wall gives to the heart and the dynamics --- these two must be of exceptional value. There is also to be found the thyroid system, with its thymus to clear the way. Perhaps that may make us think a little and make us wonder why it should be so.

All hand-arm-shoulder movements affect the function of the thyroids. To cause the thyroids to distribute their products to the physical brain, use any and all manner of arm exercises.

We rotate the thyroids with the middle finger as well as manipulate them. The best thing for manipulation is a fine brush, like a shaving brush --- it cannot be fine enough. The brush must be oiled --- not dripping with oil, just oiled so as to be soft --- then brush the throat region slowly up and down.

To assist the thyroids employ all body motions and movements where the shoulder blades come into play and thereby are eased. No forcing, no tensing --- just relaxed.

There is a difference in the effect which is altogether different from the other exercises. We feel a warmth in the chest which is not an electric warmth but a magnetic warmth. It is soothing because we are giving life and promise to the thyroids.

Summary

- (1) The thyroid is the governor or regulating gland of the body.
- (2) The mission of the glandular system is to sustain harmony in the body and the thyroid is the center of operations.
- (3) It is now obvious that the thyroid is the gland that sustains continued physical activity.
- (4) Complete harmony of the glandular system is imperative otherwise criminal tendencies take over.
- (5) Longevity depends entirely upon balanced glandular activity and the thyroids control the speed of development of our living process.

Chapter Seven

GONADS - THE KEY TO LIFE

Within the gonads are to be found all of the factors for health and longevity, vigor-our and untiring efforts. Without them, the reverse is true.

Without them, we will be subject to all the weaknesses human flesh can possibly be heir to. When normal and under control, the individual shows an even temper, a clear strong voice, foresight, industriousness, ambition, determination, health and the power of application.

Nearly all the trouble and the chaos in this world is responsible for the insufficient knowledge of the gonads and their care.

The gonads are twofold in power. They contain both the pro-creative life substance and the ability to regenerate the body. In regard to the inherited pre-disposition, the father's chief gift to his children is the possession of their internal secretions. When these secretions are failing in potency, he has nothing to impart to the child. It is according to the purity of his blood and freedom from lack in his secretions that makes for strength of his children

The mother has to supply the whole of the material for the formation of a new being, while the father supplies only the stimulation to this tedious, difficult and heroic work.

It is also known that the gonads charge the spiritual propensities. Without them, there is no spirituality. The deeper one delves into the spiritual, ethical and moral realms, the greater need is there for these finer connecting links.

The more the gonads, within the real of controlled usage, the more the epiphysis watches in order to control.

A sub-gonadic condition, when the gonads are depleted, can cause many so-called diseases such as hardening of the arteries, senility, nervous disorders, rheumatism, gout, and even diabetes.

When we can get the gonads to work in harmony with the thyroids in all our calculation and reasoning, we not only have the power of application, but we have joy, happiness, and satisfaction in everything we do. All else will follow as a natural consequence.

" I must apply everything to myself " --- that is where the thyroids and gonads meet. They meet,

develop and continue to develop until the branches of the gonads unite and run on parallel lines with the thyroids; just like the Sanpu and the Brahmaputra coming together empty in the mighty ocean. That is how the branches of both, the thyroids and the gonads must come together and empty into the mighty ocean of the brain. The more harmony there is in that dual operation, the more there is understanding or realization.

Where the thyroid is deficient, the gonads active but not branching out --- that is a serious case. There is a surplus, and the surplus seeks release. It touches the physical propensities --- Only a small portion --- but the dangerous part of it is manifest in uncontrollable elements. The gonads being of the spiritual type naturally arouse the spiritual side, but not running on parallel lines, there is lack of harmony --- consequently all the operations are of a destructive nature. To the degree that we control the one or the other side, they come together and every time there is a spiritual move, the intelligence reveals itself to our senses and we have a broader understanding of things.

Spiritually should come to us naturally. The gonads charge the spiritual propensities and if they do not do so we have no spirituality. The more expansion on the part of the gonads, the more the epiphysis watches, setting the rails into a trend of thought which will control them so that one's development will continue. But if the epiphysis retires, all trend of spiritual thoughts come to naught. The sexual glands in both men and women contain the creative life-substance which feeds all the other glands. In men it is the prostate gland and the testicles. Once again, the basic principle is : " I must apply everything I learn to myself. "

The gonads being of the spiritual type, when properly treated naturally arouse the spiritual side of man's nature. When they are not running on parallel lines with the thyroids there is lack of harmony and consequently all the operations or acts can be of a destructive nature.

To the extent that we are able to not only arouse but to control the functions of both and reveal them to our senses, we have a broader understanding of all things. It seems as if our eyes see everything within the range of sight. Instead of turning the eyes from one side to the other, we look straight ahead and lo and behold, all that is within the range of sight is concentrated within one focalizing point.

The thyroids are of necessity and value because they charge and recharge the intellectual side. But it is not only necessary to charge them, we must also warm them up. When we can get the gonads to work in harmony with the thyroids in all our calculation and reasoning, we not only have the power of application but we have balance. We have the confidence that comes with knowing that we can do it.

The intellect alone when not sufficiently developed, keeps us in hot water. When we see abundance lacking balance, the power of application is missing. We never arrive at results. Our propositions are not accepted and we have to continually struggle --- whereas if we would harmonize the thyroids and gonads, everything would fall into place.

We will benefit greatly if we rotate the gonadial region by brushing and oiling. This should be done mornings and evenings, when once started. Nature calls for this attention every six hours. The absolute time is 5 hours 47½ minutes, but we may say six hours. This need be done for only a few minutes, until we feel a soothing sensation come over us. That is enough, but the brush must be lightly oiled.

This treatment will be of no help to a person who is not able after an inhalation to hold the breath for 45 seconds and who cannot hold the breath for 45 seconds after an exhalation, or rather to arrest all action after an exhalation for 45 seconds. Exhalation has to become second nature; those who do not take their breathing exercises and who do not attend to themselves cannot expect to make rapid headway unless we observe all the preceding exercises. Robust health cannot be created overnight.

In the manner of rotating, first run the brush along the groins, the pelvis, even the buttocks, and particularly along the sciatic nerve. Keep on with the rotating motion until you feel an electric shock passing through the whole of your body. These shocks will rise to the top of the pineal gland or epiphysis, which is the most important of all the glands in controlling and directing the brain. In bringing about correspondences between our brain cells, we get knowledge, understanding, comprehension and realization.

When you rotate the gonads, you will notice that strength and vitality of the internal secretions will be distributed through-out the body. Then comes the time when we take ourselves in hand, as it were, mornings and evenings or on retiring.

Brushing with a soft oiled brush, first the gonads then the thyroids, then the pituitary gland. By using our thumb, we can vibrate the thymus which is necessary to our well-being. As we mature we need the gonads or sex glands for the purpose of regenerating our physical forces. They must be activated so as to aid in the absorption of the internal secretions. Our blood must be recharged so as to bring about regeneration and rejuvenation. This process of recharging the blood will bring on regeneration of the nervous system.

With the blood and nervous system at our command, upheld, perpetuated by virtue of the renewed action on the part of the glandular systems we save these cells --- that means to say that these cells retain their relation toward one another, bringing about greater perpetuity of the life of the cell and greater development on the part of the brain cells.

The releasing of the intelligences that lie hidden therein means a greater and better understanding of life and its manifold operations.

The most important of all the glands in the adult are the sex glands. Even science admits this to be true and, of course, goes to work and experiments. We do not have to experiment. We know that glands can only operate in a healthy state. There where they spread over a surface, or where they come around or flatten out instead of being drawn together into tubes and tubular substances is where they can become inoperative.

It is only when secretions are created that our hormones can perform their innumerable and diverse offices, having the power of imparting strength to more than twenty different brain operations. Then we can say that the sex glands are working properly.

Our body, and consequently the perpetuity of our life supporting cells and tissues, is controlled by and depends upon the endocrine or ductless glands. These run in parallel or pairs, four of them as twins, controlling and governing the gonads or sex glands.

By virtue of the internal secretions and their hormones which act like messengers and work their way directly into the circulatory system, the blood is charged and in so doing creates leucocytos.

Leucocytos is the magnetic field within the circulatory system which weighs, measures, controls and directs the circulation, making up the consistency of the blood. To the extent that these hormones carry the variety of operations contained within the internal secretions, the nervous system is fed or affected through the blood stream.

In reality, it is a twofold process of regeneration. Regeneration of the nervous which perpetuates the cellular tissue.

All those persons, irrespective of their base (see my book, Science of Self-Diagnosis) for it matters not whether the person is physically, intellectually or spiritually based, should first of all enjoy health of the body. That is strength, vitality, and the ability to apply himself to the daily walks of life. He can work --- nothing wears him out. He can eat anything and everything, and he is capable of living to a good old age. If through some cause the gonads are interfered with, so that the internal secretions are no longer being forced into the circulatory system, the

individual either contracts troubles, disease, or dies suddenly.

He can only live and perpetuate himself as long as the gonadial system continues to operate to release its internal secretions.

Science is now trying to meet this condition when the individual begins to decline, loses strength or ages prematurely by an operation. What happens ? Like with everything in our make-up, wherever you shorten a circuit in the body, there is a time in which an improvement is shown through a reaction. The internal secretions which heretofore were lost are being re-absorbed for sometime to come, say five years, or in some temperaments nine years.

The individual gradually recuperates, but eventually goes for a second operation which means death.

What must an individual do to stimulate the internal secretions in order to supply the system with the fluids necessary to regenerate the circulatory and nervous system ? Instead of vigorous massage we should use what is called the motion of frotating --- from the French. We must practice to achieve gentle motion. It is not pressure, it is a soft caressing motion.

It is to that frotating to which the sex glands of both men and women will respond. They will not do a thing for us if we rub too hard. We squeeze, pound or knead the rest of the body but not to the sex region. There, frotation is necessary, because there it is followed by assimilation. This is the working into one another, it is the frotating action that brings about the desired results.

Summary

- (1) The gonads are twofold in power and purpose. They are both procreative and regenerative.
- (2) Within the gonads of both men and women can be found all of the factors of health and longevity.
- (3) When the gonads are either rejected by religious superstition or depleted by wantan usage of the body, the person is subject to all manner of physical afflictions.
- (4) when the glandular system is out of balance, criminal tendencies all-too-often take over.
- (5) Therefore, the sexual glands of both men and women contain the creative life substance which feeds all of the other glands.

Chapter Eight

PINEAL LIGHT OF THE BODY

The minute pineal gland is of a reddish color, the size of a small pea and is buried deep within the lobes of the mid-brain.

It is also known as the epiphysis, from the Greek, meaning to make grow, to bring forth, to produce.

Descartes, in the 17th century considered the epiphysis to be the seat of the mind. Some persons call it the soul or the third eye.

We are related through the epiphysis to God, the Universe and Eternity.

Watchman Of The Tower

The epiphysis is for the purpose of monitoring all of the operations of the brain and glands, to note which brakes are required and necessary to maintain the body within the boundary lines of the law --- that is, to see that all functions remain within the principles set down for them in the beginning.

Should this important gland neglect its duties for any reason, then it is responsible for what follows --- a collision, a wreck.

In like manner, should there be a slip in the operations of the epiphysis and mind, there is a derailment or thought-wreck. The world at large suffers from these many wrecks and wreckages --- these chaotic conditions. Consequently such a brain cannot come to a full realization of its intelligence --- too much time is required in moving the debris, in cleaning the tracks, and before this is completed there is another wreckage in the making.

When going through your glandular exercises your mind should become a blank. You should think of nothing. Your mind should be at rest. Therefore, it is the pineal gland which should be on the alert --- with a steady hand on the brakes, ready to change courses if necessary, always alert. Those are the momentums, the turning points which must be observed.

It is not the epiphysis that imparts a higher and better understanding of the innumerable operations of the brain. It cannot release its hidden intelligence. It is one unto itself.

The Pineal Controls Every Body Cell

It is established that the pineal gland controls every cell of our being and operates by virtue of the fluid, yielding its etheric elements, animating the brain cells. There is joy in the entire being when even one cell is awakened. One awakened cell will demonstrate that all may be redeemed.

The rays of the epiphysis radiate and scintillate like the rays of the sun. The rays which encounter congenial vibrations are absorbed into the brain; those that find no congenial reception return to the source and are lost.

The epiphysis seeks connection with the thymus. When these two work in harmony, the child-nature of buoyancy and youthfulness continues; but the youthful outlook will cease when there is no respondent action between these two glands.

The mind proper is confined to that part of the brain called the epiphysis. From there the center thought is directed to the different parts of the brain which correspond to the different faculties or divisions of the mind, such as reason, observation, memory and will.

The Pineal Brings Color Into Our Lives

When active, the pineal illumines the whole body. By developing this gland we are able to distinguish colors. With the pineal in full operation we are able to distinguish 776 colors, but that is only a small part of what we will be able to distinguish when all of our glands become more active. The pineal colors and influences our whole outlook on life. We are controlled by light and color. So we must be careful of our surrounding and dress. Color has a great deal to do with the whole vibration of our bodies. If we do not watch the colors prevalent in our surrounding we become ill, mentally and physically.

For a moment just think of the benefit of coming in contact with other evolved thinkers. You feel as though all your cares were dropped, and you get relief because you are in higher vibrational levels than you were before.

The pineal gland is our receiving station. The more we quicken our vision, the more we grow. It is the colored glass of our being that tends to make everything bright or dull according to our own environment.

How To Activate Our Astral Receiving Station

The epiphysis is the sun of the whole system. It is the magnet for all etheric waves, permitting the individual to minimize and comprehend the vastness of space or infinitude, to an infinitesimal fraction of a molecule. This gland has the power to illumine our whole body, light every cell. It is a funnel-shaped organ and vibrates continuously. It is that vibration that sends those waves; the higher the vibration the more illumined we become as a total being.

The epiphysis is composed of a spongy substance, and as we have said, is funnel-shaped, with the large end of the funnel at the crown of the head.

The Rolando fissure is the last part of the skull that closes in the newly born infant. It is like a camera obscura; it works itself round into the brain and the entire body through the spinal cord which is the transmitter. As the spinal cord is vibrating and working, so works and vibrates the entire glandular system. That is the part through which we are related to the universal, the etheric, the infinite. Our state of illumination manifests in the region of the epiphysis which is to be seen in the nimbus about the head of the Saints. Some persons are evolved enough to recognize individual auras. It is, in fact, a real radiation visible to those who have eyes to see. So any way we take it, none of us is wholly separate and apart as an individual; each is a link in the chain of infinite relationships of life. When sitting down in a relaxed manner, working, you should be able to feel this gland and keep it working, until you become a receiving station. Then consciously it will begin to tingle, and you will begin to hear the astral bells. Some persons can hear them because of their high vibrational level.

The epiphysis acts as our own wireless receiving station so that we can catch the infinite thought continuously emanating upon the ever-flowing waves of ether. Our consciousness of this activity or functioning of this universal relationship constitutes the psychic state of the soul.

Function Involves Soul

The soul is the state of universal consciousness, and the function of the soul is to carry the thought-wave from the receiving station of the epiphysis to the spirit which has its home in the human heart.

"As a man thinketh in his heart, so he is." The soul thus becomes the bridge between time and eternity, connecting the shores of eternity and the sands of time.

One should be able to use the mind to reason, consider, weigh pro and con, contemplate, deduct, to perceive, calculate, to be able to discern and discriminate, to apply our talents, our gifts, to be able to delve into the depth of our being, for in so doing we acquaint ourselves with all the corresponding lines surrounding our natures ad infinitum.

"Man, know thyself." Now affirm, "I continue to confide in the power of God and to the extent that I am interested in the objective world, in that Infinite Intelligence, through the contact with the glandular system, all will be revealed to me for everything, as every trend of thought is in our brain. We only need to attend to our diverse glands, thymus and adrenals, thyroids and gonads, to the pituitary and pineal, that there may be sufficient consciousness to control the

thought waves without clashing, and to reveal to me the harmonious laws of life and eternity."

Fluid Conversion Is Important

The most important factor of our glandular system is the epiphysis. Our correspondence with the epiphysis is the part of the generative system which generates the ovaries, on the one hand, and the testes on the other. To the extent that the epiphysis, which is a gland, and the ovaries as well as the testes are glands, they operate on parallel lines, the one should respond to the other continuously. Then in the generative side, or generatives, the fluids are being etherealized. All the fluids being created are not merely for the physical purpose, but to restore and regenerate.

The word conversion is the proper word to use but it is so much understood. For greatest benefit, keep the body relaxed and also the lower limbs --- consciously let one part after the other come to rest without any weight. We have said either testes or ovaries will be activated. There will be a vibration to the right side of the pelvis or pubic bone. (This is the ladder exercise.) Just like the palpitations of the heart.

If you do not notice it for the first time you will know the reason why you did not notice it. That means to say, dead; no generation there. Only the physical side is active, but not the internal side, therefore no conversion. The fluids are created and retained for a time and in accordance to nature's laws, 4 to 8 weeks, and that depends on the temperament of the individual; then nature throws it off again, but does not convert it, and not being converted it will not become etherealized.

Regeneration --- A Matter Of Science

It is regrettable that the church and churches have lost sight of the principal factors in the development of the individual. They have transferred it into the transcendental state, the process of regeneration namely. All of the systems of the world imagine regeneration is a matter of belief, a matter of belief instead of a matter of science --- a scientific truth.

For this reason progress has been held back, just on account of this misunderstanding. Then again they expect the mind to do what it cannot do, unless it can know. A legless person cannot walk; therefore a legless mind cannot develop; it cannot develop any more than that which it has been given at the time of gestation. The mind, the vehicle of that mind, which is the epiphysis, the smallest, the most insignificant of the whole of the glandular system. Because it is the smallest and the most insignificant, almost an infinitesimal part, because of its crystallizations, because of its great power, it rests upon these two feet, as it were, and it depends directly upon its further operations for these two factors on the generative side.

To the extent that we remain materialistic and consider ourselves only for material purposes, therefore not attending to ourselves in a regenerative way, the mind stops. It is only a little portion that is called epiphysis that retains its operation. The brain becomes inactive. This is something we should think about.

Regeneration Expands The Mind

Only about ten per cent of the brain cells of the most intellectual person is in use. Thus statistics show that only two per cent really think. The epiphysis is the organ that makes us think what we are thinking about.

The pineal gland does not charge the brain cells; they have to be charged through the full operation of the glandular system. We must become conscious of the focalization of the mind to its center, the epiphysis and the pineal gland. The mind is a state brought about by the operation

of the brain, and we have as much mind as we have activity of the brain cells. The expansion of the mind depends upon the number of vibrations of cells. The glands are the only factors through which the brain can be charged and recharged, enlivened or recreated, and that requires a process we describe as etherealization.

As to the glandular system, no two glands are alike, and yet the issue of the glands permeate the whole body of ours and end up at the epiphysis --- that is where it centers, and there it takes on the smallest possible form, and within that concentration, it holds the whole power, the life of the individual, the thinking powers of the individual, abstract and objective. From there it operates and proposes, realizes, illumines and all different phases of higher accomplishments take place. It runs on parallel lines with the larger glands of a finely constructed nature, equal to its own --- the epiphysis.

The epiphysis, its ingredients, its chemical compounds, the make-up of the epiphysis is identical to the ovaries or testes. Examination shows that. That should make us think. That should lead us to something. Should open up new avenues. These two : the epiphysis and the generatives are the two important factors; the roots and the crown, the pillars upon which rests the arch of our being.

We expect a pupil has reasoning powers, we expect a pupil to reason and think things over. But you will know no more at the end of the year than you know now, for it is a matter of immediate comprehension. We have to see ourselves as we really are. We need to think of ourselves that way. With every part and component part. We have to see ourselves externally and internally, and as we have said before, our mind has to be able to travel from part to part and from organ to organ and back again. It is in the mind's work --- it is the ray. We call it thought wave.

That is why we say that ideas and opinions are of no value, even though they be objective and subjective or abstract. They are of no value where they are not being attended by the thought wave; that means to say, followed by the epiphysis or the faculty that thinks and goes into the objective. We want to be able to think that way. Then the things which we have never comprehended or understood come to us, where otherwise it would require years and years to understand component parts. It is a matter of exercise and it comes to us. Remember that, for that is why you want to make exercises part of your way of life.

Summary

- (1) From ancient times, the pineal or the epiphysis gland was known as the seat of the mind.
- (2) This important gland serves as a monitor or regulator for the operation of the brain and all of the other glands.
- (3) When active and well-developed, the pineal gland enables us to distinguish color. It also illumines the whole body in a most fantastic manner.
- (4) The epiphysis or pineal gland is our wireless receiving station for thought emanating from the infinite.
- (5) Our consciousness of the functioning of this gland establishes our universal relationship with God, or the psychic state of the soul.

Chapter Nine

FRON THE MAIL BAG...

"I had trouble with my balance. My head felt it was too heavy when I moved quickly. Also, when I get up in a hurry I felt dizzy. Thanks to your wonderful exercises all of these symptoms have disappeared and I feel fine. "

L.G. - Iowa

Also a man tells us that :

"Ever since I had the flu, which invaded my sinuses, I felt dizzy. After four days of your exercises, the dizzy spells disappeared."

M.Z. - Hawaii

Nervous Disorders Can Be Helped

"My wife suffered from a 'case of nerves' for quite some time with all the accompanying symptoms and upsets. Since she is practicing with your exercise program twice daily she has overcome all of her nervous problems. I do very much appreciate what this series has done for her."

R.L. - Washington

In another instance a lady writes :

"I suffered from an imbalance in my nervous system, twitching suddenly of the nerves in my left eye and other nervous symptoms, lack of concentration, and worst of all, mental fatigue. I deeply appreciate what these exercises have done for me. I am now a much better person in every way."

K.P. - Florida

"There is so little known as to the functioning of the glands. My doctor suggested that I take hormone shots, but my second sense told me that this was not the answer to my problems. After having practiced your exercise program as directed I feel great and no longer need medication. It is wonderful to know that nature will respond so generously to such simple exercises. "

How To Tap The Healing Power Of Nature

"I always had heard that the healing power lies within each and every one of us and by tapping this great natural force one could heal oneself. Not until I practiced your exercises regularly did I feel this power welling up within me. It has accomplished more for me than I ever had anticipated."

D.K. - Michigan

Good Adjustments Shorten The Healing Period

"I had been going to an excellent chiropractor for years because I was having trouble with my vertebrae. After an adjustment I felt good for two or three days. By using this exercise it has strengtrened my whole back so that the adjustments made by my chiropractor stay in place. It also has improved my posture and general health in a most fantastic manner."

O.W. - New York

A gentleman from Indiana tells us :

"I always had back problems when one hip was higher than the other and therefore my corresponding shoulder was lower than the other throwing my whole body out of line. I am

delighted to report that through those exercises I have completely eliminated this problem. I am now a renewed person."

R.N. - Lafayette

You Can Strengthen The Abdominal Muscles

In another instance a lady informs us that :

"The body movement exercise has done wonders for me. It has toned up my whole body, especially the abdominal region and has given me better health and more energy. I always had trouble with my posture, keeping my chest out. By strengthening my abdominal muscles, it has increased my total vitality."

Mrs. P.J. - Waukegan

"Due to the fact that I had weak abdominal walls and had to undergo a hernia operation, this exercise has overcome this problem by strengthening the abdominal walls so I can lift anything without fear that I would have another hernia."

H.R. - Nevada

Your Heart And Liver Can Be Helped

"I suffered from an irregular heart beat for quite some time. I am very thankful for having this series of exercises through which I have overcome this trouble. I feel like a new man, especially I seem to have more energy.

J.M. - Pennsylvania

No Need To Suffer Liver Trouble

"I have been taking tablets to stimulate my torpid liver, but to no avail. By using these exercises I have overcome this problem and feel like a new person. My liver now functions perfectly. I no longer have to take medicine. I am extremely grateful."

D.M. --- Nebraska

Reproduction Glands Need Stimulating

"My sexual power had faded out much too soon. When I first tried out these exercises I was so stiff I was not able to bring my right leg under the left thigh, but I persisted until I could do all of the exercises. find results are absolutely terrific, my sexual powers have returned to normal."

G.L. --- Oregon

"I was suffering from a lack of sexual power and especially lack of energy in general. I always felt tired. By practicing these exercises I have become a new man. My wife, who saw me doing my exercises tried it herself and it has regulated and normalized her monthly period by strengthening her sex organ."

O.K. - Kentucky

Weak Kidneys Will Respond

"I had a physical examination with the result that I was told I had weak kidneys. All the medications did not do me any good. Finally I remembered your lecture about the exercises. By using them I report that my kidneys are now functioning normally."

O.M. - New Jersey

Swollen Ankles Can Be Reduced

"I was suffering from swollen ankles for some time. Everything I tried did not work. The analysis as to what caused this was varied. I am so thankful. By using your exercises I have overcome this problem. My ankles are as slim as ever and I feel Just wonderful."

Mrs. K.L. - Georgia

The Spleen Needs Motivation

"I had been from one diagnostician to another and no one seemed to know what was ailing me. I accidentally learned about your exercise to stimulate the spleen. After following the routine, all my various symptoms vanished and I feel wonderful. By directing the electrical forces into the proper channels I can think much clearer."

Mrs. R.O. - Ohio

One man readily admits that the exercise to stimulate the spleen was not easy for him. He says :

"I could not touch my toes with the tip of my fingers to save my life, but by perseverance I finally succeeded. I began to feel better and better. I felt new energy flowing through my body."

D.J. - Montana

When You Suffer From Poor Elimination

"For years I was troubled with poor elimination. The formation of gas was a real problem. All the medications I took did not remedy the condition. Not until I began to do these exercises did I begin to be greatly relieved of these unstable conditions. I shall continue with the exercises until I have achieved a complete healing."

B.J. - Kansas

Chapter Ten

STIR THE GLANDULAR SYSTEM

Although you may not know much about the biological operation of the glands, or be conversant as to their relation to one another, or the scientific terms needed to describe their anatomical virtues, the glands must be stimulated if you want to enjoy the benefits sure to follow.

You will have better organic health, an increase in mental performance, and realize that you possess hidden within your brain an intelligence that knows no barriers, no limitations. There is no special remedy needed to build up the glandular system. There is only one way. Correct body movements.

We must recharge the system through studied action. We have to use every feasible, possible, plausible motion and movement of the body. We have to stretch every joint, all the sinews, and all the ligaments. We have to learn stretching and tensing through relaxation. We need to study relaxation first. It is only possible for you to relax when you retain the breath. Retain the breath, and everything becomes limp and relaxes just like a rag. You withdraw all feeling and all weight from your body. Exercise every part of the body the same way. They must move the same way. You must become conscious of the fact that there is no weight to the body. This requires consciousness of mind. It is a mental application.

In all our body movements we should always apply our mind to what we are doing, but always and at the same time the desire to feel relaxed. In putting down your foot on a chair lightly, you will feel no weight, and yet you put it down with absolute certainty, perfectly relaxed. Should you feel any tension, breathe out. The tension then is gone.

These glandular exercises are not to develop the glands, but to activate them. The glands cannot be fed, but you can regulate the warmth of your blood and keep comfortable. You can, in fact,

overheat the blood by eating the wrong foods. Some persons have warm hands, but dry; that means their blood is overheated. The same with the feet; the skin should be warm and soft, smooth like velvet or satin. That is the way you should feel when going through the exercises. You must feel conscious of every part of the body, of our physical and mental vigor, pride in ourselves.

When practicing your glandular exercises you should be conscious of the motion and movements of your body. All motions done in a perfectly relaxed state stir the whole of the glandular system. We must feel that stir from the top of the head to the soles of the feet. When we do not have that stirring feeling it is because we are still tense

It is difficult to describe that stir, but it is like the tremolo in the voice. While your muscles may be massaged and manipulated, your vertebrae adjusted, your joints loosened, sinews stretched, and the body in general aroused, none of these applications reaches the glands in general aroused, none of these applications reaches the glands which in their nature and operations decidedly differ from the circulatory and the ganglionic systems. The glands are in a class by themselves. These can be stirred by mechanical vibrations akin to the operations of the mind. However, violence repels the glands. The more force we use, the less they will respond.

As the gland systems are two-fold in their operations, it is possible that this is where the physical propensities assert themselves. During your growth and development you increase their operations as far as the emptying of elements into the blood stream is concerned, and the emptying of compounds into the organic side, the functional side is concerned, yet the inner secretions are withheld with too much physical exertion and with it further development of the brain cells is retarded.

Exercise In A Relaxed State

The movements you will learn are all you need to know. When you start practicing with yourself you just begin to realize how many joints there are in your physical care. You have to do them if you are to quicken the glandular system, which entwines every part of your body. You will need to do these exercises.

You can take all your various joint exercises before the mirror and every kind of a movement, where there are joints and do it perfectly relaxed. Do not tense, do not force. Be perfectly relaxed in going through the various motions. And then you threw your hands around you and keep on touching up each part of the body and get hold of your hands behind you. In all these positions you must throw out your chest. Be proud of yourself, proud of your physical achievements.

All of the postures and positions are for the quickening of the glandular system. Once you start practicing, you must practice every day. You should repeat your exercises every twelve hours. You have to do that so as to succeed, so as to gain your increase of glandular activity.

PRACTICE EVERY DAY ! Irregularity will not work.

Nature needs to recuperate, has to adjust herself every twenty-four hours. Two hours out of every twenty-four she selects for absolute recuperation. You may stand the loss of one night's sleep, but if you lose two night's sleep, you begin to feel it. Three night's sleep lost, then you begin to draw upon your vitality, your reserve fund. If you were to keep it up, you would collapse; then it takes long to build up.

Once we begin a thing we have to keep at it, and each day we get a step farther toward our goal; with each day we are growing mentally stronger. Where once we did not understand the glandular system with all our charts and manikins before us --- we did not fully comprehend. Now we understand what we must do. Now we gain control over ourselves and become

conscious of every joint and every organ. We begin to feel every gland, we feel it in the fingers. They have to do our exercises, until we are perfectly limp.

Our object is to gain control over the biceps and triceps which connect with the spirit.

With the ideal, our perception is sharper. You are now equal to any person living. Soon you will be able to place hands on back of a chair and lift it with no weight. Do not move it with weight. Do not allow the chair to touch the floor once you start. It goes of its own accord. You move it with your own magnetism. Use the lower part of the palms, not the fingers. It should come back to its own position without any body contact. Keep your hands flat so as not to cut the magnetism. A sharp edge will cut the magnetism. There must be no pressure, no weight in the hands.

The principle thing to know is that every exercise must be taken with understanding. The mind should dwell on each movement. Every joint of the body must be relaxed. This can only be accomplished through constant repetition. We should exercise twice a day.

Knowledge of the ethereal side of the glandular system has become quite universal. Scientific giants realize the inestimable value of this great revelation. Hopes and visions are at last fulfilled !

What once seemed a privilege to but a few has become an inheritance, a birthright to all. Stirring the glands to a higher rate of vibrations opens up the occult realm of the brain and reveals through the mind the unlimited intelligence.

You are now ready to begin your approach to Cosmic Awareness.

Summary

- (1) Hidden within your brain is an intelligence that knows no barriers or limitations.
- (2) The only way to build up the glandular system is with correct body movements.
- (3) The glandular exercises are not to develop the glands, but to activate them.
- (4) The exercises should be repeated every twelve hours.
- (5) The glandular exercises must be taken with understanding.

Chapter Eleven

BODY MOVEMENTS

Details and correlations of the human glandular system were presented in the preceding chapters. Only a few explanations are necessary for the following pictures of exercises in order to make the essential meaning of each exercise clear.

As we combine each exercise and position with what was said previously, it reveals to us much more than the few explanations seem to suggest. One will realize this to the degree of his interest and dedication.

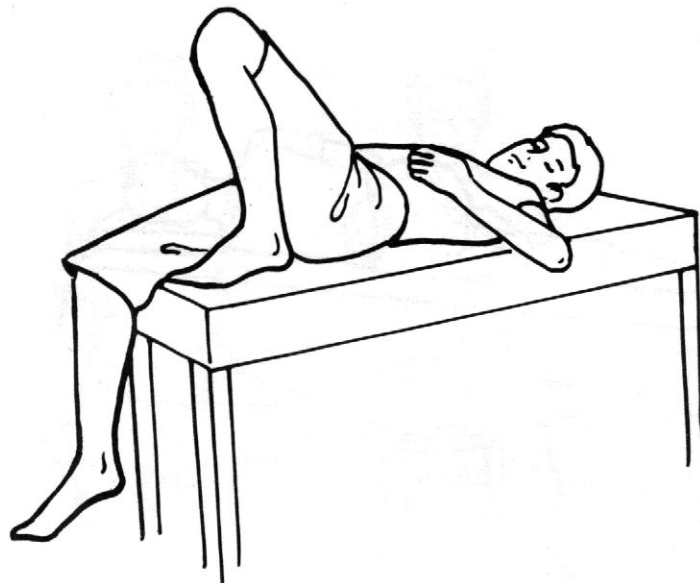
For all glands and organs...



(a) Lie flat on your back allowing your legs to bend at the knee and hang freely over the edge of a bed or table. Push your fingers under your ribs. Empty your lungs in long, rhythmic exhalations.

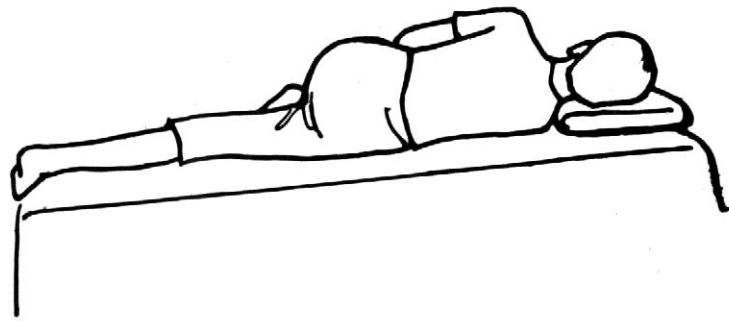
(b) As you practice this body movement, direct total attention to your chest. You will soon find the proper position for this point of focus as you slowly pull in the abdomen. Let it gradually pull higher and higher as one would tune the strings of a violin.

Strengthen the Abdomen...



(a) Lie flat on your back allowing your legs to bend at the knee and hang freely over the edge of a bed or table. Push your fingers under your ribs. Pull one foot as close as possible to the buttocks, but without being tense. Repeat with the other foot.

(b) Do this body movement for three minutes, six hours apart to gradually eliminate weakness in the abdomen.



(a) Lie on your right side. As you relax, slowly pull the left knee up and press it to the chest using both hands. Turn on your left side and repeat with the right knee.

(b) Practice this body movement for three minutes, six hours apart, to gradually control heart and liver problems.

New Life for Reproduction Glands...



(a) Sit on a straight chair. Then tuck the right ankle under the left thigh. Let your leg dangle freely over the floor. Clench your fist and, without tension, stretch your arms forward and back. Change positions of the legs and repeat.

(b) Practice this movement for three minutes, six hours apart, to help strengthen reproduction glands.

For the Kidneys...



(a) Sit cross legged (Oriental Style) on a chair. Cross your arms and use your elbows to spread the knees --- at first with your arms crossed, then gradually pull your arms further apart until your hands are clasped together.

(b) Do not exert pressure with your elbows and avoid tension. The spreading of the knees should be done gently so that you remain in a relaxed position.

Practice this body movement for three minutes, an hour apart, to help free yourself from kidney ailments.

For the Back and Spine...



(a) Sit cross legged (Oriental Style) on a chair. Lift one arm high into the air and stretch the other arm down as far as possible, without tension. Clench your hands lightly. Repeat with the other arm.

(b) Do this body movement for three minutes, 6 hours apart, to keep the back, spine, fingers, arms and shoulders supple and flexible.

For the spleen...



(a) Sit on the floor with your legs stretched and touch your toes, if possible, but without tension.

(b) The spine should remain as straight as possible and the knees down. Practice this body movement for three minutes, six hours apart.

Note : The spleen is the reservoir for the "electrism" of the body and the body takes from its reservoir according to its needs.

If, however, the spleen is out of order, an abundance of electric power goes directly to the brain where it stirs the imagination to intense activity.

ONE COULD BECOME A DREAMER WITH ONLY A TEMPORARY FEELING OF LUCK AND HAPPINESS !

In order to achieve permanent success, sufficient electricity is needed in our body to eradicate old damages and prevent new complications.

To Restore Body Balance...



(a) Sit on the floor with your legs stretched out in front of you. Clasp your hands behind your neck, keeping the elbows back as far as possible. Keep your back and neck straight. Then pull one foot towards you and place it flat on the floor with the heel as close to the buttocks as you can manage without tension. Alternate with the other foot.

(b) Do this body movement for three minutes, six hours apart.

For bowels and gall bladder...



(a) Sit on the floor with legs stretched out in front of you. Then pull up both your legs simultaneously until your heels touch the buttocks. Clasp your hands behind your neck, keeping the elbows back as far as possible without tension. Turn your torso to one side and then the other.

(b) Practice this body movement for three minutes, six hours apart.

For the Glands...



(a) Lower the body to a squatting position, with both feet flat on the floor. Then stretch one leg forward, sideways and behind, to the tune of a melody which you hum or sing. Repeat with the other leg. Throw a fist forward and to the side, then repeat with the other arm and leg.

Put one hand on the resting knee and throw the other fist forward, sideways, and back, to the rhythm of a melody.

(b) Practice this body movement for three minutes, six hours apart. The rejuvenated glands produce an etherealized saline which refreshes the whole body.

For the Brain...



(a) Lower the body to a squatting position. Move your feet forward, back, to the side, or in any order --- jumping occasionally while still in the squatting position.

(b) This body movement, gradually practiced --- for three minutes, six hours apart --- has also been known to have a therapeutic value for paralysis.

For the Nerves...



(a) Sit on the floor with your legs stretched in front of you. Put your fists at the base of your neck in your shoulder cavities. Inhale and hold your breath for a moment, then touch the soles of your feet with your fingers reaching as far up the bottom of your feet as possible without tension. Keep the upper part of your body straight, bending only at the hips.

While leaning forward --- exhale, and after a short pause, inhale. Then assume the first position again and repeat.

(b) Practice this body movement for three minutes, six hours apart.

FOUNTAIN OF LOVE

A Glandular Exercise

Position :

Sit upright in a chair, raising the chest up and out, the shoulder blades drawn backward, with the chin slightly drawn in. Keep this position throughout the whole of the exercise, never lowering the chest no matter what motion you make. Always move in rhythm with the melody, as you sing it.

(1)

Rotate both hands around each other about 10 inches from your chest, keeping your mind on the rotating parts; this will relax them. Rotate first forward, away from you, and then backward, toward you, keeping elbows still. Perform each movement the length of the melody.

(2)

Throw one arm up and then the other, straight up and down, while the arms remain relaxed, moving in rhythm with the melody. Then throw both arms up and down together at the same time, with the melody.

(3)

Rotate the arm in a circle close to the sides of the body, with closed fists. Bring your arm forward, keeping elbows bent and close, slightly raising the shoulder as you raise fists. Rotate arms first forward and then backward.

(4)

With the spine erect rotate the head on the axis, first to the right and then to the left. Next throw the head forward and backward as far as the axis will permit. Next move the head from right to left as far as possible, as if you are trying to look behind you without moving your shoulders, in rhythm with the melody.

(5)

Close your fists loosely and with a relaxed wrist, tap your chest with the right hand twice while tapping with the left only once. Then pound with both fists at the same time all over the chest in a circular pattern, still keeping the wrist relaxed.

(6)

Raise the arms and fold them in front of you at the elbow and grab with each hand the opposite shoulder, holding on tightly. In this position rotate the body from the small of the back upward. Keep the spine erect and keep the chest wall up and out during the rotation. Rotate first to the right and then to the left. Next, in the same position, move the body as far forward and backward as you can, always with the spine perfectly erect.

(7)

Sitting in an up right position, throw your right leg and then your left leg from the knee straight out, throwing your right leg to the left and the left leg to the right, alternating in rhythm with the melody. Then draw both legs up towards your chest as high as possible without losing your balance of using your hands, moving the legs quickly up and down touching with your feet the floor lightly, in rapid succession.

(8)

Stretch your right leg straight out in front of you while you rotate the foot from the ankle, first to the right and then to the left. Then do the same with the left leg and foot. With your feet flat on the floor, pound with both fists (wrists relaxed and loose fists) up and down from the thigh to

the ankle alternating with the right and left fist.

(9)

While sitting upright very relaxed, drop your hands on the thighs. Sing the song one time more, emphasizing the words at the beginning and the end of each stanza as you forcibly breathe out the words of the song in a semi-whisper.

TRA-LA-LA

A Glandular Exercise

(You will find this melody in Avesta in Song, on page 182.)

This exercise is especially important for the awakening of the pituitary and the thymus glands as well as other glands in our system.

When we sing the words, tra la la, we roll our tongue upwards --- so that the tip of the tongue strikes the upper soft palate. There in that palate are located the nerve ends through which we can stimulate the pituitary gland.

(1)

Move both arms straight forward as far as possible. Hold the hands sideways with the fingers pointing towards each other, the fingers slightly bent. As you bring your arms toward you in rhythm with the melody, tap your fingers on the center of your chest where the lower ribs come together. When the melody of the song reaches the last part of the second line, place both fingertips in the same place where you have tapping. With pressure on the fingertips, vibrate up and down until the end of the melody.

(2)

Move both arms straight out to the side of the body. Stick out your thumbs and bend your elbows, bringing the arms back close to the body and raising them slightly so that the thumbs strike the upper part of both shoulders just below where the shoulder slopes away from the neck. Here are located nerve ends which, when struck with the thumb, will stimulate the whole nervous system. When you arrive at the same place in the melody as in Exercise number one, repeat the same as in number one until the end of the melody.

You can do many variations of this exercise, depending upon what part of the body you want to stimulate.

For example, the exercise to improve hearing. While you sing, place both middle fingers into your ears and vibrate with the fingers shutting out the sound. In the second part of the exercise, repeat the second portion of Exercise number one.

If you want to stimulate the eyes, place the middle fingers into the corners of the eye without touching the eye itself, and vibrate to the center of your nose causing the eyeballs to move back and forth. Always return to the second part of Exercise number one.

Another variation is to place your fists in your back right on the spot where the kidneys are, the hollow of the small of the back. There press with your fists and frotate the kidneys. In the second part, return to the center of the chest.

In still another variation, you can raise both arms and then place them in a folded position --- while your fingertips pound the shoulder close to your neck.

Never forget that regardless of what notions you make, keep the tongue rolled up, tickling the soft palate as we sing tra la la.

The reason we sing while making the body movements is that the song is the inner massage and the physical movements are the outer massage.

Only in this manner can we stir the glands to greater activity so that the vital parts produced by the glands empty and are carried directly to the brain.

THE RANA BA JA

A Glandular Exercise

This exercise is especially beneficial for the kidneys, the adrenals, and the gonads.

Select a sturdy stool or chair for the exercise. The melody is an ancient Arabic melody used in the Arabian Desert by the camel drivers in charge of the caravans. The leader sang the song and the camels followed in its rhythm.

Imagine that you are riding on a camel. Remember that a camel does not walk like a horse but sways from side to side in a jerky motion. Then occasionally the camel steps into a hole which causes you to bounce up, then down. When you bounce up and down is left entirely up to you --
- since you never know when a camel will step into a hole.

Keep one basic rule in mind; the head must always be above the spine with the spine firm and erect. All the swaying and bouncing is done in the hip region, never lowering the head.

Each motion follows the melody which was written in accordance to the rhythm of a camel as it walks. It is difficult to describe the notion. RANA-BA-MOYA... RANA-BA-YA-MOYA... RANA-YI-LEILIDUM-SU-UK-NO... RANA-YA-MO-YA.

While going around the oval shape, you make about seven rocking bounces, moving forward and backward according to the rhythm of the melody.

For the Stimulation of the thymus and thyroid :

Sit in an upright position with the spine erect, the chest up and out and the chin slightly drawn in, until the head rests directly over the spine. While you inhale or exhale the upper chest wall does not move --- it remains stationary.

All the motions of this exercise are made following the rhythm of the melody of the song, I Leave Thee Not, in the Avesta in Song, page 178.

In a sitting position, stretch your right arm straight out in front of you with the hand open. As you return your arm toward the body, close your hand and form an Egyptian fist where the thumb closes over the ring finger. As you move your arm backward, make a half turn with your fist so that your fingers are now on top.

Then in a quick motion, bend your elbow and let the arm pass your body moving backwards as far as possible with a jerk. Then come forward with your arm into the original position and repeat the movements for the length of the melody until you reach the word "Electrify." Stop there and repeat the same movements with your left arm. Do this for the length of the melody to the same stop. Then make the same motions with both arms at the same time and again stop at the same place.

When we have repeated this routine first with the right arm and then with the left arm and then with both arms together, we come to the part of the melody where we change the notions at the word "Electrify" --- we throw out our arms part way with the hands open and the fingers curved inward so that you can tap the chest in short rhythmic taps --- hitting the middle of the chest on either side of the center. When the melody changes to the "every body" part, throw out the arms to their full length, still tapping the chest in the same way. When the melody and words change to "now and for-ever-more," draw in your arms to about 8 inches from your chest. Then tap rapidly in quick motion using force, the same as before. Repeat this exercise three times.

Summary

- (1) You must have faith in the principle of growth.
- (2) We must pay attention to and practice body movements that will stimulate glandular activity.
- (3) We know that each body cell is absolutely individual.
- (4) We knew that our glands are the key factor in our living process.
- (5) I must think as a great master artist in creating, sustaining and energizing body, mind and spirit

Chapter Twelve

"AND IN CONCLUSION..."

The glandular system, as we have already said, is so closely related to and entwined with the nervous system and the circulatory system that it demands not only good eyesight, but it necessitates most powerful lenses to discover these fine fibres that run along the nervous system and sometimes entwine it. The glandular ligaments are all over the whole system of ours, the same as the sympathetic system, and you can not cut any part of the body but blood will issue forth. These three great systems are closely related to each other, but each system performs a particular function at first, but when they are drawn into relation and compelled to tun on parallels, that is the time when you awaken to a new consciousness.

We have studied the circulatory system, and we have been amply repaid for all our study and the experiments that we have made. We have been amply repaid for the study of the nervous system. We have learned to control it to at least a degree in order to cope with reality. Now we have learned of the third or glandular system that makes it possible to rejuvenate and regenerate and therefore rebuild. And thus we come to understand more fully that the spirit of life is not in our nervous system, it is not in our circulatory system. The spirit of life is in the glandular system.

The Three Great Body Systems Control Our Destiny

These three great systems, the circulatory, the nervous and the glandular system are closely related, entwined or woven together. Yet in this study we have to separate the glandular system from the ether two. On the glandular system the quickening of that system, the animating, enlivening, rejuvenating, our ability not only physically but mentally depends. The average person, remember, no longer advances mentally. We can see that if we look around. Even the

best and most academically educated does not advance. It is all repetition; there is no additional knowledge; in fact, they are greatly surprised when something new is revealed. When there is a little discovery made, which is not a discovery but a repetition of something which has been forgotten --- when that is disclosed to the thinking world, the subject comes out in the open for discussion --- just as when Darwin announced to the world his theory of evolution, it was a great surprise. Just so was the case in 1869 when it was reported to the world the theory of the sympathetic nervous system. Previous to that time it was unknown to the western world; up to that time not too many learned men had dissected the body in its entirety.

The Vertebrae Is The Keyboard Of The Body !

Most of humanity is glandularly dead.

The only part and portion that is active to a degree, to a certain extent is the generative side, but the rest of the glandular system is normally out of commission. Our glands do not work. This is why advancement as a humanity has been so slow. It has taken us thousands and thousands of years to reach the point we have now attained.

Our glandular system is the system we need to quicken. There is only one way. By activating all body joints and through the flexibility of the joints set every vertebrae of the spinal column. You can make your thought wave run down the spinal column the same as your fingers glide over the keyboard, and you strike each one of those vertebrae with the proper note, the proper vibration.

It must always appear to you like the keyboard and each and every one of these vertebrae, every one vibrates in unison to the scale in music, and accordingly you attune every one of those vertebrae. Having learned to have control over every joint of the body with that absolute flexibility, that absolute relaxation, then whenever you strike a key the vertebrae has to respond. To the extent that they respond you are conscious of that vibration. You are conscious of the fact that every vertebrae is being touched, from the atlas down. To that extent you have already gained control over the glandular system. It is now easy to unfold and develop otherwise.

Once you start in practicing the exercises we have supplied for your use, you have to practice every day, and you have to repeat your exercises every twelve hours. You have to do that to succeed, so as to gain your points. DO IT EVERY DAY ! Irregularity will not work. Nature has to recuperate, has to adjust herself every twenty-four hours. Two hours out of every twenty-four she selects for absolute recuperation. Once we start a thing we have to keep at it, and each day we get a step nearer to our goal. With each day we are growing mentally stronger, so that where heretofore we did not understand the glandular system with all our charts and drawings before us, we did not get the idea, but now we understand.

Positive Relaxation Is The Principle Of Growth

We will not grow tired of these exercises as long as we relax. But the moment we tense, the sinews draw up, and the muscles contract, we grow tired. Certain parts of the body become weak; we are then turning from a relaxation exercise into one of gymnastics. We do not need gymnastics in glandular development : WE NEED CONTROL. We need positive relaxation, for it is the controlling of every motion by virtue of the mind that counts. We call it mental exercise. It is positive relaxation.

In all these glandular exercises we must never force ourselves. We only need to go through glandular exercises, keeping the mind on every motion and doing them in absolute relaxation. We need concentration, and we will get it through the glandular exercises done in a relaxed manner.

Day by day we realize more fully the value of positive relaxation. Our body is perfect, but to become acquainted with it takes time and practice. Every phase and every state that constitutes our higher self is perfect in itself, but we must reach these planes one by one; we have to grow. We eventually enjoy every motion, every movement which causes every tissue in our body to vibrate with good. All the corresponding parts and parallel lines know how to harmonize, to utilize. The movements are up to you.

Every exercise we take must be followed by the mind; there must be concentration --- without that the mind, the body, can do nothing. The mind will only work when we give it an opportunity, when we direct our mental faculties, even ever so little.

We have to watch ourselves as to effects. We must discover them through the exercises. Remaining on the alert, so as to notice the difference between one position of the body and another. The next time we make a certain motion or movement our mind already adjusts itself to these various effects. We become more conscious of our being.

Our level of consciousness depends entirely upon how well we have activated the last of the three great systems which govern and control life, and that is the glandular system.

To become conscious of the real object and purpose of life we need the assistance of the glandular system which holds and presents the finest fineness in matter. By stirring the circulation organic health is improved. Exercises develop the nervous system, but the glandular system, when once aroused, begins to get hold of things; the faculties are sharpened and the intelligences are applied through the operations of the brain. These intelligences establish themselves throughout the various parts of the body. Every single cell is vitalized.

The mind is located in the highest form of crystallization of the glandular system. It cannot be in the nervous system, for the nervous system is identical in operation, in action. The circulatory system has only one function to perform, and the blood is everywhere identical. Unless the circulatory system is interfered with, toxic wastes for example, we are operating at a higher level of efficiency.

The glandular system represents the ultimate in matter. Matter can only manifest to the point of creating avenues for the mind to bring forth. Matter which has been endowed with all the propensities and properties of evolution and creative energy must realize the particular function assigned to various parts. WE HAVE TO PREPARE THE WAY.

The glandular system must be awakened to its own possibilities, not only in charging the gray matter, but to charge and recharge it, so as to get hold of the intelligences and consequently the complexities of intelligence embodied within these brain cells. We are created perfect, but we need to be recreated that the perfection still hidden in us may be used to greater advantage. We may be as sharp as a steel knife; we may be thoroughly grounded in the concepts of growth, but we are of no use unless our mind is kept in tune. Otherwise, we are dull. We find ourselves being set aside.

You must realize that self-preservation is the first law in nature and that you must live your own life to its greatest capabilities. For example, through exercise and attention the thymus will again begin to function properly and we will become more aware of our good. We will not have to pin our faith upon those around us --- we place that faith in the infinite intelligence within us. If we were to do as everybody wants us to do we would all become wrecks. When we lack faith, confidence, assurance, steadfastness, when we doubt, are uncertain, it is because we lack the full support of the thymus.

This mind of ours searches, seeks, analyzes that it may have power, greater power of recall. Remembering all there is we need to know even comprehending magnitude, vastness, infinitude. You cannot set any barriers to the mind, for in your mind, and eventually through all of our cellular make-up there is the intelligence which prompts us to seek our most beneficial

environment.

Our creative energy lies in our circulatory system. The evolutionary processes of growth are not confined in our being to the nervous system. The way to perfection lies imbedded in the glandular system, and to the extent that this glandular system becomes generative, to that extent we draw nearer to perfection. To derive all the good there is in life, we must ascend, we must stimulate our glands to full operating capacity.

Even the very best and most successful physicians in the world, including Dr. Lane of London and Dr. Dengue of Paris, all agree that if a body which is diseased were to follow a diet best suited to their needs, and thus relieve the body of further increase in salts and acids, if then that body is properly exercised, that body could be restored to a normal condition. It is the continuity of exercising scientifically that increases the rate of circulation, the rate of vibration to the nervous system, the glands will respond, and thus mind and body will begin to improve.

Obviously the glandular system is the means by which we can improve our health and well-being. The circulatory system has done a great deal for us since we have learned to understand it more fully. The nervous system has proven of inestimable value to us, but that is not all there is to us, there is more, much more.

It is easy to talk about health and strength, joy and happiness, bountiful supply, and we should have them all. We have everything to work with. If we have not established anything worthwhile it is because of our negligence; we are too neglectful, still a little too visionary, still allowing ourselves to dream, to drift.

In studying the glandular system --- and we admit it is quite a study --- whether we will be able to apply it, whether we will derive any results from it, that is left to you as an individual to determine. One thing is certain : advanced work will be of no value to us, unless we have followed fundamental instructions, unless we have stayed close to everything pertaining to the laying of a foundation. We are risking the loss of our valued health.

First of all, in order to awaken the glandular system it is expected you have learned to encourage the circulatory system to full activity. In controlling and stimulating the circulatory system you are charging the blood with all the required elements of breath, water and directed body movements which are the dynamics of healthful living.

The glandular system, no matter what you do for it, will stimulate, will help some, but you cannot redeem yourself entirely and absolutely, unless you have learned to understand something about the circulatory system which is under your control.

To gain control over the glandular system you cannot get along without the power of breath. It is not a matter of study but of practice of right breathing together with the glandular exercises. Your mind is right with it. It runs along every part of your being which you set into motion. The mind is there, and that is of importance, because you must awaken the glandular system to every part of the body for the purpose of reclaiming their correct function.

Illumination, realization, higher unfoldment is not dependent upon ideas, however beautiful they may be, but it depends upon regenerating the glandular system. Only through activating the glandular system can you hope to charge and recharge the brain cells. The function of the glandular system is threefold : pro-creative, health creative, and regenerative.

Basically the glandular system is for recreative purposes, procreative purposes and for regenerative purposes.

We have to bring about a condition where the fluids formed within us are retained within us to such a degree that they are converted, etheralized and spiritualized and taken up through and by virtue of the glandular system.

The nervous system cannot do it, for it is not within the province of the nervous system. You cannot otherwise convert the fluid which is developed by the glandular system for your use. You have the key to the situation, the key to it all. Just as the key to the circulatory system is the breath and correct body movements. The nervous system depends upon assimilation and so the key to the glandular system is conversion.

We can get a great deal out of our breathing system. We sustain ourselves through the circulatory and nervous systems, but when it comes to the glandular system we have to go through these exercises with absolute relaxation. We must do all movements consciously.

We Must Know Our Subject Matter

We must know all about the glandular system. Consequently our study is that of applying the mind to all the phases of their operations. We need to know how the brain develops, by what supportive means the brain cells work, to what extent these brain cells correspond to the intelligence in nature, and what we may or can expect from this receiving station of ours. This much we know, this much is certain, and science bears it out, that the greater portion of the human brain is still not being properly used. The greatest mental giants use but a very small portion of the brain. We can thus readily see what there is in store for us, what is to be expected. It shows the great possibilities, since we can already fathom them to a degree.

All of the information known in the world today is based upon the use of a small portion of our brain. When we make comparisons we readily understand that when we compare the human mind (not the brain), to its development or the mental possibilities with these of 100 years ago, of the minds of 200 years ago, and so on back to the days of the Reformation.

Let us consider the level of consciousness in the middle ages, the dark ages, or the first centuries of Christianity. The days of the pagan and paganism in all its various forms, or the even lower level of savage state. The savage had identically the same number of brain cells that we have today. The savage of today, the wild man, the cannibal, has exactly the same number of brain cells, but their mental horizon is limited, because only a small portion of their brain, if any, is in operation.

For example, the brain of the fish is located between the eyes. We call that part perception. It is just a small little pot of gray matter, very watery looking, not solidified; but that little bit of a dot of gray matter suffices for that fish to uphold the first law in nature, self-preservation. With that small, tiny bit of watery gray matter he is on the lookout; he protects himself; he finds his required food for nourishment; he meets with his own kind; he lives. And that is all the brain he needs !

As we go on with the evolutionary processes and their products we see the gathering of gray matter in creatures, and though the connection of that gray matter is slow, it eventually solidifies into gray matter, until in man we find a complete organ.

In examining cell upon cell, magnified, we find in that brain cell an appearance in operation, vibration, action and motion, color display equal to an atom. And an atom greatly magnified reveals to us a universe in miniature, with its electrons, its centro-somes, its worlds, its starlight appearance, each object whirling within its radius.

This gray matter, reduced to a minimum, corresponds to the atomic and thus the ethereal world.

As we grow, develop, as we advance, first as a whole race, as a whole humanity, then here and there the one and the other rises more readily above his fellow beings, realizing and recognizing the greater possibilities of the human mind, and even then only insofar as a development corresponds with existing laws of nature is there a possibility of development and unfoldment.

And here we find the Savior, again the superior, the sublime scientist of all ages, saying to his disciples "Even greater things than these that ye concede unto me even greater things ye shall do." Think of it --- 1900 years ago there was a mind that could see it, that recognized your possibilities for an ever unfolding future.

"Yea, greater things than these ye shall do."

Leave Them There

O. Z. Hanish

Allegretto

Be it sorrow, be it pain, Or a heart's dis-cord-ant strain, Take your

The first system of musical notation for the song 'Leave Them There'. It consists of a treble and a bass staff. The treble staff begins with a treble clef, a key signature of one flat (B-flat), and a common time signature (C). The tempo is marked 'Allegretto'. The lyrics 'Be it sorrow, be it pain, Or a heart's dis-cord-ant strain, Take your' are written below the treble staff.

trou-bles to the Lord and leave them there, Leave them

The second system of musical notation. The treble staff continues the melody with the lyrics 'trou-bles to the Lord and leave them there, Leave them'. The bass staff provides accompaniment.

there, ah! leave them there, Leave them there, ah! leave them there, Take your

The third system of musical notation. The treble staff continues the melody with the lyrics 'there, ah! leave them there, Leave them there, ah! leave them there, Take your'. The bass staff provides accompaniment.

trou- bles to the Lord and leave them there.

The fourth and final system of musical notation. The treble staff concludes the melody with the lyrics 'trou- bles to the Lord and leave them there.' The bass staff provides accompaniment and ends with a double bar line.

I Leave Thee Not

O. Z. Hanish

O. Z. Hanish

I leave Thee not O Lord, - un - less Thou bless - est me. I

leave Thee not O Lord, - un - less Thou bless - est me. I

leave Thee not O Lord, - un - less Thou bless - est me. I

leave Thee not O Lord, - un - less Thou bless - est me. E -

lec - tri - fy and mag - ni - tize each

cham-ber of my heart... To bo-dy mine im-part, full

health and sal-va-tion. Now and for ev-er more. E-

rit.

Fine

The Hope of the World is Love.

GANNETT.
Lively.

O. Z. HANISH.

f CHORUS.

Fountain of Love! our source is in

Thee; Lov-ing Thy will, the spir-it is free; Beau-ti-ful

day when all of us see The hope of the world is Love.

Stir, Stir the Glands

O. Z. Hanish

Lively and Rhythmically

Stir, Stir the glands, Stir, Stir the glands.

The first system of music consists of two staves. The upper staff is in treble clef and the lower staff is in bass clef. The time signature is 4/4. The melody in the upper staff begins with a quarter note G4, followed by a quarter note A4, a quarter note B4, and a quarter note C5. This is followed by a quarter rest, then a quarter note B4, a quarter note A4, and a quarter note G4. The bass line starts with a quarter note G2, followed by a quarter note A2, a quarter note B2, and a quarter note C3. This is followed by a quarter note B2, a quarter note A2, and a quarter note G2.

Stir the glands and make de-mands up - on the minds to meet all ends.

The second system of music consists of two staves. The upper staff is in treble clef and the lower staff is in bass clef. The time signature is 4/4. The melody in the upper staff begins with a quarter note G4, followed by a quarter note A4, a quarter note B4, and a quarter note C5. This is followed by a quarter note B4, a quarter note A4, and a quarter note G4. The bass line starts with a quarter note G2, followed by a quarter note A2, a quarter note B2, and a quarter note C3. This is followed by a quarter note B2, a quarter note A2, and a quarter note G2.

Tra la la la la la la la la la la.

The third system of music consists of two staves. The upper staff is in treble clef and the lower staff is in bass clef. The time signature is 4/4. The melody in the upper staff begins with a quarter note G4, followed by a quarter note A4, a quarter note B4, and a quarter note C5. This is followed by a quarter note B4, a quarter note A4, and a quarter note G4. The bass line starts with a quarter note G2, followed by a quarter note A2, a quarter note B2, and a quarter note C3. This is followed by a quarter note B2, a quarter note A2, and a quarter note G2.

Tra la la la la la la la la la la.

The fourth system of music consists of two staves. The upper staff is in treble clef and the lower staff is in bass clef. The time signature is 4/4. The melody in the upper staff begins with a quarter note G4, followed by a quarter note A4, a quarter note B4, and a quarter note C5. This is followed by a quarter note B4, a quarter note A4, and a quarter note G4. The bass line starts with a quarter note G2, followed by a quarter note A2, a quarter note B2, and a quarter note C3. This is followed by a quarter note B2, a quarter note A2, and a quarter note G2.