

Chapter Thirty-Three

Massage



assage has very much the same effects upon the system as the cold-water treatment. It accelerates the circulation, draws the blood into the surface, relaxes and opens the pores of the skin, promotes the elimination of morbid matter and increases and stimulates the electromagnetic energies in the body.

We have learned that one of the primary causes of chronic disease is the accumulation of waste matter and systemic poisons in the tissues of the body. These morbid encumbrances clog the capillaries, thus obstructing the circulation and interfering with or preventing the normal activity of the organs of elimination, especially the skin.

The deep-going massage, the squeezing, kneading, rolling and stroking, actually **squeezes the stagnant blood and the morbid accumulations out of the tissues** into the venous circulation, speeds the venous blood, charged with waste products and poisons, on its way to the lungs and enables the arterial blood with its freight of oxygen and nourishing elements to flow more freely into the less-obstructed tissues and organs.

Through manipulation of the fleshy tissues, the blood is drawn to the surface of the body and in that way the elimination of morbid matter through the relaxed and opened pores of the skin is greatly facilitated. Very important are the electromagnetic effects of good massage upon the system. The positive magnetism of the operator will stir up and intensify the latent electromagnetic energies in the body of the patient, very much like a piece of iron or steel is magnetized by rubbing it with a horseshoe magnet. The more normal and positive, morally and mentally as well as physically, the

operator, the more marked will be the good effects of the treatment upon the weak and negative patient.

Magnetic Treatment

The beneficial effect of magnetic treatment is not so much due to the actual transmission of vital force from operator to patient as to the arousing and stimulating of the latent, inactive electromagnetic energies of the latter, the polarizing of his magnetic forces.

The horseshoe magnet does not impart its own magnetism to the piece of iron which is rubbed with it, but the electromagnetic energies in the magnet arouse to vibratory activity the latent electromagnetic energies in the iron. This is proved by the fact that both magnet and iron will remain magnetic as long as they are used for magnetizing other substances, but through disuse both will lose their magnetic qualities.

I am often asked by my operators and others: "How can I best develop my magnetism?" and "Is there danger of losing my vitality and becoming 'negative' by treating the sick in this way?" It is true that manipulative work, like everything else, can be overdone and produce harmful effects upon the operator. But within reasonable limits, massage and magnetic treatments will not deplete the person giving them, providing he keeps his system in good condition. His own vibrations must be harmonious on all planes of being, the physical, mental, moral and spiritual. He must be inspired and actuated by the **faith that he CAN heal**, by the **positive will to heal**, and by **sympathy** for the one he is trying to benefit.

Such an operator makes himself the instrument for the transmission of life force, which is healing force, from the Source of all life. "As he gives, so he receives"; for this is the basic law of the universe, the Law of Compensation. If he gives the treatments in the right spirit, **he will gain vital force instead of losing it**. He will actually **feel** his own intensified life vibrations and after treating he will experience a feeling of buoyancy and elation which nothing else can impart to him. "He who loses his life shall find it."

Like a musician who tunes up (puts in harmonious vibration) the relaxed strings of his instrument, so the magnetic healer tunes up and harmonizes the weakened and discordant vibrations of his patient.

Good massage will produce electromagnetic effects even though

the operator is not aware of it and does not understand the underlying laws; but his work will gain in power and effectiveness in direct proportion to the conscious efforts he makes to benefit his patients by the influence of these higher and finer forces.

I have frequently noticed in my own manipulative work how much the conscious and concentrated effort of the will has to do with its effectiveness. Often, when I had given the usual massage or osteopathic treatment and the patient still complained of pain in a certain locality of the body, I would lay my hands on the affected area and **concentrate my will** upon dissolving the congestion in that particular part or organ and upon harmonizing its discordant vibrations. Very shortly, usually within a few minutes, the congestion would be relieved and the pain would subside.

The electromagnetic energies of the organism can be controlled by the will and either concentrated to or sent away from any part of the body, just as the circulation of the blood can be controlled. The latter I saw done by a hypnotist who made the blood flow into and out of the arms and hands of one of his subjects simply by the power of his will.¹

While this was accomplished by means of a destructive process,² it taught me a most valuable lesson regarding the power of the will to control physical conditions.

Try it yourself. Next time when you have one of your annoying headaches, recline comfortably in a chair or on a couch, relax completely and then **Will the blood to flow away from the brain** in order to relieve the congestion and the attendant pain. Many of my patients have learned to treat themselves successfully in this way.

It is obvious that magnetic treatment will not remove pain permanently if the latter is due to irritation caused by a subluxated bone or by some foreign body or by local accumulation of morbid matter and poisons in any part or organ. In all such cases the local cause of the irritation must be removed before the pain can subside or disappear.

¹ No, by the power of his suggestion on the will of another.

² As mentioned in an earlier footnote, hypnosis like anything else is not inherently destructive although it can be used for destructive ends. In our experience it is best used to delve into the subconscious to ascertain the possible cause of psychological problems. Other medical uses, to us, seem dubious at best.

