



MENTAL HEALING MADE PLAIN (Timeless Wisdom Collection Book 316)

Kate Atkinson Boehme

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I am now going to suppose that you know nothing of Mental Healing and have come to me to ask what it is and how it works. You say you cannot possibly understand how it is that the thought of one person can have any effect upon the body of another person, although you are ready to admit that your own thought has its influence upon your own body. You do not question that in the least. You know that your hand moves in obedience to thought, and so with all the members of your body. This has gone on so long and you are so accustomed to it that it seems a simple fact enough. It is, however, really a very complex and mysterious process. Merely taking it for granted does not explain it. What is thought, that it should act on the nerves and muscles of your body and produce motion? Who ever saw a thought when it so acted on nerve and muscle? No one has ever been able to explain the mystery and yet we accept it as a fact. Do we do this because physiologists tell us it is so? No. We know it through our own inner experience.

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