

**I AM WELL! THE MODERN  
PRACTICE OF NATURAL  
SUGGESTION AS DISTINCT FROM  
HYPNOTIC OR UNNATURAL  
INFLUENCE**

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I Am Well! The Modern Practice of Natural Suggestion as Distinct from Hypnotic or Unnatural Influence by C. W. Post

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**C. W. POST**

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I AM WELL!  

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THE MODERN PRACTICE  
OF  
NATURAL SUGGESTION  
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DISTINCT FROM HYPNOTIC OR UNNATURAL  
INFLUENCE

BY C. W. POST

SCIENTIA VITÆ  
SCIENTIA—SCIENCE—The orderly arrangement of ascertained  
facts  
VITÆ—LIFE—Demonstrating the Eternal Principle of Life

*SECOND EDITION*

BOSTON  
LEE AND SHEPARD PUBLISHERS  
LA VITA INN COMPANY  
BATTLE CREEK MICHIGAN

1895

*"Within ten days thou wilt seem a god, to those to whom thou art now a beast and an ape, if thou wilt return to thy principles and the worship of reason."*—Marcus Aurelius Antoninus

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In penning a text-book for those who desire to use Mental practice for healing, the author has endeavored to so state and arrange the facts, that the busy man and woman can grasp the subject without preliminary study in Psychology or Metaphysics.

"I Am Well" is not sent out as a literary effort, but as plain, common-sense instruction, easily understood. The first edition has demonstrated that the book *does and will heal the sick*, as evidenced by the oft-repeated testimonies from persons in many and varied walks of life. This great object would perhaps be imperilled by any effort of the author towards a skilful manipulation of words.

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Dedicated  
to  
the Principle of Life, the  
Divine Part of Man,  
by  
the Author.

"All great reforms have been instigated by the untiring efforts of a few independent thinkers. Each century has had its leaders, and those leaders have ever been men of thought.

Superficial minds are apt without thought to adopt certain opinions as their own, and to adhere to those ideas with a tenacity born of ignorance. The broad, thoughtful mind weighs the arguments on both sides of a question, and is ever open to conviction, while the narrow-minded bigot reiterates his opinions with an obstinacy which can bear no opposition."

—*Anon.*

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SICKNESS, SIN, AND DISEASE are creations of the human intellect, and exist only in a mesmeric or abnormal state. These unreal conditions disappear under the white light of the higher intelligence. The lower mind or animal intellect will sturdily contest the truth of this because that mind is conscious only of the physical plane compassed by the five senses. It is only when the ignorance of intellect is displaced by the higher intelligence, the psychic sense, Soul, Life, or Divine Mind, whichever term seems best, that the being gains a knowledge of the plane of eternal principles and of man's connection with his cause. This knowledge unfolds the new man and brings with it, according to law, an endowment of the ponderous power of Life, dismissing the unreal, breaking the mesmeric spell, and returning man to a natural, normal state, from the world of illusion to the world of eternal realities.



Ken Lib  
5.75  
12.17 1934

## KNOW FACTS, FOUNDATION PRINCIPLES.

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SUCH KNOWLEDGE CARRIES WITH IT POWER TO FREE THE  
SLAVE BOUND IN MENTAL ILLUSION AND  
PHYSICAL AILS.

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**This book** has as little need of a preface as a first-class surgeon has of a formal introduction to a patient whose severed artery he has been called to tie; it is his business to go straight at the work he is called to do. So with us (reader and writer); let us proceed at once to the work of healing, and after the patient is well, we can discuss the theories more at our leisure.

Now you who are well and surround the bedside with anxious doubts, fears, and scoffs at treatment you know nothing of, will be kind enough to stand one side for the time and let the writer talk alone with the patient.

There are words to you, friends and well ones, on pages 24 and 78. Kindly turn to those pages, therefore, and get an introduction to the subject and to the author, if you choose.

Now a word to the sick one. I come to your side with the deep compassion of a mother for her helpless child. I have been through the seven times heated furnace (seven years) of physical disease and mental

distress. When man is thus ripened and then comes into the knowledge of Eternal Life, being quickly and effectually healed by that power, the most tender sympathy goes out to a brother or sister who is still struggling in the mire of materiality. It produces a feeling of great quiet and comfort within, to be the pen by which our Father conveys to you his great truths which will make you free from pain and disease. "Freely ye have received, freely give."

A quiet word in your ear, my brother or sister. You are reading these words with *one sole object in view, — to be well.* You do not care to pose as a specially acute critic. You do not care to feel that you must criticise any of the statements during the time you are getting well. Kill off the old man (self) and let the new Being come up. Know yourself as Spirit, Mind, and not body. For your own sake be entirely humble and passive during treatment, and let these words, as the instrument of Divine Mind, guide you as a little child is guided. When you read the written thoughts, fall into the same strain, join me fully, *heart and soul.* You thereby get at once into the state of *Health and Harmony.*

"**The Kingdom of Heaven** is at hand"; it is right here now, and you can enter it at once by putting yourself in possession of the Higher Mind and letting that mind guide you, denying any power but one, and that one, Divine Life, the Father of all.

To put yourself in possession of the Higher Mind, you will still all voices from intellect which will object to the teachings herein. Let your mind be passive and receive all of the instruction as truth revealed to

man from the Father of all Truth. Do this carefully, thoughtfully, drive out doubt, and you will receive your reward daily.

*But*, we are so wonderfully constructed that if any individual decides to doubt or ignore the voice of Truth as expressed through a man who has passed through the experience necessary to gain the knowledge he teaches, such an individual can close his shell and the healing thoughts, which are winged angels, silently pass him by, until later on.

You may depend upon it, the time comes to every one when they know the Truth as to who they are, and their power. It will come to some here and on this plane, much to their benefit; but to many, after they have dismissed this body. "Every knee shall bow." Be humble, content to receive instruction as it is given, and just so sure *as you let these words sink into you as Truth, you will be made free.*

**After you are conscious of Health**, you are welcome to read the book again and tear the statements to pieces as much as you like. But while ailing and seeking to get into Health, I beg of you, for your own welfare, take it all and kill every doubt.

Especially destroy the first voice of the devil: "I know this will cure many, but my case is a real case of structural disease and cannot be reached by these methods." That is the first thrust of evil, *kill it.*

**The writer of these pages** desires to say nothing of himself other than as a simple instrument through which Divine Principle chooses to manifest itself by precept and example. Placed at the head of an institution for healing by the practice of Natural