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Lessons in the Mechanics of Personal Magnetism; Arranged Either for Reading or Study; With Certain Exercises So Explained That Any Person May Easily U

By Edmund Shaftesbury

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Excerpt: . New Habits may Lift us to a Higher Plane of Life Chapter Thirteen. MOVEMENTS OF THE BODY. As the chief design of the Negative Mechanics of Personal Magnetism is to stop all the leaks of the vital-force, we must adopt a series of exercises applying to all the movements of the body as Nature intended. We will first treat of the entire body as a distinct subject for our attention, and then we will discuss thp several divisions of the body. The entire body is called into action in-- 1. Walking. 2. Starting. 3. Stopping. 4. Turning. CORRECT WALKING. Few people walk well. It so happens that the graceful and beautiful walk coincides with the magnetic walk. We shall see later on, that all sudden jerks or jars cause a very expensive leakage of vital-force. The blow upon the heel in walking is...



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