

Human Engineering, Inc.

FOR PRECISE PURPOSE -



METHOD ALIGNMENT

252 MERSHON ST., FAIRHOPE, ALABAMA - PHONE WAVERLY 8-8676 - CABLE ADDRESS: FAIRINTERX
REV. JAMES W. WELGOS, PRESIDENT

January 1, 1956

Dear Students;

The rapid rate of growth which is taking place here is causing all kinds of changes, things we are having to work out as we come to them. The amount of work in our office has increased so much that we are shifting our personnel around to make the best possible use. For example, we are temporarily closing down the frame-making shop so that Bob Funk can take over these newsletters. The entire format of the newsletters is going to be changed to include all of the departments which we are writing this newsletter around plus a number of others. Bob Funk will be the editor of the newsletter and any of you who wish to can contact him. Our need is going to be for articles, book reviews, correlations of our material with other fields, letters to the editor, etc .. Also, we plan to get the newsletters out about every two weeks just as soon as we possibly can. This means that we will have to raise the cost of subscription to \$2.00 per year. Also, all subscriptions are due as of now. (We'll make allowance for those who subscribed recently.)

Vincent Firro, the other man in the shop, who has had public relations experience with Army-Times (Stars and Stripes), is going to help out on a whale of a number of jobs which have been hanging fire for quite some time.

MUSIC DEPARTMENT -- Make sure that you listen to "A Band of Gold", also "Go On", which tells about that "voice" inside. Those of you who have heard our music tapes or who have been in groups where I've discussed music will find that these songs are quite obvious in what they tell you.

FLOWER OF LIFE DEPARTMENT -- R.E.S. of St. Paul writes in that his tooth is now a living part of himself again after our efforts in his behalf. A lady in the Northeast writes in to tell us that an operation she had asked us to work on turned out quite well. Another case in New Orleans tells us that a baby we worked on came through its two operations quite successfully. (The baby was said to have a very poor chance of going through even the first operation.) A case of lack of energy in the Middle West was cleared up. (Which brings an idea to mind: an announcement of cases to work on so that you students and groups out there can get some meditation practice. Would you like to work on it? We'll announce the cases to be worked on in this newsletter, and we'll ask that those who wish to have this service let us know of the results so that we can publish them.)

SHORT COURSE DEPARTMENT -- After having sent out several thousand Short Courses, we find that many people do not write in to tell us of the results they have attained. We DO get reports, but usually not until we meet the readers in person. We'd like to get a report from each of

you who has gotten results. Remember that others would like to know about your success so that they can make a little more effort and get the results they want too. All too often, without knowing of the results that others have achieved, someone will stop JUST SHORT of the amount of effort needed to bring their results into being. Evidence from others help to spur them on. YOUR letters are needed by them. Letters like the following ---

FROM REMOVING EYEGLASSES PERMANENTLY -- L.C.V. writes, "My vision is clearer and sharper without my glasses than it was. I can see a definite improvement."

EVERYDAY FUTURE -- "-- We agreed that the universe would provide us with sufficient funds to purchase stamps -- exactly 12 hours later -- when we were working with the last of roll of stamps an insurance agent called at the house and presented us with a three figure check on a claim that had been dangling for 2½ months! Oh, yes, miracles happen every day --" (H.S.) Also EVERYDAY FUTURE - I.M.L. says, "A while ago I got down to trying out the idea of cultivating an attitude of expecting things I wanted, and positive thinking, etc.. And took steps to cut out worry. I found myself waking up two hours earlier than usual, feeling brighter, etc., and this gave me a big lift."

"LESSONS IN LIVING" DEPARTMENT -- As with the Short Courses, we need more reports from our "Lessons" student on the results they have achieved. We have a few in our files, but we need more of them. OTHERS need the evidence of the results you've attained.

R.S. writes -- "I thought at first that I would write you a long letter for I do have lots to "crow" about but instead I'll join your group of enthusiasts and convey my enthusiasm over your lessons." M.P. writes -- "We think your lessons are doing a grand work and helping many many people to solve their problems." A.H. says, "Just a note to thank you for the "Lessons", I find them very interesting, well presented, and they should do a job that needs to be done."

It has been quite some time since we have made any mention in this newsletter of the way the "Lessons in Living" are built. We have progressed now into the seventh chapter. Chap. I: Introductory. Chap. II: The Five Basic Purposes of Life. Chap. III: Faith and how it works. Chap. IV: The Ten Basic Methods of Functioning. Chap. V: Semantics. Chap. VI: Understanding the study of psychology. Chap. VII: Removing Verbal Delusions. You will find that each of these chapters is loaded with more information about each of these subjects than you can find anywhere. For example, there is more about human relations in the last two lessons of Chapter six than in four years of practical psychology. Each of these lessons is truly LOADED with information which is vital to your very survival in our society.

The second section of "Lessons in Living" has not been started yet, but it is becoming obvious that many people want to get started on gaining control of their bodies. To accomplish this I am going to do a book on muscle control and internal awareness in the very near future. But in the meantime, those of you who want to rush into this phase can get Look Better, Feel Better by Dr. Bess Mensendieck. We recommend it quite highly. Gestalt Therapy by Perle, Hefferline, and Goodman is also good.

NEW BOOKS DEPARTMENT -- The transcript of "The Challenge" and "The Lord's Prayer" are now being put on stencils. "The Challenge" is ready for delivery and is a very terrific fifty-cents worth. "The Lord's Prayer" will go for \$1.00 and will answer many of your little nagging questions. Most people just repeat the Lord's Prayer without ever knowing what it is that they are doing. When you KNOW what a prayer can do, you'll find that you can do it much more effectively. Oh, by the way, anyone who wants to receive a copy of each new publication can be put on our "standing order" list and be billed each month.

BASIC CHART -- Quite a number of people have asked for further explanations of the Basic Chart. As we pointed out, the Basic Chart is a summation of all the knowledge in the six years of "Lessons in Living". But those of you who want it a little faster will find an explanation of it to be the heart and soul of "1,2,3, Man". As Ken Hart pointed out in his wonderful blurb about it in our last newsletter this chart IS a vital summation of things you need to know about your-

self. Study and meditation on this chart ALONE COULD take you to complete integration. But our bet is that you will do it faster using the Chart in conjunction with the "Lessons in Living."

DONATIONS DEPARTMENT -- With our greatest financial needs just before us, we want to give special thanks to those of you who have begun to make donations.

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| M.J. Eppelsheimer -- \$50.00 | Mr. John Schoop -- \$20.00 |
| Mrs. Marie Stebb -- \$25.00 | Mr & Mrs Walter Boattie - \$10.00 |
| Mrs Burnette Zellman \$10.00 | Dr & Mrs Lucien Vannerson-\$10.00 |
| Mrs. Elaine Borreson \$5.00 | Mr. L.B. Bruner - \$10.00 |
| Dr. Robert H. Huntington \$10.00 | Mr. Franklin J. Smith - \$100.00 |
| Mr. George Hein \$50.00 | |

MARRIAGE LICENSES AND WEDDING ANNOUNCEMENTS DEPARTMENT --

We want to thank all of you who have sent in lists of newlyweds and marriage licenses. Your response to our request for same has been wonderful. But with all the big new projects now, we don't have time to get to these lists and they are just piling up. So could you please hold off on sending more until we signify we are ready for them? Many thanks.

EDITORIAL DEPARTMENT -- Very few people know how to get rid of action patterns that they have built in over the years -- things like smoking, scratching, fidgeting, etc.. Examples of the type of therapies that will work for this are at the bottom of the second large column of the Basic Chart. But the key to this is given in the sixth lesson of Chapter 4 of the "Lessons in Living", where we tell about the EXHAUSTION of a THOUGHT-MOLD by means of action. Let us suppose that you want to control your breathing patterns. Establishment of this control can be done with practice. CONTINUED practice will exhaust the OLD PHYSICAL THOUGHTS and establish the new and desired one. So long as you keep doing things in the old ways, you are using the old patterns, and they seem comfortable. But if you are REALLY a free person, you can establish a new one IMMEDIATELY. Test yourself this way: Sit still without moving a muscle for 30 minutes to an hour. REALLY SIT STILL. If you can do this without strain for an hour or two, you can know that you have good concentrating ability and will be able to be successful in almost any line of endeavor. Go ahead try it. See if you are really able to do it. We'll make a bet that you can't. Test yourself to see if you are a child of accident or have true control of yourself. If you don't try this, we will make a bet that you have never really proven anything to yourself, but have just gone along listening to other people's words. If you have been guilty of this, you might find some answers for yourself in our Short Courses and in the "Lessons in Living." You DON'T have to continue to be a child of chance. You COULD grow up into being a mature person.

Don't forget to send in your donations.

With affection,

Rev. Jim Welgos

From G.E.M. "An island you are to those swept along by the flood, a shelter to the stricken, a refuge to those terrified by becoming, the resource of those who desire release Blessings on you!"

From E.H. "A rush belated note to tell you how very successful your distant treatment was with Christy. Before I received your note telling us that you had spent some time on her, I was certain that that had been the case. Her 'hurting tummy' has been alleviated completely, and I could never express to you how grateful we are to you for your help. Her disposition -- needless to say, ours is much improved, and she 's her old self again. Or should I say a brand new one and better self. Thank you again from the bottom of our hearts."

From B.Z. "The path seems so smooth, or am I learning the Lesson in Living? It seems impossible that just a year ago I was still in such a turmoil mentally and so upset I could barely think straight .. and again, my thanks for helping so much."

From P.A. "May God's blessings follow you every step you take. Doubly bless you for the blessings upon others that you make. Words cannot express the humble gratitude I feel for all your undertanding and help."