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Quimby's Method

Dr. Phineas Parkhurst Quimby

The Father of Mental Healing

In the mid-1800's well over 38,000 were healed of their various diseases and ailments by Dr. Phineas Parkhurst Quimby (1802-1866). He used no medicine. He claimed to heal as Jesus did.

I set out to find out. . .first, if that were true. And, if it were true, how did he do it? And, if he had done it, did he leave a way so others could learn to do the same?



Quimby & Lucius Burkmar
Created: circa 1847 date

Command to go on to all the world & to teach all nations & cure all diseases he has told them to go to the work & avoid the doctors of the robes & sorcerers but go to the Leavers shed on those that had been made sick by the priests & call on them and cure them by calling out their devilish ideas that the priests & doctors had put in to them & you see that by their words you should be free & in stead of making money ~~make~~ ^{the} ~~most~~ ~~money~~ ~~fast~~ & bring by their faith doctors they show this already of their wisdom & experience the Leavers truth & let them on those their opinions & that their best cure when they

Sample of Dr. Quimby's penmanship. With no electricity, Quimby used an oil lamp and candles for light and a quill for a pen.

I did find out! It is a fact.
Quimby healed thousands
without medicine, therapy or equipment.

Hundreds of newspaper articles and letters that praised Quimby's healing method were donated to The Library of Congress. In time I gathered an extensive library on him. Included were photocopies of papers in his

hand, personal letters, manuscripts and patient files with testimonials. ~ 2 ~

He left an extensive number of detailed, handwritten papers explaining exactly how he healed. Once I understood the simplicity behind his healing, I was able to heal just as he did. Quimby's Method takes place within hours...not months or years.

In 1858, at the age of 57 Quimby opened an office in Portland, Maine. He proved himself by successfully treating and healing approximately 38,000 patients. Patient's who were healed report that he only talked to them. Most often his patients couldn't tell how they were cured because to them they "just talked". This doesn't mean that Quimby himself was ignorant of what he did.

What did Dr. Quimby actually do?

He always started by merely sitting and chatting. He and the patient would talk about their life and eventually their problems. He'd ask them the specifics about what was going on just before their trouble(s) started.

He explained that in his experience, the initial cause of a problem came from a single opinion. He told them that an opinion was not a fact, that was just somebody's belief and how, in his experience, believing something untrue was the cause or started of their illness. . . that the truth was the cure. Then he'd help them locate the opinion and the truth.

He wrote that his ability to heal contained four basic steps:

- 1.) His own experience, knowledge and good judgment,
- 2.) Understanding the patient's state,
- 3.) His ability to find the opinion, the opinion, the lie that led to their condition, and
- 4.) How to guide them to the truth. Because the truth is the cure!

Sometimes it would take multiple conversations to get a patient to change their mind. At others, it took only one chat. Once the patient changed their mind, a cure took place.

I fully restored Quimby's Method in 1976.

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38,000 with Incurable Conditions Were Cured by Dr. Phineas Parkhurst Quimby

Hundred's of newspaper articles and letters praised Dr. Quimby's method of treatment. Copies of these articles were donated to The Library of Congress for their historical value.

Bangor Jeffersonian Times - February 1858

Mrs. Hodson of Kenduskeag, had been sick with a complication of dyspepsia [disturbed digestion] in its worst form, and a difficulty about the head, which had her utterly prostrated for two years, had been unable to walk a step or to be moved into an upright position without fainting.

Dr. Quimby sat with the sufferer. In two hours she rose from her bed without assistance and seated herself in a chair. She then sat up for an additional two hours. She has steadily improved and in time gained twenty pounds of flesh.

We have heard of other cases of remarkable relief. It is too late an hour for the cry of humbug, in Mr. Quimby's treatment of disease.... People are beginning to inquire, Who and what is Dr. Quimby? By what strange agency does he cure disease which for years has baffled the skill of our most eminent physicians?

Evening Courier - September 1860

We have been told that the "Age of Miracles" is passed, but we have recently heard of several astonishing cures preformed by a Dr. P. P. Quimby, which seem to border on the miraculous. How these cures are effected, it is impossible to say, as no visible means are employed. The most obstinate cases of disease have been made to disappear at the mere will, it would seem, of the Doctor.

Having heard of a remarkable recovery, we called on the patient, an intelligent young lady, who stated to us her case, and the manner of her cure, the facts of which seem embodied, at our request, in the following letter.

Regarding Dr. Quimby

~ 4 ~

Dear Sirs:

I have been sick since five years ago last July, having a great deal of pain in my back and limbs, caused by blue pills taken two years before. The physicians said the pills gave me a spinal disease. Very soon I was unable to walk, or even stand and for months I was prostrate upon my bed and confined to a dark room, having neuralgia in the optic nerve, and a painful, upset stomach making me a great sufferer.

After being for two years in the care of my uncle and brother, both doctors, they decided medicine would not cure me, and took me to a Water Cure, at Hill, New Hampshire. The Water Cure physician decided there was no help for me there, concluding that the spinal marrow was diseased.

Hearing of Dr. Quimby, I set out at once to see him. Arriving at the United States Hotel in Portland, on the morning of August 15th, I was carried up stairs in my wheel chair to my room.

Fifteen minutes after I saw Dr. Quimby, I was walking. I went downstairs to dinner (without assistance) and back to my room (again without assistance). That evening, I took a long walk of about forty steps with assistance. You will not wonder that I was wild with delight. I was like one risen from the dead. The second day I walked on the street sixteen rods (half a mile). On my sixth day I walked four miles and a half, and in less than two weeks I walked the four mile into Portland from Falmouth and returned.

My disease is entirely gone, my back is perfectly well, and I have no fears of a relapse.

“Yours with much esteem,

F. C. B.

Residence, Williamstown, Vermont.

To this testimony we add that of Mr. Julius Dresser, who was restored to health by Dr. Quimby three months before. Since that time he has devoted himself to conversing with patients on *Dr. Quimby's Truth*. Mr. Dresser saw Miss B. in her invalid condition, then walked and talked with her during some of the trips mentioned above. He learned the facts of her case first hand, and saw that she was perfectly restored to health.

Now, if this were a solitary case we might ascribe the cure to the imagination, as it is well known that imagination has worked wonders in this way. But this is but one of a number of equally remarkable cases which have occurred here in our midst, and witnesses stand ready to bear testimony to the facts.

One lady who had been severely afflicted with rheumatism, and for years was bent nearly double, a cripple, unable to use her hands or feet, was in short time restored to health, and is now living, working evidence of the Doctor's skill.

A gentleman, a friend of ours, had for years been afflicted with a hip complaint. He had for a long time been confined to his bed, and was brought so low his physicians had given up, with the news that he could live but a few days. It was purposed to him to call in Dr. Quimby. This the gentleman objected strenuously to, being bitterly opposed to anything like humbuggery, and Dr. Quimby he considered "one of the biggest of humbugs. His wife, however, insisted on calling in Dr. Quimby.

Quimby visited him -- and yesterday we met the patient on the street, going home to dinner, looking heartier than we have seen him for a long time. He considers himself entirely cured of the complaint. We told him people considered these cures as humbugs. "So did I," was his reply, "but here I am, and if humbug can work such wonders, glory be to humbug, say I," and so say we!

We might cite a dozen other cases, but we refrain. We have no other motive in mentioning these rare cures than to make our readers acquainted with the remarkable phenomena. We have but a slight acquaintance with Dr. Quimby, and have no interest in publishing his astonishing

cures to the world. We have mentioned them as affording matters of curious speculation. We must confess there is something about them more than our philosophy ever dreamed of.

Free Press - Lebanon, New Hampshire 1856

Just at the present time there is a good deal said about Dr. Quimby, of Portland, and it may not be considered amiss to mention the case of a young lady of this town who has been greatly benefited by him. For nearly three years she has been an invalid-- a great part of the time confined to her bed. She never left her room unless carried out by her friends. A few weeks ago she heard of Dr. Quimby, and resolved to visit him. She did so, and after remaining under his care four days she returned home free from all pain and disease, and is now rapidly regaining health and strength.

The reputation of Dr. Quimby as a man who cures diseases has extended. The increasing respect and confidence of the public in his success suggests the day of miracles. He effects his cures without the aid of medicine or outward applications, and his practice embraces cases like the above, where all ordinary treatment has failed to relieve.

It is impossible in a brief communication to do anything like justice to Dr. Quimby's Truth. Enough has been said to separate him from quacks and imposters. The case cited above is not a solitary instance of his skill in practicing his science, and his increasing popularity with all classes shows that the confidence of the public is not misplaced.

Having heard that Quimby had restored a woman who had been dumb, an interested reader wrote to the paper the results of an investigation he had been prompted to make concerning this cure. The patient being a daughter of Capt. Blodgett of Brooksville.

She had been suddenly deprived of her speech two years before. No cause was known, and the fact excited a melancholy surprise in herself. She had not been sick, nor had any trouble of mind or body been known to have produced the speechlessness.

One evening her speech was observed to be slightly impaired. She retired as usual, and on waking in the morning she was utterly speechless.

From that time she had not uttered an audible word. One physician attributed the cause to a sort of paralysis of the vocal organs. The best medical aid had been sought to no avail.

She is now in full possession of her former powers of speech.

Quimby's Method

-100 YEARS LATER-

HERE
3/4/23

For over twenty years I helped the public recover with ease. However, in 1997 it became apparent to me that my healing methods were not all encompassing. Physically I had spiraled down. I couldn't figure out what was causing my weakness and the pain. (It was extremely painful to be touched.) My muscles were stiff. My joints hurt. I was both confused and tired.

Within weeks I was bedridden. I finally gave in and went to a medical doctor. He diagnosed Fibromyalgia - a disease which medicine says has no cure.

A few days after studying all I could find on Fibromyalgia, it occurred to me that a cure was not going to be found in allopathic medicine or alternative medicine. Why? Because both medicine and alternative medicine researchers had been working to find a cure for over 90 years...and failed. I decided not to believe the doctors that there was no cure.

I reasoned that after 90 years of research and not finding it that their researchers were looking in the wrong place. I decided that there was a cure because I wasn't born with Fibromyalgia... that something had to have changed. I reasoned that If I could find out what I'd changed, there just might be a way to reverse it.

I decide to do my own research. The only place I knew to look that was beyond medicine and alternative research was the mind. This thinking eventually led to an investigation of Dr. Phineas Parkhurst Quimby (1802-1866) and his miracle cures.

Within a few days of making the decision that I'd find the cure, there was a knock on my door. I opened it to find Mark and Mary on my porch with an invitation to their church. That particular day my symptoms were running rampant. I was exhausted. The pain was almost unbearable.

I asked them to feel free come back another day when I was better. I explained that I had Fibromyalgia and the symptoms had made me too tired to visit.

As they turned to leave I overheard Mark remark to Mary, "It's too bad she can't see Dr. Quimby. He'd probably have a cure for Fibromyalgia." □

Mark's remark stayed with me. I decided I was going to go to the doctor Mark mentioned. No matter how much money it took or how far I'd have to travel, I'd do it. I was so sick of being sick and tired.

A week later Mark came to see if there was anything the church could do for me. I invited him in. Once seated, I explained what I'd overheard him say about a doctor who cured incurable diseases.

Imagine the blow I took when he told me that the doctor he was referring to had been dead for over 100 years. He added that he learned about him from a newspaper article. He told me that Dr. Quimby had healed over 38,000 and that some diseases were incurable.

The second blow came when he told me that Quimby left nothing behind on how he did healed (which I later discovered was not true) and that his patients couldn't tell how he'd cured them (. . . which was true.)

The following day he stopped back by with a gift... the Quimby Manuscripts a 1921 out-of-print book. Mark said h'd purchased it at a garage sale but never read it. Each time he moved, he packed the book and took it with him. He said that he still couldn't figure out why he bought it in the first place as he just wasn't interested in it.. Then he added as he handed it to me, "Unless it was for you."

After he left, I flipped through the 440 pages and found a Quimby Quote. "The cause of all disease, all discomfort is an opinion the patient believes." Elsewhere in the book I found that "an opinion is someone's belief

but it's not based on facts, that it's most likely something someone made up." And, "If something is going wrong in your life it's due to an opinion. The truth is the cure". Although at the time I didn't fully understand what he meant, I wrote those phrases down.

I believed Mark, that Dr. Quimby didn't leave us step-by-step how he healed. He was wrong. However believing Mark, I diligently studied the book for months looking for clues on what Quimby did. Each time I came across a point that I thought might be one of the steps he used I wrote it down.

I learned that Quimby started each new patient visit merely sitting and talking. (He referred to his consultations as visits.) He'd explain what he felt was the cause of physical ailments . . . that symptoms were due to unknowingly believing an opinion as if it were true, as if it were a fact.

At his first appointment he'd ask his patient to describe their condition. Then he'd ask them to remember when they felt their first symptom and to recall what was happening in their life at that time. Usually something was going on that they felt that they had no control over and he was able to locate the opinion that started their symptoms.

The patient, persuaded that the opinion was somehow a lie, usually on their own would change their mind. And, a cure took place. This is how I learned that a simple change of mind could eliminate symptoms and deadly diseases.

How a Simple Conversation Can Cure

Suppose a man saw on the news of an airliner crashing on take-off and leaving no survivors. The man knew that his son was on that flight. He assumes his son is dead. Shock from the news would cause grief, a deep feeling of sorrow and chest pain. Not only has he mental anguish, he has physical chest pain as well.

In that moment, does he imagine his suffering? His chest pain? Is it real? Of course, it's real. Is his body affected? Yes, it is. Does he have actual physical symptoms of a sick person? Yes, he does.

Now suppose you were sent to see the father and told him that you were with his son when the plane crashed . . . that you both missed the flight due to traffic.

“Proof” that his son’s death was an in error in his thinking, that he’s alive and well long after the crash . . . what follows? Why, his father undergoes an immediate mental change, as does his body. He is no longer in pain.

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After months of study working to figure out how Quimby healed, I had what I thought was his step-by-step procedure. I tried it on friends and family . . . and failed sixteen times.

Each time I tried I did think that I had Quimby’s Method down pat. And, each time I failed, I did not give up. I went back to studying Quimby books and manuscripts, then modified my steps.

On My Seventeenth Healing Attempt, I Did It!

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Tony

My seventeenth healing attempt was on Tony, a disabled construction worker and a friend of a friend. Tony learned what I was attempting and called to see if he could be one of my ‘guinea pigs’. (His words not mine.) I had yet to learn that I could do Quimby’s Method over the phone. We met at his mother’s as her house was between ours.

Five years earlier, within a few days of each other, he was in two serious car accidents. As a result he had ruptured three low back discs. Since the accidents he’d been in horrendous pain which robbed him of his youth and ability to support his family.

The day of our appointment I stood on his mother’s porch and watched him approach. In his early thirties, he looked to be a feeble 80 years old man. His posture was stooped. He used extreme care with each step. Carefully he gently put his foot down before he lifted the other foot for

At the bottom of the porch steps, he held on to the banister and

looked up to tell me that it would take a while...that he had to be sure not to jar his spine as he put his foot down. He used the banister and slowly began to pull himself up from one step to the next. I felt like it took him fifteen minutes to climb the five shallow, porch steps.

Once inside, it seemed another ten minutes before we reached the den. I closed the door. After some small talk, I ask him to remember what was going on in his life before his first accident.

It's been so many years now that I don't remember the exact opinion that caused the injuries to his back. I only remember that it had something to do with a horse or horses.

Three hours later, bouncing with exuberance Tony walked out and stunned his mom. Even though told what to expect if it worked, she didn't believe he could be healed.

Pulsating with excitement he gathered his tiny, speechless mom up into his arms, "Mom the pain's gone!" Laughing as he whirled her around. he repeated over and over "I'm cured! I'm really cured!"

Once he put her down, she looked at me and said, "He not only looks his age again. He's glowing!" and started to cry.

What caused Tony's pain? According to his doctors and x-rays, he had three ruptured discs. According to Quimby's Method, he believed a series of opinions about not being able to control had been going on. That one 3 hour session was all he needed. His pain never returned.

It's been 48 years since I had that "visit" with Tony. Eventually I learned the science behind Quimby's Method, considered by most, a pseudoscience, behind the instant removal of pain, disease, and symptoms. It begins with learning and understanding the behavior of matter.

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Sixteen Failures Become Sixteen Triumphs

One at a time I called each of my sixteen failures and explained the success I had had with Tony and that I thought that I had the right step-by-step sequence. I asked each if they'd be willing to let me try again. The "Yes!" was unanimous. Using the same step-by-step procedure I'd used on Tony, each one of the sixteen recovered. ~12~

Selfishly my second healing using Quimby's Method was on myself. I taught my adult daughter how to do Quimby's Method and use it on me. After nine months of study and a few session hours, all my Fibromyalgia symptoms disappeared.

Lydia

The Energy - with Quimby's Method

Lydia Foster was the fifth person to experience Quimby's Method. She invited me to be her house guest and do Quimby's Method. I'd still not learned that Quimby's Method could be done over the phone.

Once Lydia had been in practice as a Chiropractor. Five long years ago, she'd been diagnosed as having both Epstein-Barr Virus and Chronic Fatigue Syndrome. She lived as an invalid. On a 'good day' she managed one hour out of bed. Immediately after her first Quimby's Method session she was able to be up for an additional five hours.

I asked Lydia for the following letter.

Dear Sarah

I feel fantastic! My life has never been this good. My health has completely returned. On my 56th birthday two weeks ago, I took a sixteen-mile hike, up-hill! I did not get tired.

A few days before that hike, I had two days with a shovel, digging a drainage ditch. I thought for sure that I would be sore the next day. I wasn't, not one muscle was sore.

I asked Sarah to continue doing sessions with me until all my opinions were gone.

What I did not share with her was that I also had another "incurable disease". I was a manic depressive. In

Psychiatry a manic depressive illness is considered an affective disorder marked by alternating episodes of mania and depression.

That took a little longer to heal; six months of phone sessions to be exact. I kept bringing the opinion back.

It's now been over 2 years and I am still free of symptoms. I love the new me.

Sarah comment:

On our first day together Lydia spent the entire day on the couch. Three mornings later, she was cleaning and moving furniture. On the sixth day she told me everything had been cleaned but the guest room. She asked if I would mind if she cleared it out and moved the furniture around. In the evening, I found her lifting and wiping the shelving under the plates she had stored in her pantry. She complained of the energy and wanted to know when or if it would slow down.

It took approximately eight phone sessions to remove the opinions she had on Chronic Fatigue and Epstein-Barr. It was ten sessions to her eliminate the manic depression condition.

In the second year after her return to health, Lydia had a flare-up. Forty minutes on the phone re-established her health.

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There have been occasions when an individual's decision to believe an opinion was uncovered and removed within a few hours. In the norm, before all symptoms can be deleted all their numerous opinions must be found and removed.

~ ~ ~ . . . ~ ~ ~

Jane

Jane had severe, low back pain for well over five years and unable to work. She could not do many of the things she loved. Both pale and worried. she was definitely doubtful that we'd be able to get rid of the pain.

Her session lasted only an hour. Rather quickly we found the opinion causing her pain. Without prompting, she knew that that decision she'd

made wasn't true. Without help from me, she knew the truth. Instantly her pain left... forever!

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Within minutes and/or hours our clients notice a significant ease of their symptoms. Some are completely recovered within a few days or weeks; others take a bit longer. No two people are the same.

Take advantage of the Free 20 minute Medical Intuitive Consultation I offer. I don't need to see you in person. All of my work is done over the phone.

All of the free appointments are with me. I don't work with lab tests or a disease's name. My intuitive opens up when I learn what happened to you.

Before we speak, I will have spent time focused on you and your situation. Whether you have a physical problem, a problem at work or a problem in a relationship, an emotional issue, etc., we'll pinpoint what needs to be done to recover.

Click on the the Free Consultation to the side and fill out the form. The more information you give me, the more I can give you. Once I've read your condition, I will send you an email with the number to call to schedule your free appointment. If within 24 hours you do not have a scheduling email from me, please check your spam folder. If it's not in your spam folder, by all means, see below and call me during the hours I am in the office.

Place FOOTER Here