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WYOMING, OHIO.

DECEMBER, 1900.
VOL. 1. No. 1.

"I AM THE ALPHA AND THE OMEGA, THE BEGINNING
AND THE ENDING; THE ONE WHO IS, AND THE ONE WHO
WAS, AND THE ONE WHO IS COMING, THE ALL POWERFUL."

TO HIM THAT OVERCOMETH WILL I GIVE TO EAT OF
THE HIDDEN MANNA, AND I WILL GIVE HIM A WHITE
STONE, AND IN THE STONE A NEW NAME WRITTEN."

WE TWO.

We two make home of any place we go;
We two find joy in any kind of weather;
Or if the earth is clothed in bloom or snow,
If summer days invite or bleak winds blow,
What matters it, if we two are together?
We two, we two, we make our world our weather.
We two make banquets of the plainest fare;
In every cup we find the thrill of pleasure;
We hide with wreaths the furrowed brow of care,
And win to smiles the set lips of despair,
For us life always moves with lilting measure;
We two, we two, we make our joy, our pleasure.
We two find youth renewed with every dawn;
Each day holds something of an unknown glory.
We waste no thought on grief or pleasure gone;
Tricked out like hope, time leads us on and on,
And thrums upon his harp new song or story.
We two, we two, we find the paths of glory.
We two make heaven here on this little earth;
We do not need to wait for realms eternal,
We know the use of tears, know sorrow's worth,
And pain for us is always love's rebirth.
Our paths lead closely by the paths supersortal;
We two, we two, we live in love eternal.
—Ella Wheeler Wilcox, in Century.

I AM THAT I AM THROUGH LOVE.

I am both feminine and masculine, negative, and positive, human and divine, mortal and immortal.

As a form I am beheld, but only through letters, colors, tones and vibrations am I perceived.

To understand my word is to know and possess all.

ASK IN THE SILENCE, WHO AND WHAT I AM.

SAGITTARIUS.

Bold Bowman, bounding o'er the earth,
Thou hast, forsooth, a lucky birth;
For loyal, strong and true remember—
Successful all born in December.

Distinguished Sagittarians: Wendell Phillips, Mark Twain, Thomas Carlyle, Max Muller, Phillip Brooke, Dean Swift, Milton, Whittier, Disraeli and—ADIRAMLED.

THE ASTROLOGICAL PHASE.

"For 2,000 years the sun has been in Pisces as denoted by the precession of the Equinoxes. By 1914 it will pass out of this dual sign (two fishes) into Aquarius which is single—the man with the watering pot pouring out truth for all. Dualism has characterized this entire period. Christianity has been permitted to preach good and evil to every nation, tribe and tongue. For about 33 years before the sun reaches the dividing line it passes through a zone of constantly decreasing Pisces influence. This is why from 1881 to 1914 there is such a decline noticeable in Christianity. This is why counter influences are being more and more felt and why even Christian ministers often feel that the end of this dispensation is near. They feel it but none have yet seen that it is to come through the annihilation of dualism. It will take about 33 years more after 1914 for the last traces of dualistic belief to disappear."—Occult Truth.

"Love is the healing power of the nation. Love personified becomes a radiating, life-giving influence to all men. And the man who becomes an incarnation of Love shall be mightier than death."—"Ideal Love."

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THOUGHTS AND THINGS.

"My beloved, 'The fear [respect] of the Lord is the beginning of wisdom,' and the beginning of success and happiness is in the realization: I AM THE LORD."

"Are you doing something disagreeable? Don't do it! Are you treading some weary, toilsome, sickening path of duty? Stop treading! Are you bound up socially, religiously or politically? Unhitch! You can't? You can! Start out this very hour to find your own. What is your own? That which you most earnestly desire. How are you to do this? WISH, WANT, DEMAND! Set to work and BRING IT TO PASS! Go easy now, don't rush! All time is before you. Let patience have her perfect work. Just LET the spirit within FILL FULL your desires without. Take hold of every thought which comes to uplift you and GO UP with the thought. Soon you will find yourself swimming in success, bathing in bliss, revelling in riches."

"Thoughts are things and things are thoughts; the one is just as easily explained as the other. You can't understand a thought without a thing or a thing without a thought. You can't have thought without a thing or a thing without a thought. * * * The whole objective universe is an expression of the thought of the subjective universe."—Thomas Shelton, in Christian.

"So let us say—not 'since we know we love,' but rather, 'since we love, we know enough.'"—Browning.

"Nature abhors the old, and old age seems the only disease; all others run into this one."—Emerson.

"My bounty is as boundless as the sea, my love as deep; the more I give to thee the more I have; for both are infinite."—Shakespeare.

"To perceive the I is to perceive the ideal. To get a consciousness of the power of the I is to go close toward making the ideal apparent to yourself, for the I, in its fullest expression, is the ideal."—Helen Wilmar, in Freedom.

"The thought that inspires the manifestation of the atom is of the spirit that inspires the theocracy; God is and is in all, of all and through all—let that realization never be ignored nor forgotten, and so far as rudimental and fundamental existence is concerned, the universal Presence—God—glows in all"—J. G. F. Grumbine, in Auras and Colors.

"In our country it is not the 'big I' corporations, trusts or individuals who are the cause of squalor and wretchedness, it is THE 'LITTLE I' IN THE WORKING MAN. The only cure for poverty of mind or body is to EDUCATE the individual

'little I' until he grows up. These pinched conditions are necessary to wake up the individual to his own I AM, his 'big I.'"—Elizabeth Towne, in the Nautilus.

"In the new day now dawning, we shall refuse to run down at fifty or sixty, and we shall refuse to 'stop short, never to go again,' like Grandfather's clock, when the dial of years indicates seventy or eighty. In the light of our larger consciousness, we shall know our right to live, and knowing, dare maintain it. Then shall humanity for the first time know what life really is, what youth is, what love is, what power is—knowing the splendor of work and joy in work unending."—Paul Tyner, in the Radiant Center.

"Genius is a growth, an unfoldment, whose stupendous aspirations are ever expressed in small beginnings. Every one is a genius along some line if they would only LIVE themselves; that is, be true to their own particular ideal. But so much time is consumed in senseless formalities, and in speculating what they will do after greatness has been achieved that the opportunities are lost, the sun sets and these same heroes fade into the oblivion they have prescribed for themselves, simply because they did not make a 'move.'"—"Triumph," published by Florence E. Roberts, Riverside, Calif.

How can the mind heal? Why do you stop to ask the question or try to answer it? If you want to send a message by telegraph or start upon a trip by rail, you do not hold your message or postpone your journey until some one is able to demonstrate to you the nature and power of electricity and steam, but you accept the forces and utilize them for your convenience.

Of course mind does heal. If any one in the nineteenth century doesn't know this, it is because he still dates away back in A. D. 18 hundred and something. Some people oversleep in Devachan—some do right here.

You wake in the morning to think over the business for the day. You hope for success. You plan; that is, you try to peer into the future. You are not certain whether your plan will succeed or not. Your very uncertainty is ominous. It puts a shutter against the window. You are in semi-darkness so long as you doubt. If you succeed, it will be through confidence in yourself, your own powers, your own ability. Confidence opens the window and lets in the sunshine of success. There is no luck as we understand it in the sense of chance. The German word *Glück* is a much happier conception. It means both happiness and fortune. Success is ours if we but unloose the fastenings of fear, timidity, doubt and despair, and throw

wide open the windows of our minds, thus catching the floodlight of radiance from the boundless over-soul.

A lady, who was addicted to melancholie in all its stages from plain blues up to acute-hypo-chondria, was accustomed upon the approach of symptoms to begin a violent treatment for Animal Magnetism. In one especially severe case she failed to get relief for some days; and, not feeling very strong herself, being only a student of a student's student, she called in a lady friend, a practitioner with a parchment, and together they started in on the case.

After looking over the regular list of metaphysical monstrosities, they came to the decided conclusion that the patient had been obsessed by that cloven-footed, horned and tailed demon recorded in "The Book" as Theosophy, whereupon both ladies pitched into the beast and had the satisfaction of soon seeing it beat a hasty retreat, after which the patient immediately recovered her wonted wontness and recounts to this day her valorous demonstration. Imagine it! Suppose you were a good devil like Theosophy, and a couple of old ladies should ring you up by affirmation, and you should, with your customary gallantry, rush to their rescue only to receive a violent spanking of denial. Would it not be humiliating, to say the least, especially as you hadn't "done a t'ing?"

THE INDIVIDUAL.

The derivation of the word individual is from the Latin *in*, not, and *dividens*, divisible, hence the radical meaning of it is, NOT DIVISIBLE and the definition as given in the dictionary: "SUBSISTING AS A SINGLE, INDIVISIBLE ENTITY OR DISTINCT BEING, INSEPARABLE."

The application of this word to the separate members of the human family has been made without knowledge of the nature of the human being.

It is only ignorance which looks upon each man and woman as a distinct entity, an individual so called; and this popular misconception is fundamentally responsible for all of the woes which the human race now endures.

There is manifest throughout all nature a principle of activity which is inseparably connected with the appearance and persistence of every form of life. This single principle, thro' its dual manifestation, has come to be regarded as two, denominated as the positive and negative forces.

On the so-called plane of the inorganic, chem-

ical action takes place and new forms are created by an operation of this principle.

On the lower planes of animal and vegetable life the same principle operates as reproduction, and is referred to as the sex-principle.

Certain forms are here seen to be bisexual, and thus at the very base of organic life do we find the true type of the individual, THAT WHICH IN ITSELF IS CAPABLE OF BEING AND MAINTAINING ITS PERPETUITY AND INCAPABLE OF SEPARATION.

As we rise in the scale of life, illusion (Maya) separates the ONE SEX into the TWO SEXES, and the biune becomes the dual.

The Evolution of Consciousness necessitated the primal separation of the negative and positive elements, but the restoration of reason will ultimately demand the recognition of these two elements as ONE ETERNAL CO-RELATED MANIFESTATION.

In the account of the creation given in the book of Genesis, God is ELOHIM, a concept, plural in form and essence, but singular in action and sense.

"In the image of God [Elohim] created He him [man]: male and female [forms] created He them."

The He[they, or biune creative principle] here mentioned is identical with the sacred AUM of Eastern religions which comes down to us in the prefix OM, meaning ALL. In French we have it embodied in that peculiar genderless pronoun on, "THEY"(on dit, they say), as also in, the Latin *homo*, "man."

In our own language it is to be found hidden in one, and person and hundreds of other words, while it is continually spoken in the very common daily expression, "I AM."

In the Biblical allegory Adam (at-om, potential Spirit unmanifest) sleeps until mind (man) separates from it the woman (om-an), the original expressive mind-principle.

"In the beginning was THE WORD and the word was WITH God and the word WAS God (Elohim).

Thus ATOM (Adam) becomes vivified and endowed with manifesting potency; therefore man shall "Cleave to woman, and they shall be one flesh." In connection of this

Paul is inspired in the perception of this great principle for he says; "The man is not of the woman, but the woman of the man," that is to say, man(mind) is the original uncreate, which comes only into manifestation through woman, the principle of expression.

Paul says again; "The woman is the glory of

the man," but "The HEAD of the woman is the man."

Jesus says of this mystical relationship, "They are no more twain but ONE FLESH, what, therefore, God hath joined together, let not man[man cannot] put asunder."

In this union(Un-I-On) of woman and man, we find the only true and scientific definition of THE INDI-VI-DUAL(the undivided-force-dual), the two in one, which cannot be separated and BE.

"U"(oo) is the indrawn breath: intUition, tUth, wO(oo)mb, wOman.

"A"(ah) is the out-pouring breath: fAther, Am, mAn. The WHOLE BREATH is embodied in the two syllables, "UM"(oom) and "AN"(ahn) which united express the union of woman and man. "Neither is the man without the woman, neither the woman without the man."

Thus, through the power of the Holy Ghost (whole-breath) mAn is placed at the very center of the universe(one-turn.)

Through U(Luna), feminine principle, he enters the MUNDane sphere: through O(Sol), masculine principle, he becomes enSOULed: appearing formally in Earth as hE, shE, thEy: but rendered capable of MANifesting only through the Idea, the dIVIne, I(eye), spIrIt, InspIrAtion,—thus becoming the I that I-AM.

Deeper analysis reveals the still hidden meaning of this mystery of mysteries until ISHA stands unveiled before AUM.

All social activity on whatever plane of human life is but an effort more or less blind of these two hidden, veiled and separated syllables, "OM-AN"(woman-man) to unite in the long lost word, which "in the beginning" was in the bosom of the Father, and to come into a realization of their true INDIVIDUALITY.

The babe who clings to its mother's breast, the maiden who glows at the remembrance of a kiss, the lover who lingers fondly to look at the little fading flower his sweethear's wore, women and men who do and dare all things to come into the presence of the beloved—all are touched by one and the same power, the magnetic and magical power of Love, which is eternally reaching out for its own.

Apotheosized, Love sits enshrined as the Bleeding Heart of Christ or The Tearful Madonna.

Metamorphosed, it appears as religious fanaticism leading crusades and waging holy wars to reclaim its ideal.

The poet's dream, the philosopher's theme

and the struggle of men has been, is, and will ever remain the realization of the ideal, the search for the long lost Word, the reunion of oo-M-an: the INDIVIDUAL REGAINED, DIVINITY ATTAINED.

HARMONY: THE PATH OF ATTAINMENT.

All thought is externalized in form and is perceived by the mind as something independent and apart from itself.

Every formal manifestation is accompanied by the phenomenon of vibration, which is not, as commonly stated and believed, the cause of the manifestation, but rather its measurement and expression. Agreeable sensations are produced by thought-force sent out in smooth, regular, even pulsations, and the result is said to be HARMONIOUS; while, on the other hand, thought which is impelled in rough and irregular waves, produces upon the mental retina the sense of the unpleasant and disagreeable, receiving the characterization of discordant.

All satisfactory attainment is made through an understanding of the principle underlying harmonious thought-action.

Music itself is the ideal drama of life's formal expression in which every discord becomes harmoniously reconciled and the power and beauty of consonance is brought to light.

It represents the struggle of the mind thrown into discordant relations to gain the ideal sense of equilibrium and repose.

How may we come into an understanding of the principle which will lead us to the practical realization of this desirable mental condition?

First, by a recognition that the condition is possible, and that we have the power within to attain it.

Second, by earnestly desiring and seeking to find it out.

The first step to be taken in this attainment is to think harmonious thoughts, to contemplate harmonious objects, to do harmonious acts.

No other occupation so thoroughly fulfills all the requisite conditions for perfecting the thought-action as does the study of music, especially the practice of singing.

Tone, beautiful tone, is produced by the concordant and harmonious vibration of the entire body; that is to say, the action of thought must have put the body into this sensitive and responsive condition before beautiful tone will be produced. The singer has to make his body

vibrant, and the body then becomes the instrument attuned for the mind to play upon at will.

The violin affords a peculiarly apt illustration of this same principle: At first the new violin may produce a coarse, rough tone; but in time the vibration of the tone through the body of the instrument modifies and moulds the violin itself, so that ultimately the two may be said to have created a new instrument.

It takes a hundred years, perhaps, to produce this change in the wood; whereas, in the elastic, cellular bodily structure a few months suffice to show wonderful changes effected by the moulding influence of tone vibration, until finally the singer becomes physically transformed by the song.

The experiments of Chladni are well-known to acoustical students. Upon a thin plate of metal, sand is sprinkled. When a bow is drawn across the edge of the plate, the vibration causes the sand to arrange itself in perfect geometrical figures of various design.

Experiments of a similar kind but much more extended have recently been made by a lady (Mrs. Hughes) in Wales, who uses what she calls an Eidophone, an instrument shaped like a large pipe. Across the bowl is stretched a film of India rubber upon which a thin layer of fine sand is spread.

When the tones of the scale are sung into this instrument, each produces in the sand a distinct design, resembling snow crystals. By using water-color paste spread thin upon the film, the forms of flowers and ferns are produced by tones, their perfection and beauty of form being determined by the character of the voice.

These experiments in pictorial sound representation are in themselves a revelation in regard to the character of sound, and to the mental student are very suggestive of the possibilities of the thought-force behind all the phenomena.

Mental harmony brings with it not only the thought of perfected consummation, but the idea of eternal realization. For with the establishment of a perfect equilibrium or balance of thought-force, acting harmoniously upon the body—the visual manifestation of the mind—discontinuity or dissolution are terms without significance.

The attainment of perfect mental harmony is conditioned upon the resolution of every physical discord. DESIRE is the impulse, SATISFACTION, the motive, and LOVE, the everlasting resolvent.

PRACTICE LESSON.

Breath is being. The Breath of Life is the Holy Spirit of Revelation. It may be considered as the vital food of the body, mind and soul. The act of breathing, though really voluntary, is yet so very natural that it is generally considered as involuntary, and consequently is given but little or no attention.

When the manifold benefits to be derived from a scientific study and practice of right breathing are fully understood, it will form one of the first and chief branches of instruction in our public schools. Instead, that which should be a matter of constant daily practice, is now deferred by most people until such a time as they may chance to take up the study of elocution or singing. In addition to the invaluable beneficial results attendant upon the establishment of the daily habit of right breathing, all who carefully study and practice the exercises as herein directed, will, in a short time, find themselves coming into a continuous realization of an ever more beautiful and powerful speaking and singing voice.

The voice is simply a result of the harmonious balancing of all the forces of the individual. It is the spirit which seeks expression, but the mind and body must be attuned to respond, or true expression can not result.

These exercises will be simple but very comprehensive. The essential point in study is, to concentrate the thought upon each exercise and try to realize the sensation, as described.

RHYTHMICAL BREATHING.

Each exercise under this head should be practiced in three positions, which I will refer to throughout as first, second and third.

FIRST POSITION: Stand erect, one foot forward, weight thrown on the ball of forward foot. Raise the upper part of the body thoroughly from the hips, hold the chest firmly upward, shoulders back, head erect. This is the singer's or speaker's position. For first practice, I would also add, arms akimbo, hands on hips with thumbs pointing back.

SECOND POSITION: Be seated in an easy chair, preferably a rocking-chair, the SHOULDERS but NOT THE WAIST resting firmly against the back of the chair. Clasp the hands around and back of the chair as high as possible. Try to have the same loose feeling about the waist as when standing.

THIRD POSITION: Lying flat on the back. Practice in this position for ten minutes every morning before getting up.

The posture of the body as given in the first position, should be assumed and retained by the student for three minutes at a time, and repeated several times a day until it is perfectly easy and natural. This, practiced frequently in connection with the first breathing exercise, will soon develop a full chest and straight spine, giving the erect carriage so much admired.

Ex. 1. First position, hands on hips, mouth closed, inhale very slowly, allowing no movement in any part of the body except a slight expansion at the waist. Watch the shoulders that they are not allowed to raise. Mentally count five during this quiet, easy, slow inhalation. Stop and hold the breath during another five counts, then puckering the lips as if to whistle, slowly blow the breath out while you count five more. Each week the counts for inhalation, holding and exhalation may be increased, so that by the end of the month, ten can be counted.

Ex. 2. Place the hands on the sides, and fill the lungs by little puffs: that is divide the inhalation into about four parts, and notice that each little indrawn breath sends the ribs out against the hands more vigorously. Then reverse this, and blow the breath out in four little quick, short puffs.

Ex. 3. Inhale in four little puffs as before, then whisper the counts, 1-2-3-4. Try to whisper so as to be heard across the room. Repeat this exercise at least five times.

Always end the practice by going back to exercise 1, which is only a generous filling and emptying of the lungs, or what may be termed a "lung-sweeper."

FLEXIBLE BODY ACTION.

Ex. 1. Stand erect on one foot, and swing the other foot as nearly parallel with the floor as possible, counting ten, one on each forward and backward motion of the foot; then change to the other foot. Repeat the exercise a number of times. Try to imagine that the foot swings as if suspended from the shoulder.

All exercises should be practiced in fresh air. The clothing MUST BE LOOSE.

A BULL FROM THE BISHOPRIC.

A committee, appointed by the Episcopal Church to formulate an anathema against divorce, has just concluded its report, announcing the construction of three canons:

The first is entitled "Holy Matrimony and Impediment thereto." The second forbids the solemnization of marriages between those di-

vorced, while the third excommunicates and outlaws from church fellowship all divorced persons who shall have remarried and who persist in remaining in such unholy state, re-admitting such into the fold only on condition that they become penitent and separate from the party of the second marriage.

The Episcopal creed is both a parody and a paradox. Ushered into being by the famous divorce case of King Henry the VIII, who, in order to marry his court maid, Anne Boleyn, pulled out from the papal jurisdiction of Rome and started a little ecclesiastical court of his own, this church has ever since posed as a model administratrix of nuptial and other affairs.

In one thing, however, it is consistent. If a marriage ceremony CAN be solemnized by a priest, and if God really DOES join two people together by any such ceremony, then certainly it is consistent for the church to maintain that God knows what he is about and that the men and women thus united are concatenated for life.

But how many people in this enlightened age are there who really believe any such nonsense?

How many divorced church members will be reunited by this anathematical pronouncement?

And is it to be supposed that the turning loose of this violent Episcopalian bull among a tender flock of intimidated and compulsory celibates, who remain inside the "pasturage" from dread of excommunication, will prove any great or lasting stimulus to virtue or chastity?

The Church commandants have done well to turn their canons against the very immoral and unhealthy practice of becoming frequently divorced, and remarried. There is no doubt that it is a most capital method of cleaning out the congregation.

If now the elders could bring their field pieces to bear upon the legion of those regular communicants who remain to pray in the sanctuary, but who at home in numberless instances suffer things and conditions unspeakable—things which are calculated to engender discord and stimulate deceit in those who endure them, as well as anteing upon their posterity a heritage of hypocrisy and a legacy of unloveliness—they would so effectually empty their pews that there would hardly be saints enough left to canonize.

It is through the turning of such dogmatic thumbscrews that men, after some centuries, are

lifted up to a position where they have sense enough and strength enough to rise up and voluntarily vacate an institution which has so long enslaved them through fear, growing fat and impudent on the tithings of their toil.

In the coming age wherein Aquarius will appear in the mental sky of the world, pouring out his waters of Truth and Understanding, the makers of moral codes and creeds will be relegated to the realm of the ridiculous; while those who endeavor to bind or circumscribe, kill or pollute love will be transported for lunacy, since Love herself shall sit upon the throne of the ages wielding the scepter of her undisputed and divine authority.

Wishing all a Merry Christmas and a Happy New Year, and a good time all the time.

This issue got full before the moon did, and consequently a great article on the "Genesis of Christ" had to be put over till next month.

Gold and Silver are the subjective Solar and Lunar Radiations objectively crystallized in the Crucible of Mental Concentration and the supply is as limitless as life itself. If you desire connection with the source of all supply you have to catch on and objectify your desire.

A good-willing God bless you go. Dollar invested in the I AM THAT I AM
Brings roses to the cheek,
Gives strength to bodies weak,
Stops up the family leak,
Makes haughty people meek,
And timid lovers speak—
While all get what they seek.

HTAND HOWWARD BHT

Money makes the man. I AM made by money. Mon-eye is the expression of the man-I. If you desire money you must C-Q in it. O is the symbol of God, I the idea of mind.

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As you say low God and high God, say low desire and high desire. All desire is God.

Is it less glorious to be a pumpkin vine than a Virginia creeper? It is purely a matter of Individual (God) choice.

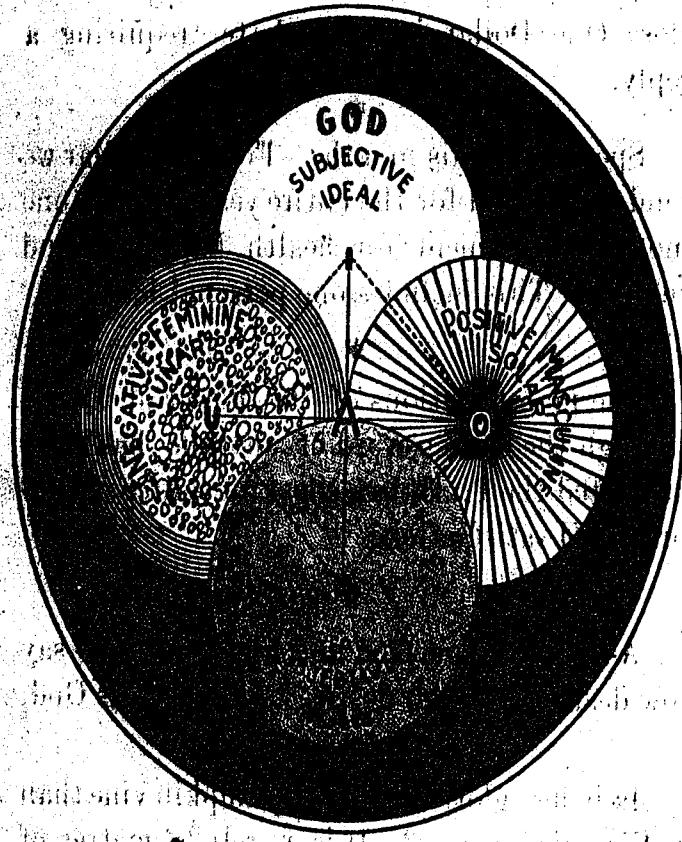
"There is a divinity which shapes our ends." When the Individual comes into conscious conjunction with his own divinity, however, the end becomes endless.

An ignorant amateur can blow the finest horn so out of tune that a master can hardly restore it. In the same way through ignorance, which is inharmonious thought, the physical constitution is impaired. The science of harmonious thought force, directed through raised and perfected vibrations, points the way to restoration and redemption.

I, as a Perfect Individual, am ALL. I AM God manifested and coming into conscious possession of my great estate. Every day brings new realization and new power. Already I know that I AM LIFE and that death is not. That every seeming darkness is but an opening into new dawn, that perfect peace and unending happiness is the goal of attainment toward which my eager desire and anticipation are drawing me.

"I AND THE FATHER ARE ONE." My realization of identity with the divine cause and its expression places me immediately in a position of All Power. I AM THE ROCK, Peter, upon me it is established the CHURCH OF THE LIVING GOD, against which the Lower Gates SHALL NOT PREDOMINATE.

THE LIGHT



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"As it is above, so it is below;

"As it is within, so it is without."

—Hermes.

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The Secret of Sex reveals the Dynamies of Desire, and the Life of Love effects the Restoration of Reason.

A practically new science which is called ONOMATIC, OR WORD ANALYSIS, will form an interesting feature of this Journal. This science is not to be confounded with what is known as "Pseudo-Chromesthesia," that is, the perceived connection, fanciful or otherwise, between letters and colors.

Letter forms are intrinsically thought pictures, the occult interpretation of which affords a Key to Biblical Mystery, while the true analysis of a name gives an index to Personal Character.

There will also be given a series of Exercises in Rhythmic Respiration and Harmonious Tone Production. Breath is the Basis of Being, and Voice itself is Vitalized Vibration.

Through a study of these important subjects one learns how to focus force and establish an equilibrium of energy which greatly facilitates all higher attainment.

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