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Christian

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REGENERATION OF THE BODY BY THE RESURRECTION OF THE MIND.

I AM THAT I AM

"And God said unto Moses, I AM THAT I AM: and He said, Thus shalt thou say unto the children of Israel, I AM has sent me unto you."



I AM the way.
 I AM the truth.
 I AM the life.
 I AM the resurrection.
 I AM the light of the world.
 I AM the whole and the parts.
 I AM the first and the last.
 I AM the beginning and the end.
 I AM the All and in All.
 I AM THAT I AM.
 I AM here and now.
 I AM the was and is and is to be, the Almighty!



EYE TO EYE.

*** I don't care for years.

*** But this year 1909 is the year of nines.

*** Nine is the number of judgment, just common judgment.

*** Nineteen is the number of judgment under the law, and law will end before the coming of the year two thousand.

*** Law is that element in Love which has to use a whip, the whip of pain, in order to make the dull mind perceive.

*** Law is a schoolmaster to bring us to Christ, but the world will not always be under a schoolmaster, for it is coming into Christ.

*** In my own unfoldment the law has been using the whip, but you will see that I am getting to be a big boy and do not need punishment any more.

*** The snake has been eliminated from the heading of CHRISTIAN and the passing of that old crocodile marks the ending of a cycle of unfoldment.

*** In the wilderness you meet all kinds of creeping things that you will not find when you get into the place of peace. All of these ugly things represent certain states of mind.

*** The snake is all right in its place and even the fiery serpents in the wilderness were essential in the education of the children of Israel. "As Moses lifted up the serpent in the wilderness even so shall the Son of Man be lifted up."

*** I do not mean to use the word punishment in the sense of one person inflicting pain upon another. But the Law carries with it a certain kind of punishment. It is love driving you into the truth, for we are first driven and then led by the Spirit. The law drives before love can lead.

*** It is a great mystery and you can't solve this problem except through unfoldment, for you can't know the truth until you come into the truth. As the truth gradually comes into you and your mind is filled with it you understand all these things that have been connected with pain and punishment.

*** You understand where we are in our unfoldment, for we are out of the wilderness. The principle represented by the serpent becomes subjective and is an invisible power for the healing of disease and the driving out of devils. You know diseases and devils are one and the same thing. For diseases are states of consciousness: in other words, they are thoughts.

*** The keynote this year is consciousness, for it settles all other questions. You are for the time being what you think you are and who you think you are. A man the other day thought he was Adam God and he and his wife opened fire on the police in Kansas City. Several persons were killed and when Adam God got a couple of bullets in himself he came to his senses. In other words, he changed consciousness.

*** There was another man who thought he was John the Baptist, and, unlike the prophet, he began shooting up the town. When he got into jail he changed con-

sciousness and concluded that he was not John the Baptist. All these things are filling the newspapers every day. It shows that men and women are changing from one kind of consciousness into another kind. It may be insanity and hypnotism, but it shows that you can lose your own identity.

*** What can be done in the unbalanced mind can be done truthfully and righteously in the balanced mind. You know very well that under hypnotism a man may be changed from his own personal consciousness and believe himself to be a dog or some other animal. He can be made to bark like a dog or act like a fool. He will cut up all kinds of capers, believing himself to be such and such a person or thing. For the time being he thinks himself to be what he is representing.

*** He has given himself up into the hands of the hypnotizer, and the mental manipulator can play all kinds of tricks on his mentality. Now what is all of this but hypnotic suggestion? How much real consciousness have you, anyway? You learned to smoke because you saw other boys and men smoking and you thought it was smart. You learned to drink because you saw other men drinking. You wear certain kinds of clothing and act in a certain kind of way through mental suggestion.

*** The whole herd of humanity has been under the power and will of a very few leaders. The prophet was speaking scientifically as well as historically when he said: "All we like sheep have gone astray." Just exactly like sheep. One old ram jumps over the fence and the whole flock follows at his heels. We are not only hero worshipers, but we are imitators. We go and do things because other men set the example. It has got to be such a fixed habit that it is almost unbreakable.

*** Sit down in the silence for a few minutes and see if you can find out whose consciousness is in you. Is it Aunt Mary or Uncle Ben? Is it Colonel So-and-So or Judge What's-His-Name? Is it Madame Grundy or some other strong-minded woman whose consciousness is in you? It is pretty hard to tell, isn't it? Well, go out and watch yourself and see who dominates your mind? It may be just public opinion. It may be your party in politics or your sect in religion. Is it really you? If you should wake up some fine morning and find yourself conscious of yourself you would be surprised.

*** Now if you can be made to think you are a dog and act like a dog, if you can run off after the consciousness of John the Baptist or imagine you are Napoleon. If you can be made to change into all these different phases of consciousness, why can't you come into sanity and be yourself? Now you know that any kind of consciousness outside of yourself is insanity. If you are going to be perfectly sane you must be yourself. Don't flinch while I probe into this wound, for it needs probing. If you are conscious of any kind of disease, it is a direct departure from sanity. You don't want to depart from sanity and lose your

senses, do you? Well, you had better be careful how you cultivate the consciousness of disease.

*** Do you see how far and how wide this principle is in its bearings? Are you feeling consciousness of any kind of disease in your body? How did it originate? Are you dead sure that it is your own consciousness of disease or was it some other person's suggestion? Have you been looking up the records of your family to find out just what diseases they were afflicted with in their consciousness? It is very much like reading the almanac and getting all of the symptoms prepared by the patent medicine men. I venture this assertion, that every disease on the face of this earth would disappear if each one of us came into our own consciousness.

*** Getting after you with a sharp stick? It is time you came out of your fool mortal world into the real world of your own consciousness. I have told you in very plain terms and proved it to the satisfaction of any sane mind that your mind and your nervous system are one and the same thing. Anything that will unbalance your nervous system will unbalance your mind. Here you have been reveling in nerves and even enjoying nerves. Yet if anybody had come along and said you had been cultivating an unbalanced mind you would have taken a fit. Shrink from it as much as you want to, but that is exactly what you have been cultivating. When your nerves are out of order your mind is out of order. For nerves and mind are the same thing.

*** When one loses mind, they are lost. You can cut off a man's leg and in fact you can cut off both legs and both arms, and the man is not lost. I knew a man of a very bright mind who lost both legs and both arms. Just the moment that a man gets out of his head he is out of the universe. He is gone! All of his intimate friends and the members of his own household will shrink from him and run away from him in terror when he is out of his head. This shows that a man is a mind. He is all mind from the tips of his toes to the tips of his fingers. When he is in mental consciousness he has absolute command of his whole body. This is so true that we never think of it until a man is unbalanced. What are you doing in your objective mind? Your body is your objective mind.

*** I AM trying to bring you into a consciousness of yourself. I want you to know yourself and be yourself. You exercise a certain kind of authority over yourself all the time. You command your feet, your hands, your eyes, your ears and lift up and put down your own body. When you get down sick and are what we call bedridden, you lose control of your objective mind, and you have to have some other person lift your head. What have you lost? You are losing yourself. After a while you begin to get better and you sit up and look around and rejoice that you can lift your own legs, your own hands, and rise up and walk. This simple story of your everyday

existence is the foundation for spiritual consciousness. You will come into the place where you not only control your thoughts, but you become conscious that you are God, and this is cosmic consciousness or the consciousness of the whole.

*** Beloved Christians, we are coming into this mental consciousness, for mind, real mind, is everywhere. It is omnipresent, omniscient and omnipotent. And the only reason why we do not tap this fountain and drink the waters of life is on account of our crazy consciousness. We think we are what we are not. Part of this thought has been fixed in the mind by generations of wrong thinking. The old thought repeats itself generation after generation, until our consciousness becomes a kind of conglomeration of all the foolish things that have passed for thousands of years. Can it be uprooted? Can we get rid of the old thought? Can we cast out these devils? All the devils of the New Testament were these old thoughts floating around in the psychic atmosphere. Jesus told them to get out and give the man peace. The same principle works today in casting out of disease. It is not the casting out of thoughts that you are holding, but thoughts that have been held for you and fixed in your mind.

*** The metaphysicians will tell you that you must not hold certain kind of thoughts or that you must hold such and such thoughts. It is not so much what you are holding as it is what are held for you. I have had more trouble with old hoary thoughts fixed in my flesh than I ever had with my own thoughts. And here comes the Emmanuel Movement using suggestion to get rid of suggestion. It will not work, for Satan can't cast out Satan. I tell you it will take a mightier mind, a new mind, a master mind, to cast out these old devils. They will not go away by the simple method of suggestion, be it made ever so faithful. The preachers have tried this method in their prayers and in their preaching. These old thoughts must be cast out by the command of the Spirit of God. There is nothing created without the Word. And you can't create new conditions without this same Word. It is the only way. Jesus Christ came along speaking words. He did not use any other kind of power. Just words!

*** Jesus did not call on the drug doctors for a diagnosis and did not inquire into the origin of these old thoughts. He told them to skip. He issued the order of skidoo. It was a very simple thing for a man who knew how to do it. I tell you that all diseases are departures from sanity. The healing of disease is the restoration of sanity. It is a fact! I will not talk theory to you people any more. I will make statements of truth. There isn't any kind of disease in this world that is incurable. A man in his coffin with his whole body dissolving into dust can be cured and be made to rise from the dead. It has been done, and can be done again and again, by the restoration of your own personal consciousness. When you get out of your head you are likely to get out of your body. When

you are called back to sanity you will have power over your body, even though, like Lazarus, it has been in the grave for four days. These preachers who are taking up mental healing make me tired, they almost make me sick. They are afraid of the devil of disease.

*** Why should preachers of the eternal and everlasting gospel of Jesus Christ come before the world compromising with disease? Lift the banner of Jesus Christ, or else throw it down. I would either be a Christian, or what Sam Jones calls an infidde. Christianity can't afford to compromise with drugs or disease. When the preachers enter the field of mental healing they come with a white flag. They are asking for terms with the enemy. I come to you with the Red Cross and tell you in so many words that disease and the devil are one and the same thing. If there is a disease on the face of this earth that I can't cure, it is my own fault. Jesus Christ proved, and all he came here to do was to prove, that disease and the devil can be cast out by a restoration to sanity. In other words, the sane mind is not diseased. The record has been standing for nearly two thousand years and it is stronger today than when it was first made. He healed all manner of sickness, cleansed the lepers, cast out devils and raised the dead. This covers the whole ground.

*** Jesus went still further, for he commanded everything on the planet to obey his orders. He proved that a sane mind is free from any kind of bondage. Sanity commands everything in the material universe. He told the winds what to do and they understood his words. He even went so far as to destroy life in the fig tree, to show that the principle works both ways. He made bread out of the atmosphere, and the other day I read in the newspaper where men were doing the same thing, by extracting chemicals from the atmosphere to nourish impoverished soil. Here is the Christ right before the eyes of these preachers, commanding the devil and all other disorders to get out of his way; and, yet, they are timidly hiding behind the door, saying that they cannot treat any kind of a disease until they get a diagnosis from the doctor, and, even then, they will not treat organic diseases. Such men wonder why there are infidels in the world. They think that a man's faith can be founded on theories and writings and things that come up from the past. Faith is a substance. It has power over all other things.

*** Did I say that disease of the body was a sign of an unbalanced mind? I will stick to it. If the universe could be diseased, it would be an unbalanced universe. The universe is all right. The suns and systems move in perfect harmony with the music of the spheres. Disease is confined to individuals, and it will leave us as soon as we come into mental consciousness. It is time for us to speak the Word of absolute sanity. For this reason, I am putting everything within yourself. I want you to look inside of yourself for all of the hells and devils. I want you to search your own mind for all of the heavens and the health

and the harmony and the happiness. You can just as well come into the consciousness of health as into the consciousness of disease. Get all of that list of names of diseases out of your mind. Put away all of these abnormal conditions that you are holding in your thought. There are no abnormal conditions in the universe of reality. Christian Science spoke the truth, when it said there is no reality in evil. This does not mean that evil is not a temporary disturbance. The man who imagines that he is in a diseased condition is disturbed, and, while it lasts, it is an evil. If there is reality in evil, it cannot be cured. You can't change real conditions. Therefore, even death itself is unreal. There is no reality in it. It is a temporary disturbance of mind. All you have to do to get back to life and health is to return to sanity. I started out by telling you to examine your own mind and see whose consciousness is in you.

*** Are you conscious of rheumatism? Then your mind is unbalanced, for your mind could not possibly have rheumatism. This universe would fall to pieces in a minute, if the mentality in it could be diseased with cancer, consumption, rheumatism and all these diseases. Don't you see there must be a background of health, else the whole thing would rot? The mental microbes lodged in your mortal mind have made you conscious of diseases. If you get an obstruction in your nose, it will make you sneeze. If you stick a splinter in your finger, you suffer pain. Mind should be so powerful that it protects your nose and your finger. The same principle holds good in regard to every atom of life. Disease has no business in you. You are not subject to the elements. The elements are subject to you. You are mind, and mind is monarch. The only thing which keeps this universe as it is, and will forever keep it, is the sanity of Spirit. This means real mind, behind all matter. There never was, and never can be, any disturbance in Spirit, for it is the same yesterday, today and forever. When you come into the consciousness of this eternal and everlasting Spirit, you feel the vibrations of eternal life. It is a question of consciousness. It is a question of knowing who you are. It is a question of getting rid of what you are not. You are made up, in your mortal mind, of shreds and patches of other minds. Sweep the whole thing out of your thought, and come into yourself. Be very sure that you come into yourself after the sweeping. Now, don't try to come into this consciousness by your own mortal mind, in a struggle. This is part of the infernal suggestion of the present day. As I said, the preachers are practicing suggestion, and that means following the devil. Satan has got them, with a ring in their noses, just like men lead bulls. He is the father of suggestion. Then, you will find a lot of advice from men who are not preachers. It is on the same line of thought. You can do it all yourself. You can grow a mind of the Spirit and lift yourself into power. This is another old lie, from the father of lies. "Every good gift and every perfect gift is from above, and cometh down from the Father of Lights, with whom is no variableness, neither shadow of turning."

CHRISTIAN

TALKING TOGETHER.

*** My books are all gone.

*** Twenty-four thousand copies have been given away.

*** I still give one subscription to CHRISTIAN for every dollar sent for treatments.

*** I may quit that some of these days, and then I can get second class postage, or pound rates.

*** By the way, *The Pathfinder* has suspended publication on account of not being able to get second class postage.

*** Second class postage is one penny per pound, while third class is a penny a paper, if the paper is the size of CHRISTIAN.

*** I was refused second class postage seven years ago, and in that time I have paid Uncle Sam at least ten thousand dollars in cash.

*** There are very few periodicals that could stand this kind of pressure; and I couldn't, if the Circle Christians did not stand with me.

*** The Christians are the greatest people in the world, because they are independent, and do not want to be under obligations to anybody or anything.

*** At present back numbers of CHRISTIAN can be had from September, and these four numbers are put up in a neat package, ready for mailing to new subscribers.

*** These four numbers make a very good start for 1909, and will help you to an understanding of the new field into which we have entered this year. You had better begin your subscriptions with September.

*** I must not leave this theme without telling you what Mrs. Shelton is forever telling me: "Tell them to pay up their back subscriptions." She attends to the mailing list, and I never see it. This accounts for her uneasiness.

*** "I think it fair to you to say that before taking treatments from you I had been laid up more or less for five years with rheumatism. I am pleased to say that I am entirely well."

This is a demonstration of the eternal principle of healing, and shows that there is no reality in rheumatism.

*** "Why don't you expose the rascal who has cheated so many people with his stock company?"

What's the use? A policeman stole our brindle pup, and charged us three dollars for finding it. He wanted to charge five, but my mother-in-law induced him to compromise on three. Throwing stones at sinners will not cure sin.

*** "I never knew such perfect health—my sins have been forgiven me."

This was written in a letter from one of our Christians, who has advanced very high in the line of unfoldment. She struck the deepest truth that she could find in the universe of mentality. Christianity teaches that the forgiveness of sins and the healing of disease is precisely the same thing. Study it! You have always thought the forgiveness of sins was a kind of patching up of

differences between you and the Almighty. It is the atonement made between you and yourself.

*** "Please tell me when will be the end of this cycle?"

No man knows the day or the hour, but we can tell something about the closing up of each age. The end of this cycle is at hand. It will close before the year two thousand begins. Men have come up out of the water vibration into the earth vibration, and are now passing into the air vibration. This is the air age, and the beginning of the end of mortality.

*** Elizabeth Towne, editor of *The Nautilus*, went down to New York and took in all of the good shows and some of the bad ones. William went along with her, but she had no business to lead him into temptation. Elizabeth even had the nerve to associate with Walter Perkins. If she keeps this up, she will be turned out of the church. I don't know as this would make much difference, as she is a shouting Methodist, and could get religion all over again at the next revival. Everybody knows that Walter Perkins is a hard-shell Baptist, and believes that whatever is to be will be, and what isn't might happen.

*** *Unity*, of Kansas City, certainly surprised me with their Louisiana Lottery for the holidays. Several years ago the editor of *Unity* said that the world was my lemon, and all I cared for was to squeeze it. He certainly handed a "lemon" to his readers, when he made the proposition to send them a real dollar, under contract that they were to return the dollar with whatever increase it drew within two or three weeks. Of course no one would want to return the dollar without at least some kind of an increment attached to it. The whole scheme was unscientific and unscriptural.

*** "In what respect is the *Temple Bible* different from the ordinary Bible?"

It is the ordinary Bible printed in twenty-five volumes, bound in limp leather. It does not contain verses or chapters, and reads like a modern newspaper or magazine. It has introductory commentaries, or notes, from the best living scholars, and closes each volume with notes and comments, giving the variations in translations. The text itself is not broken up by verses, chapters, marks or brands. You can send sixty cents to the J. B. Lippincott Co., Philadelphia, and tell them to mail you Matthew or John, or any other volume you wish, as a sample.

*** "I was trying to think the other day when I first received CHRISTIAN, but could not. You treated my son when he was a year and a half old, and he is now thirteen years of age."

Yes, and babies that were born when I first began giving treatments are thinking about taking off their short skirts. And the boys are putting on long trousers. It is all right. This fellowship extends to every member of the family, and when it comes to treatments, it includes everything in the barnyard and in the house, for I will agree to treat everything except cats, and Mrs. Shelton will treat the cats. God bless all

of you, and give you an abundance of everything that you need for the Joy of Living.

*** "It is one year since I began your special treatments. I trust that you know how much you have benefitted me in many ways. I appreciate and value your help very much, and want you to keep on with the special treatments for another year."

I quote you to show you how people appreciate the special treatments. They know that my time is worth just so much money, and they are willing to pay for it. Many people are changing from the regular to the special treatments, because they can afford to do it. They keep them up year after year, and think nothing of it. If I can't give value received, it would be a poor investment for you to take any kind of treatments, whether regular or special.

*** "Is there danger of one wanting to depend upon your treatments just as some people depend on medicine? I have now been with you eight years."

The treatments are not like medicine. You are not taking a dose of thought each day, but you are keeping in the vibrations of this fellowship. You don't want me to forget you, and I don't want you to forget me. I need you, and you need me. It is a mental fellowship. There is nothing dependent about it. I could get along without the mental fellowship of you people, but I would be very lonesome. It has become a part of our lives, and if we miss you for one day it leaves a gap in our own unfoldment. We come in here twice a day to meet you people, and if you should fail to come, we could not replace you with any other kind of fellowship. Let us shake hands, and not feel like we were leaning on each other.

*** "Please do not be insulted at my request. I have so much faith in your treatments that I ask if you can treat dumb animals? If you do, please treat our colt. He got strained in the back and can't stand on his feet."

You can insult me in this way whenever you feel like it. I have treated all kinds of animals, and many of the four-legged ones respond better than the two-legged ones. I have treated horses that were worth many thousands of dollars. I often give treatments to hogs, chickens, canary birds, and I once gave treatments to a cat, but it died. I dislike cats, and there is something strange about it. Our cat comes into the office, but never remains a minute after Mrs. Shelton goes out. He will lie down by her chair for hours while she is at work, but the moment she is gone, he begins to call on me to open the door. He seems to feel that he is not welcome.

*** "I presume that you do not recommend going into the Silence nor auto-suggestions, but simply go about my business in the ordinary way, and trust in the Spirit to guide me into doing the correct thing. I am glad I have come just in time to receive my share of the coming prosperity."

This man lives in London, and sends one pound and six shillings every month for special treatments in his business. He is coming more and more into the Joy of Living. You see, it does not make any difference as to space, for mind is omnipresent. The Atlantic ocean is not such a vast body

of water, when you come into mental consciousness. You see this consciousness of the whole makes all of the parts take their proper places. The planet is a very small place. The universe lies before the mind, and, therefore, the things next to you are not so large. I have one man in India, who is taking special treatments for business success, and another in South Africa. Our kind of Christians are getting scattered all over this planet

*** "Sometime last spring I asked you to discontinue treating the bunch on my foot, for I considered it a hopeless case. Nearly two months ago, on Monday evening, my foot, without warning, became much swollen, inflamed, and sensitive, the bony formation softened, and by Thursday night was entirely gone. Of course I am very, very glad and thankful."

This is a clear case of the power in mental treatments. Of course the patient asked me to discontinue the treatment for the bunch on the foot, but the Word had already gone out. I can't put a time limit on God. I could not stop that Word any more than I could stop this world from revolving around the sun. I had sent it forth for the healing of that foot, and thought no more about it. I never think of following up the Word to see where it has gone, or what it is doing, for I have faith in the Word spoken and know it will not return to me void. I never know how long it will work, whether a day or a year or a minute. It is my business to speak the Word and leave the results to the Spirit.

*** "Nothing comes of your vibrating, so far as I am concerned. A year ago I saw impending disaster, and appealed to you. You vibrated me out of a splendid job and I have been out of work ever since, though I have sent you several dollars, asking that I be vibrated in again."

You saw impending disaster, and you kept on seeing it. In spite of hell and high water, you were determined to have disaster. I tried my best to get the picture out of your mind, but couldn't do it. It is funny, when I think about the changes made in the minds of my readers. Fifteen years ago they came to me with doubts and skepticism. They put down their dollars just like a man bets on a number at the gambling table. It has all changed, for they now blame me for everything. It is my fault, if they are not made healthy, happy and prosperous. It is a common thing for them to blame me for any kind of an accident. I have to stand for every death, but am glad to say there are very few who die. It must be a very old person or an infant, that dies without me being to blame for it.

*** "According to the last page of December CHRISTIAN, poor people would have no chance with you. They had better get off the earth."

This is the one discordant note received from December CHRISTIAN, except the one I print in some other place in this issue. Just two walls of woe, and both of them from women. I think that poor people ought to get off the earth. It is my business to destroy poverty. The first thing I try to do is to get this poverty vibration out of the mind. I don't see how my own terms could be made any more liberal than they

are at present. If I thought my low terms pandered to poverty, I would immediately raise the price a hundredfold. I certainly do not want to pander to poverty. I want you to send one dollar a year, and feel proud of it. I send you, for that dollar, the vibrations of prosperity, and you get CHRISTIAN every month, reminding you of your own kingdom. You can't get your nose into any other healing room for less than ten dollars a week. They will not only charge you two and three dollars a day, but they will not throw in any subscriptions or books. Yet there are no poverty vibrations in CHRISTIAN, and only the thoughts of abundance go out from this center.

*** "In regard to that prophecy on the front page, I think there is a mistake. According to my recollections, you said the Democrats would never elect another president, but that in 1912 the Labor party would elect the president."

I had the same thought about the matter, and may have said something of the kind, but it was my own mortal mind trying to interpret the Word of the Spirit. In October, 1901, I printed the prophecy just as it is in December, 1908, taken from the stenographic report in the *Denver News*. There is a gap of eight years between Taft and the Laborites. I suppose this gap will be filled by the Republicans, for the Democrats are down and out. Everything is going right, for the Republicans will capitalize the country, and the Labor Party will unionize it. By that time the whole country will be humanized more than it is at the present time. The meek are going to inherit the earth. This means that all war and violence will cease, and mind will govern and control everything and everybody. It will be a government by the individual, within the individual. I have no interest in party politics. I am sitting on a stump watching the procession go by, and it is great fun. God is all right. He knows what He is doing.

*** "He only smokes once a day, in the evening, but I would so like him to be entirely free."

The man of whom she speaks is middle aged and of very good habits. I think she had better let him alone, don't you? Smoking once a day, or even three times a day, after meals, is certainly not putting a man in bondage. It is true that I smoked pipes and cigars for thirty years and then quit. I am glad I quit, for to me it was bondage. I was not satisfied unless I had a cigar or pipe in my mouth. I would not be back in that bondage for a big price. Nevertheless, I like to see men smoke, when they do it in moderation. And yet, it sets a bad example to boys and when they get the habit fastened it is hard to quit. Maybe my friend had better quit that evening smoke, for the sake of the boys and young men. The boys and young men learn through suggestion, and I am coming to believe that suggestion is the devil. The only road that leads to freedom is to act on your own volition. Do things from orders issued by yourself. God help us to get out of the kinks! I have seen enough hell from these kinks to make me want to set fire to every

habit which hinders unfoldment. A man ought to be a king, instead of a puppet. He can be, if he acts from within his own consciousness.

*** "That mighty statement of being; that all there is in the universe is in you, else you could not be in the universe; has made a great impression on me. So, instead of asking for help in two or three ways, as I had intended, I ask you to please help me to comprehend this truth. CHRISTIAN is wonderfully good this month."

The December number struck such a responsive chord that I had to throw away a basket of letters that I had saved up for quotations. I like the applause. The other night at the theatre nobody would clap a hand. Mrs. Shelton finally said she was going to clap, if nobody else did, and she did, all alone. It was a vast audience, and she felt a little cheap, but she wasn't cheap, for it was a brave thing to do. The next time we both clapped our hands, and awoke the audience. Bless your dear heart! That mighty statement is the whole thing in one sentence. I can't make it any stronger. I know that it is the truth. Everything in this universe is in me, else I could not be in the universe. I am not a foreigner. It is all mine. It takes away all loneliness and every sense of isolation. It also eliminates every quiver of poverty, for it is all mine. The little woman who wrote this letter need not feel alone any more in all eternity. She is not only surrounded with everything, but she is everything. In its essential elements, you are the whole universe. We are going to possess it some of these days, by mental consciousness. Man is a free spirit. Ask for the whole, and you will get more and more of the parts. When you possess yourself, you possess it all. From everlasting to everlasting, thou art God.

*** "Keep right on. Sweet? You bet she is sweet. And it is by her fire that the dross is burned out and the pure gold left. Keep it up. I am to be in the class with the five times five fellows next season."

This is from a man who has just begun making money under my mental treatment. He is making a good many other things besides money. He is making a home of his own. He is making happiness for himself and his family. And he will make more and more money, for he is getting into the right vibration. The five times five fellows are all right, and I don't say it because it is more money in my pocket. John D. Rockefeller gave a nickel to a bellboy the other day, and cartoonists had another bellboy wheeling the recipient in a wheelbarrow towards the hospital. It is true that men who make money keep it. It is also true that men who make money are liberal with their money. I had rather be as poor as Job's old turkey gobbler, than to be so rich that I couldn't afford to spend money. Get all of the money that is coming to you, but don't let money get you, for it is a living death. I want all of you people to come of your own free will and accord. Don't be stingy with me, and don't stint yourself. Sidestep the two words, stingy and stint. They are not good for your unfoldment into the vibrations of prosperity. Your one dollar looks mighty big sometimes, when you send it in the right spirit.

IT IS A QUESTION OF CONSCIOUSNESS.

There are no other questions

In closing last year I made a review, and now we are going to make a preview. I told you that we had got there at last. We are there. There is no going around the old gooseberry bush any more. We have arrived. There are no longer any questions. It is only a question. The question of consciousness.

Mental consciousness settles all questions.

Are you a mind or a body? Have you advanced from body consciousness to mental consciousness? If so you have settled all the problems of life. It is an unfoldment of the Spirit. The Spirit is you. You are a Spirit. In your unfoldment, you become conscious of mortal life. You count your fingers and wiggle your toes. You look into the mirror and see your face. You eat and sleep and walk and talk. This is mortal consciousness. It is not mental consciousness, for you are only following suggestion. You have been taught to count the members of your body. You say, my hand, my foot, my eyes, my teeth, my stomach, etc. This is the consciousness of body.

Then you look back and read history about other bodies. These other bodies are named so and so, and they lived at such and such a time. They died at such and such a time, and were buried in such and such a place. These bodies cavorted around on the earth and did certain things. This is human history. It is the same old story over and over, with variations. In this consciousness we have all kinds of questions to settle. You never settled them because you died before the time came for settlement. Immortality is in the mental consciousness, and you haven't time to reach mental consciousness before you die. Therefore, human history is a repetition of mortal consciousness. The men and women who lived are so many bodies, tagged with such and such names. They had just as well be numbered, like men and women in the penitentiary. Yet, we are taught to read this history with profound consideration. We even go far enough to be hero worshippers, and kowtow to these mortal bodies turned to dust. Ancestral worship is not confined to the Chinese. The dust of the ages is in our own eyes. We will never see clearly until we quit looking at dust. Dirt is not conducive to clear seeing.

Let us review once more for a few minutes. Here is an extract from a letter written from Kentucky. The writer is an old-fashioned Southern aristocrat, and you may have an idea as to how I appreciate her words. She writes:

"Glory to God! Hallelujah. No, you are not going too deep. You have led us along so carefully, and made the way so plain, that we can follow, even to the depths explained in December CHRISTIAN. I have not 'arrived,' but oh, I am so thankful that I am able to tag along. Like St. Paul, I have the mental vision. I can 'see' the truth, though I do not yet make it manifest in the flesh.

"Years ago, when you were giving some plain talks on the sex question, my whole family connection jumped on me and plainly told me I could not be decent, and read such a paper. I did not agree with all you said, but I said to myself, 'Shelton is seeking the truth, and so am I'. I will leave all, and follow the truth. If it took all I have suffered to teach me what I have learned—and I guess it did—I do not regret one sorrow or hardship. Thank God, I can tag along. Hold up your hands? Well, I guess we will."

I lost ten thousand people by those talks on the sex question, but many of them are coming back into the fold. I came to that place in the road and I had to cross it. There was no going around it. I couldn't bridge it. I didn't have an airship. I had to wade through the whole thing. I did not stop long enough to get mired, and so I reached the other shore safe and sound. If you stop in the sex question, you are liable to sink down to the quick sands and be lost to sight. Many such are blithering idiots in the mad house. Many of them are in jail, in the penitentiary, and some of them have been hanged.

There is no sex question.

That was a foolish notion of mortal mind. You know, mortal mind is body consciousness. Just as long as a man looks at himself as a body his mortal mind is filled full of all kinds of questions. He is running to and fro on the earth, trying to solve problems. He never solves anything. Mortal mind is not a solvent. It was never known to solve any kind of a problem or to satisfactorily answer any kind of a question. It talks to hear itself talk and the answer is an echo of its own voice. How can there be a sex problem in mental consciousness? How silly! And yet mortal mind is gnashing its teeth over this question. The newspapers are full of it, and the courts are burdened with it. How did I get rid of it? By coming into mental consciousness. I AM male and female, created in the image and likeness of God. I AM the whole thing. How can there be any problems to solve? All that ever was and is and is to be is in me. She Whom My Soul Loves is in the same consciousness. Don't you see it is all a question of consciousness? Get this thing in your mind and you will find peace. Your brain will not be racked with any problems. The whole universe is spread out before you.

When a man really falls in love with a woman all other women disappear from his horizon. These other women exist, but they are separate and apart from his own being. There is only one woman, who occupies and fills his soul. There is but one picture in the mirror of his mind. He has become conscious of a great love. All other people are seen in the light of that great love. It casts a glory over everything. But it is not a consciousness of two bodies, but of two minds, or rather of mind. My Beverly Boy comes in here in his first suit of boy's clothes, he represents a thought, a great and glorious thought. Of course this thought is connected with the thought of his mother. When his sister flits in here from school, she comes as an

angel from the world of thought. Everything is sanctified and glorified by mental consciousness.

This principle covers everything.

If you read the metaphysical magazines you will think that the only question on this earth is the stomach question. People are talking about foods, and men are making fortunes by calling themselves food scientists. Oh, that word science! What a multitude it covers! How much nonsense is put forth under the name of science! To use a very strong modern word, the public is being flabbergasted by so-called science. Why is there a stomach question? The same reason why we have the sex question. It is in the same rank. It comes from mortal consciousness. A consciousness that you are a body, which is the consciousness of a lie. You are not a body. You have got a body, and sometimes it gets you, but you are not a body. The man who is in mortal consciousness has a stomach. The more conscious he is of his stomach, the more the stomach asserts itself. This stomach becomes an entity. It rises up and dominates the man. What a poor miserable commentary on human mentality! Here is a little sack inside of the body that commands the whole man. The doctors discourse about it. The poor patient can't see this sack, so he imagines many things. He gets scared and the sack cuts up all kinds of capers. This all disappears when he comes into mental consciousness. There was a man who could see all these things who wrote, "Let not then your good be evil spoken of: for the kingdom of God is not meat and drink; but righteousness, and peace, and joy in the Holy Spirit. For he that in these things serveth Christ is acceptable to God, and approved of men." That is good sound science. Mental consciousness is the kingdom of God.

The money question.

There comes up the money question the same way as we have the sex question and the stomach question. Man thinks he is a body and therefore he is afraid his body will not be provided for to the full measure. He is seeking money. Money is the question before his mind, but it resolves itself into mortal consciousness after all. He is thinking about food and clothing and shelter and provision for what he calls old age. He literally wears himself out trying to make a living. He kills himself in order to live. Mental consciousness lifts a man out of all that nonsense. Mind is money. Money is not mind. The man with mental consciousness looks upon money for what it is, a medium of exchange. He is not in bondage to it and he is not afraid of it. Is it a fact that mental consciousness settles all the questions? Settles all questions which center in the body? When you get right down to Christianity you will see that Christ saw the whole thing. "Take no thought for your body, what ye shall eat, or wherewith ye shall be clothed." This covers all of your calamities, all of your fears, all of your misgivings, and nearly all of your meanness. You eliminate the body as the boss, put the mind on the

throne, and all your troubles vanish. Even the last Enemy called Death is destroyed.

The question of disease.

Don't you see that this great question that fills the drug store with drugs and the air full of groans is settled by mental consciousness. Of course if you are going to be conscious of your body all the time you will fill it full of disease. You fasten your mind on your feet and keep thinking about your feet and worrying about your feet and they will soon cease to perform their function as feet. They will become dull and heavy loads for you to carry instead of carrying you. Do you suppose that Paderewski keeps thinking about his hands while he is playing the piano? Certainly not. The subconscious mind, or mental consciousness, comes to the front or he couldn't play. He forgets all about the body. He is a mind in action. Why we practice this every day of the world. Even to the looking up of people on the list. If we can't find a name, we wait for the subconscious mind to act and everything "pops" up in a flash.

How that expression "pops up" expresses everything. Such and such a person just "popped into my head," you say. It was a flash light from mental consciousness. Your mind knows everything. I mean your mind, and not your mortal moonshine that you call mind. We get to trusting this inner consciousness right along all the time and still we are surprised when things pop up before the mental vision. This subconscious man is every whit whole. Disease is the dirt of mortal mind, a microbe of mortal mentality lodged in the flesh. Did not Jesus speak to a paralytic and tell him to arise and take up his bed and walk? Didn't he do it? How did the change take place? In mental consciousness. The legs of the mind were all right. The man arose and went on his way rejoicing.

You have a severe headache and some sudden vibration comes to you and you forget all about it. Your mind is taken off of your head and your headache goes away. It was a mental condition. In a hotel fire in this city an invalid not only arose from a death bed and got out of the burning building, but turned around and helped others out. A higher consciousness took the place of the diseased mind and the body obeyed the commandment of the higher powers. Therefore I say unto you, my beloved, that all questions are settled in the one question. Disease and death disappear before a certain kind of mental movement. It is not then a question of legs, arms, stomach, lungs, but a question of mentality. I love mind and not matter. The man who loves matter will be filled full of matter. As a man loves so is he. Your wife and children and friends must represent so many thoughts. This is the reason why we do not receive physical callers for one such would upset the whole household. The mental callers come by telepathy and in the mail and they are welcome. I said come by telepathy, for that is the common way for them to come. The mail is always anticipated by the mental message. You are

all learning to think yourselves here instead of sending your physical bodies or even waiting to write letters. This is a universe of mentality. Material things are but mental images. That which is seen is the likeness of the unseen. All your troubles and trials and tribulations arise in mortal consciousness. Materiality brings misery. Mentality will bring you happiness. And as I have repeated over and over, it will settle all questions and solve all of the problems. You are a mind and mind is in possession of the universe. All is yours. You are in the universe and the universe is in you.

What kind of consciousness?

There are all kinds of consciousness. There is a consciousness of the parts, and a consciousness of the whole. Consciousness of the parts will never satisfy you. This is the cause of the strife and war in the world. The atoms do not cohere. They are at war with each other. In order to be at your ease, you must not be self-conscious. The orator who speaks well is thinking of his theme. The woman who is happy is at her ease in regard to her consciousness of environment. If she has shabby clothing and is conscious of it, she is in misery. If she is dressed in costly garments, and is conscious of it, she will be unhappy. Vanity does not bring happiness. She is thinking all the time of her hat and shoes and gown and has forgotten herself. This brings misery whether in rags or velvets.

Now do you understand me?

I AM the resurrection and the life. This is not a mere statement of Scripture. It is the truth of being. The I AM in you is the resurrection and the life. There is a system of thought being taught on the earth just now which tells you that you must do everything. All that you have to do is to develop the powers within you. Men are making fortunes teaching other men how to think. They are cultivating a counterfeit consciousness. The thought is that they can lift themselves by the straps of their boots if they get a firm hold on the straps. Many poor fellows have taken a firm grip on the straps and pulled with all their might. The straps break and they fall over backwards. Then they wonder why they didn't succeed. They followed all of the instructions of the mental manipulator and failed. The instructions were false, my friend, founded on a false premise.

I AM the resurrection and the life.

Do you catch the rythm? Do you get the vibration in that statement? I AM the resurrection and the life, not going to be. I have always been the resurrection and the life. I will always be the resurrection and the life. It is not a question of cultivation, but one of consciousness. How can you develop your Spirit? How can you develop God? God is, and he that comes to God must believe that he is. Do you get the meaning? You don't go out and make God by taking lessons from some mental manipulator. GOD IS. You come into a consciousness of your own being. The whole of your being. Instead of being conscious of the parts and running off after the parts, you are conscious of the whole. The application of this principle covers the whole of your being.

Who are you?

You are a mind. Now get that in your mind. Many of you are already there for you have been following me in my own unfoldment. When I got out of the wilderness I looked around and found most of you standing with me. Coming into this mental consciousness will make everything in your environment take its proper place. It will not hinder you from having your beautiful gown and a perfect dream of a hat. You may wear silk socks, excuse me, I mean silken hose, if you can afford the price. And you can always afford the price when you get into the right consciousness. You can have all of these beautiful things, but you will not be conscious of the things. You will be conscious of yourself. It will not be any old mushy self made out of mud, but a mental self made out of God. You will not be a male or a female, but a mind. I have told you in the lessons for 1908 that you are both male and female within yourself. If you become conscious of either of these elements to the exclusion of the other, you will be unbalanced. I never could endure the presence of one of these female women, and the male man is just as disgusting. Did you ever see one of these female women? And did you ever run up against one of those male men? The woman who is taking down these words says she does not understand, but I do, and I bet every man who reads this understands me.

Let me digress with an illustration. I saw a man take the face of his wife in his hands and kiss her forehead, each of her eyes, her lips, her cheeks and her chin. Do you suppose he was thinking about her sex, or that she was a female? Not a bit of it. Not a bit more than if she had been his sister. He was thinking about his darling. I saw a strong young man take the snow white head of his mother into his hands and kiss her all over her face and down to her wrinkled neck. She was not a female in his mind. She was a thought. The sweetest thought on this earth; the thought of mother. This is what I mean by the higher consciousness. Mind consciousness is not body consciousness. If a husband and wife live in constant consciousness of sex they will kill each other or get a divorce. The law of attraction is also the law of repulsion. If you get this last sentence it will do more for you than a whole volume. The law of attraction protects itself by the law of repulsion. Too much sweetness will make you sick. This is the reason why men and women kill each other. The man feels like going out and getting a gun and killing the woman, and the woman wants to poison the man. It is the law of repulsion getting in its work.

It is self preservation.

This is called the first law of nature. Thaw was not angry at White. He was mad at himself. He wanted to kill somebody, so he killed the man who happened to appear before his objective vision. It is a wonder he hadn't killed the woman. I don't see why she didn't kill both these men. This is only an illustration of the constant war going on in the world of humanity. All of you who have come out of that consciousness are looking down from the heights on this battle of the vibrations.

HEALING LETTER

My Dear You:

How are you?

I will not send you the compliments of the season, for I do not believe in times and seasons.

Let us make every day a red-letter day.

This year I will begin using pink paper and pink envelopes. I wanted yellow, but my partner wanted pink, and I let her have her own way. It was really my way, anyway. Always make your wife think that her way is your way.

Of course you will want to see one of my pink envelopes, therefore I will excuse you for not enclosing a self-addressed envelope--if you will chuck in a few stamps once in a while.

The pink of health!

I must always talk about terms, for new readers get hold of this paper and they want to know. Regular treatments in the Circle of Christians are one dollar a month, or twelve dollars a year. These treatments are given every morning, but at no other time in the day.

Special treatments are given night and day with direct personal attention for five dollars a month. Of course those who are taking special treatments are also enrolled in the Circle of Christians.

One subscription to CHRISTIAN will be given for every dollar sent for treatment. Send currency, gold, silver or paper in registered letter. Money orders, express or postal, in the common mail. Don't send personal checks if you can help it.

All treatments are given for health, happiness and prosperity.

I AM,

T. J. SHELTON,
1657 Clarkson St., Denver, Colo.