



Christianian

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THE LIGHT OF CONSCIENCE.

Do the right and fear no thought
That another may express;
They your conscience have not taught
And your lives may never bless.
Do what conscience says is right,
Then life's safest rule is yours;
And you follow in the light
That forevermore endures.
Men will differ and may change,
And if man you seek to please,
You may often think it strange
That it is no path of ease;
For, no matter what you do,
Some will think it is not right;
So to your own souls be true,
Then you'll follow God's own light.

—Martha Shepard Lippincott.

Moorestown, N. J.

ITEMS AND IDEAS.

*** May!
*** Taurus!
*** Health!
*** Happiness!
*** Prosperity!
*** The fifth month.
*** Five is the number of the Covenant.
*** Five is the earthly half of twelve;
seven is the spiritual half of twelve.

*** Twelve is the number of completeness, or fullness. In money matters, five is my lucky number; in spiritual things, seven is my good number.

*** Twelve is my "Golden Number," and for this reason I am well balanced in both worlds. The objective and subjective blend into one life of wholeness. This is as it should be.

*** I do not write puffs for pay. But when a good thing comes my way, I have to admire it. The other day Cynthia Bates— isn't that a good, square, honest, old-fashioned name!—sent me a neat little booklet from her "Dress Improvement" shop in Boston. Now, I get basketsfull of such circulars and booklets every day and they go into the waste basket. But Cynthia, believing in herself and her goods, asked me to send the measure of Lady Blanche. I did so. In a few days there came by express two beautiful union suits of silk underwear. They fit like a glove and are made out of genuine stuff. If you want good suits of silk, woolen, or linen mesh, and many other good things in the dress line, send your orders to Cynthia Bates, 29 Temple Place, Boston, Mass. This is not an ad, and, if it were, it is not big enough to pay for what we have already received.

*** Helen Wilmans is crying her eyes out because I have made a new departure and gone off into the bejesus business. It must be that the success of the "City Beautiful" has turned Helen's head. It sometimes follows that financial success leads to mental strabismus. Well, I am a student of strabotomy and know how to apply the knife. You may rest assured that I will never profess to be anyone other than myself. I am not the Christ, I am not even the founder of Mental Science. I am not the president of any kind of an association. I am going in a gang to myself. Helen thinks I may get some weak-kneed followers, but I don't think so. I am traveling so fast that the weak-kneed can't keep up with me. All who are my students are taught to follow the I AM within themselves. Therefore, if I ever have any followers, they will be going in direct opposition to my teaching. I am an Individualist!

*** April *Unity* sends out a splendid picture of its editor, Chas. Fillmore. It is a good likeness and Charlie doesn't seem to be any balder than he was when I last saw him, in 1892. Fillmore was the best friend I had when I first left the pulpit and found myself in the psychic fog. He and his wife stood by me when I needed friends. I have never been known to forget a friend. *Unity* is a splendid magazine for those who are inclined to mix religion with their science. Address, 1315 McGee street, Kansas City, Mo. By the way, speaking of Fillmore, reminds me that some day I must write an article about my experience in the psychic atmosphere. When you are tossed out of religion into science, out of the old place where you were born and raised, you get into a kind of mental fog. The fire begins to burn the stubble and chaff, and the smoke gets into your eyes. When I landed in Kansas City in 1891, I had on a clerical suit, all buttoned down before like old Father Grimes, that good old man. I got down on my knees and prayed every night and every morning and was afraid to say "Boo!" It was my intention to open my healing performances with prayers and close them with the doxology. I was going to walk up to a blind man on the street and command him to open his eyes, and thus startle the natives. I intended to find a paralytic and tell him to take up his bed and walk. Now, wouldn't I have played the devil if I had had the power to go about in such a spectacular way! Well, Charlie and Myrtle took some of that out of me and Helen Wilmans finished the job. I like to give honor and credit to all who have helped me along the road.

*** *Suggestion* is a monthly magazine published in the Windy City, commonly known as Chicago. The number is 4020 Drexel Boulevard, and the editor is Herbert A. Parkyn, M. D. It is really an interesting magazine. In speaking of my Healing Room, the editor makes this comment:

"We will be careful what we say about Brother Shelton after this. Any man who can obtain the above results by treating a room is worthy of respect and consideration, and can not be spoken lightly of with impunity. We never have seen results anywhere comparable with this, arising from treating a roomful of furniture, but we have heard of greased lightning being manifested after treating a roomful of thirsty men-folks, although a number of treatments were needed to get the best results, all those present treating in turn. By-the-way, we wonder if it could have been Shelton's vibrations which Tesla's instruments recorded and which caused the inventor to believe that some fellow in Mars was signalling him. We'll back Shelton against the Martian any time. Wouldn't Shelton's house afford a beautiful surprise party to some unsuspecting burglar who would stray in some quiet night! With the electric chairs, blue flames and the jars of stored vibrations, the poor housebreaker would be an object for pity and the coroner's jury. Verdict: Suicide from entering the Healing Room without being insulated."

Say, smartie; there is no danger of a burglar straying into my house. I don't attract burglars. But I'll tell you the truth about my healing room. The house is not even lighted with electricity, but gas. I sent for the gas man to find a leak. He was a common, ordinary laboring man. He went from room to room without making any comments, but when he reached the Healing Room he dropped his step ladder and made remarks about the electric current. Everybody about the house notices the difference as soon as they come into that room. As for signals from Mars, I want you to understand, my beloved Medicus, that I am in communication with the sun and all the planets. This is no joke!

*** I now have *The Washington News Letter*, published by Col. Sabin, Washington, D. C., on my list. There are many good things in this paper. But the colonel continues to talk about "unchaining the Truth." The Truth never had a chain of any kind on it. It is utterly impossible to fasten a chain to the Truth. You had as well talk about unchaining the sunshine. There isn't any kind of opposition to the Truth. Men may come and men may go, but the Truth remains forever. You can't chain it! You can't stifle it! You can't injure it in any way! You had just as well have the old orthodox hell and the devil as to substitute what you call "malicious animal magnetism," mortal error, or any other hobgoblin.

of your imagination. Either God is Good and God is All, or God isn't Good and isn't All. You can't have two principles of being. God is either All Good or all bad. He is certainly All. Infinite Being means Infinite Being, nothing less. In making a division between good and evil you are simply arraying mankind into belligerent sects, fighting each other, each one claiming to have the Truth and the others to have error. I have no ambition to become the leader of a sect. Therefore, I declare that God is Good and God is All. There isn't anything for you to do except to stand in the Truth. The world is saved! Truth has never been chained. Pay no attention to the dry bones rattling in the valley. This is not intended as a criticism of Col. Sabin, for, as he has left orthodox Eddyism, he is on the way to freedom. I expect to see him drop his co-called "Reform Christian Science" and preach true Christian Science. Mrs. Eddy is the John-the-Baptist and Christian Science is the Messiah. True Christian Science means the inspiration of the individual for the individual. The true Christian Scientist will not drink at the branch but will go directly to the Fountain Head. Don't go out into the wilderness to see a reed shaken by the wind. Mrs. Eddy must decrease, but Christian Science will increase more and more unto the perfect day. It is more than any party, any sect, or any school. It is the descent of the Holy Spirit, the coming of the Son of Man.

EYE TO EYE TALKS.

I to I Talks.

"For, behold! the kingdom of God is within you."

These words were used by Jesus at the close of a discourse, in which He told his disciples not to go into the wilderness or into the city or anywhere else in search of the kingdom of God. He told them that the time would come when many voices would be calling out, lo! here and lo! there is the kingdom of heaven. This time is here and has been here for lo these two thousand years. In the present hour, there are more voices calling out here is the kingdom of God, and there is the kingdom of God, than you ever heard before. Healers and healers, not to say peelers, are springing up in all parts of the world. Prophets and preachers, and mediums, are found in every fence corner, and are growing as thick as weeds in a cotton patch. It is a sign that the Lord Christ is speaking to men. The false prophet is a sign of the true prophet. The fake healer is a sign that the real healer is in the land. The many professions of power signify that there is power on earth to forgive sins and heal the sick. Where is it? To whom shall we go to learn the secret? In answering these questions, let me emphasize the words of Jesus Christ—

Look! the kingdom of your God is within you.

Then, sweetheart, you are not to look outside, but turn your eyes within and look with subjective vision. This brings you

right home to yourself. If you desire to see the kingdom of God, you must practice non-resistance, and non-seeing to everything in the objective world. Non-resistance, not only means that you are to refrain from the use of a gun or a club, but that you must assume the attitude of non-resistance in the use of mental force. You must not exert your will against men or measures in the objective world. Just as soon as you enter upon a campaign of conquest, you begin to resist evil. The king of the kingdom of heaven said: "Resist not evil." Therefore, there is not anything in the objective world for you to conquer. When you resist evil, you create evil into a substance or power, and make it an entity. In other words, you put yourself into this creature of your imagination and begin a campaign against yourself. All the power of evil comes from yourself. There isn't any power inherent in evil. For instance, you are told to enter into the conquest of poverty. Before you can do this, you must assume that there is such a thing as poverty. Just a little reflection will teach you that poverty is nothing. Poverty is the absence of something. It is a hole. Are you going out to fight a hole? Will you gird on the armor and go into the battle of nothing? If you put your own power into this creature of imagination you will find an enemy to combat. But, little one, this enemy is yourself. You have weakened your own power by dividing it, and putting a part of your force into a creature of your imagination. "The earth is the Lord's," and you are the Lord; therefore, you own the earth. You recognize opulence and poverty disappears as mist before the rising sun.



Look! the kingdom of God is within you.

The king is never absent from his kingdom, the king of your kingdom is within you. Therefore, the throne of power is located within yourself. Bear in mind, now, that in this kingdom of God, there is no law of resistance. How can God resist anything, when God is all? It follows that the law of non-resistance is the only law in the kingdom of God, for God can not resist himself. To put forth effort, to struggle, to fight for your kingdom, is to lose it. There is absolutely no such thing as opposition to Spirit. You must turn your eyes within and see the perfect wholeness of yourself. Mind you, sweetheart, the clamoring crowd outside are telling you to enter upon a war of conquest. But, verily! verily! I say unto you that you would only be fighting against yourself. You would waste your energies in fighting as one who beateth the air. Why? Because the whole of your kingdom is within you. All power in heaven and on earth is given unto you. There is no power outside of you. So, you see, my beloved, all the power in the objective world in seeming opposition to you, is the power you have put there yourself. Why, then, should you gird on your armor and go out and fight against God? You hear the voices outside talking about the conquest of death? Is death a reality? Then you can't conquer it. Everything that is real has been from everlast-

ing and will be to everlasting. If you can't conquer that which is, why try to conquer that which is not? The kingdom of your God is within you. Therefore, life is within you. Death does not reign in the kingdom of God. Those who go out to conquer death must first find death before they can conquer it. It is a shadow fitting on the wall. Will you draw your sword and spend your time in stabbing at a shadow? The recognition of life puts an end to death. You only see death outside in the objective world. That world is a delusion and a snare. It has no existence in reality. The mother looks into the objective world and can see her dead child; but as soon as she looks within her own spirit, she knows her child is not dead. Love has never yet seen death in the face of the dead. It is a great lie! In the kingdom of God, there is no such thing as disease and death. These things are ugly forms in the objective world. Are you going out full panoplied to fight a lie? That is just what you would be doing in the conquest of death. But, these voices tell me about the gaining of physical immortality! They are talking through their hats. The physical is never immortal, and the immortal is never physical. Immortality in the flesh is moonshine. The spirit is never mortal, and the flesh is never immortal. When immortality comes the flesh is changed in a moment, in the twinkling of an eye, into a spiritual body, made like unto the glorious body of a Son of God. By the law of non-resistance, you come to the place where you recognize the kingdom of God. Recognition is realization. The man who recognizes riches soon realizes wealth. The man who recognizes life destroys death.



Recognition is realization!

"Blessed are the meek: for they shall inherit the earth."

The other day I read where an editor denounced a Christian Scientist because she made ten thousand dollars a year. He was talking about Augusta A Stetson, who is a Christian Science pastor, teacher, healer and general counselor for a large congregation. She has the talent, education and ability to command ten thousand dollars a year and more. The thought of a woman earning that much money gave this poor editor a fit. He closed his editorial with these words: "And yet Jesus had not where to lay his head, and John's meat was locusts and wild honey." Bosh! Jesus had many places to lay his head and really fared sumptuously every day. John was not compelled to eat locusts and wild honey. He was a strong, able-bodied, athletic man. There was nothing to hinder him from earning a good living. If he chose to stand in the wilderness at the ford of the Jordan and preach, while living on locusts and wild honey, it was his own business. There was no martyrdom in it. Jesus spent most of his time eating good dinners and wearing the very best garments that could be woven for a Jewish rabbi. A certain scribe came to him and said: "Master, I will follow thee whithersoever thou goest." And Jesus, to test his sincerity, said: "The foxes have

holes and the birds of the air have nests, but the Son of Man hath not where to lay his head." And another of his disciples said unto him: "Lord, suffer me first to go and bury my father." But Jesus said unto him: "Follow me, and let the dead bury their dead." These are metaphysical statements of truth. The idea of poverty is not found in these words. On another occasion he told his disciples that they were to have in this life a hundredfold more of houses, lands, friends, and everything else by following the Truth. The following of Truth is a mental action. Augusta Stetson may be a meek and lowly follower of the Christ in her mind, even though she command a hundred thousand dollars a year. The Way of the Cross is heathenism. It is not an institution of the Truth or in the Truth, but belongs to the world of mortal mind. Those who wear silks and satins, diamonds and rubies, in the name of the Truth are the ones who are glorifying God. The old idea of the ancient cross is the modern idea of the tramp. The ancient pilgrims who went about in rags and dirt were the hoboos of religion. In the last book of the New Testament it is said: "And I, John, saw the holy city, New Jerusalem, coming down from God out of heaven, prepared as a Bride adorned for her Husband." How do you suppose a bride would adorn herself for her husband if she owned the whole earth? John speaks of this bride as a city, the Holy City, and he crowds more wealth into this description of this city than can be found in any other piece of literature on earth. The streets are paved with gold, the walls are jasper, and the gates are pearl. Everything about it is as splendid as God Almighty can make it. Christian Science is this New Jerusalem, this Holy City, this Bride adorned for her Husband. She is wearing good clothes! She is going to inherit the earth. You had just as well get out of the way with your ancient and modern tramps. The church of the living God is going to be clothed with the sun, the moon beneath her feet, and a crown of twelve stars on her head. The sun is the symbol of gold, the moon of silver, and the stars of power. Sweetheart, you are this church, if you will to be. Recognize your inheritance and enter into your kingdom.



Realization is rest!

This kingdom within you is the kingdom of perfect peace. You enter into the Holy City and abide there forever. There is no more going and coming. You have found rest unto your soul. A man fired into me the other day, for what he called my halving the universe. He said when I talked about mind and matter, I was cutting the universe in two pieces, making two halves of one whole. Here are his words "If we don't like matter, we can term it spirit, life, mind, thought, or anything we like. Just so we don't mix in any dead life. The substance composing coral is as spiritual as that of the archangel. Their difference lays in what they know, or, in other words, in their rate of vibrations. As to the law of sex, it is the law of all life from the lowest rock-ribbed plain to the highest seraph."

How easy a half-truth deceives the mortal mind. This sophistry that all is mind has caught many people. Matter is never spirit and spirit is never matter. The substance of things is never the form of things and the form of things is never substance. Substance is never visible and form is never invisible. Matter is that which we see and spirit is forever and forever the unseen. Spirit is substance and matter is the form of substance. The rate of vibration in matter varies according to its weight and fineness. There is absolutely no kind of vibration in spirit. Now catch your breath, all you people who have been holding half-truths. Spirit is the one invisible, immovable, unchangeable substance of all things. In spirit we live and move and have our being, but spirit never moves. Spirit is forever in repose. Vibration means movement, and spirit is always still. The cause of all movement is in spirit; the effect of all movement is in matter. The reason why I am able to heal people without regard to space, is because I recognize the eternal truth that there is no such thing as space in spirit. Spirit is forever and always omnipresent. If it made any kind of movement it could not be omnipresent, for it would have to have space in which to move. Spirit fills all space; therefore, it is impossible for spirit to move. There is no room for movement.

"As shadows, cast by light and sun,
Flit o'er the summer's grass;
So in Thy sight, Almighty One,
Earth's generations pass."

Earth's generations pass, but God does not pass. Shadows move in the sunlight, but the light does not move. The sun does not move and the light does not vibrate in the sense of movement. The light radiates. But the one radiant center remains forever and forever immovable and unchangeable. Matter is the only thing that vibrates. Thus you see, my sweetheart, the kingdom of God is the kingdom of repose. It is the place of rest. How weary the soul becomes in everlastingly watching the passing of things! The spirit longs for rest, for the place where there is no coming and going, no fitting of shadows on the wall.

That old sophistry that the quality is determined by its rate of vibration is exploded as soon as you know the truth. The universe is divided into two halves, substance and form, mind and matter. Don't confuse your mind by saying all is spirit. Spirit is not dirt, it is not mud, it is not a tree, it is not even a world. Spirit is never visible. Things move in spirit and have their being in spirit, but they are not spirit. She Whom My Soul Loves sits here taking down what I am saying to you. This is the way we spend our Sundays. She is my pulpit and all the world is my audience. She uses a typewriter, she uses her fingers and her eyes and her brain. All these things I have mentioned are composed of matter. The fingers playing on the keyboard of the typewriter and my words vibrating in the brain of the woman: all these instruments, including the sound of my voice, are in the world of matter. But I am not matter and She Whom My Soul Loves is not matter. If I

believed that she was matter I would only speak one word, one wail of woe, and my voice would be silent. Why? Because matter passeth away. She Whom My Soul Loves abides with me forever. She is spirit, and spirit does not come and go. It is the same Yesterday, To-day, and Forever. If She Whom My Soul Loves was matter, I would see only a skeleton; and, instead of this room being a radiant center of life, it would become the place of a skull. Death is a thing, a mere passing of form into other forms, or into the same form renewed. You should care no more for death than you do for old clothes, cast off, or the melting of the snowballs in the yard. We become attached to certain forms of life from constant association with these forms; and, yet, we would become weary of wearing the same suit of clothing all the time. Death is a feature of the ever changing forms of life.



"I am the resurrection and the life."

A man wrote me the other day, saying that I was going to hell, because I said in March CHRISTIAN: "I raise the dead." He said I never raised anyone from the dead like Lazarus was raised from the dead. No, I don't raise the dead in that way. When I raise a man from the dead, he stays raised. Lazarus had to die again, because his resurrection was the resurrection of death. His old rotten body was brought out of the grave to show men the dead are raised. It was to show men that the resurrection was going on all the time. Jesus Christ called Lazarus, not the body of Lazarus. Lazarus was a spirit and Jesus called the spirit to come forth. A spirit is invisible to matter, therefore, the only way that Lazarus could come forth was to go back into his body. This was a mortal body and, of course, subject to death. I am calling the spirit from the dead, from among the dead, from the idea of death. This is a resurrection from the dead, not a resurrection of death. You see, I make Lazarus understand that he himself is the resurrection and the life. He then looks within himself for all power in heaven and earth. You carry around with you every day, the resurrection and the life. This is the reason why you are not afraid of being wrecked on the water or on the land. You are not afraid of bullets, burglars, robbers, slanderers, or anything else in your environment. You walk through the valley of the shadow of death and fear no evil because you know there is no evil to fear. You have the keys of death and of hell, you have the keys of wealth and of wisdom. Having found your soul, you have gained the whole world. You are not waiting for some resurrection in the future, but you recognize the fact that you are now in the resurrection. Instead of walking the Way of the Cross like a heathen, you are walking in wisdom. You realize that "her ways are ways of pleasantness and all her paths are peace." All the ways of Wisdom are ways of pleasantness. The universe is not organized on the principle of pain, but of pleasure. Life means pleasure. God enjoys himself. God is joy. What you want to do, sweetheart, is to come into the joy of life. "He who believeth in me shall never

die; and though he were dead, yet shall he live again." This is certainly a mental death and a mental awakening. When the mind comes into the realization of life, the body vibrates in unison with the thought. You want to apply all these statements of truth to yourself. It is said "Our God is a consuming fire." The old way of reading this passage was to look up into the skies for a God who was a Consuming Fire. But in the New Thought, each one says to himself personally, I am a Consuming Fire. No fire can consume me, for I am fire. I will consume everything about me that is combustible. I will, by the flaming fire of my own personality, consume all the stubble and chaff of mortality. Whatever God is, I am. God is a consuming fire, and so am I. God is life, and so am I. Death can not touch me, because I am life. Poverty can not abide in my presence, for I am wealth. Disease can not invade my environment, or attach itself to my person, for I am health. I do not have to go out of myself to conquer anything. All things are mine, for I am All in All. This is not mere talk. It is a state of spiritual consciousness. A man can come to a place where he knows how to say I Am that I Am. Every man who belongs to the Universal Brotherhood and who knows the Secret Doctrine can say I Am that I Am. The weaklings who attempt to say these words without knowing how only amuse those who know. Many papers and magazines come to my desk with I AM printed in big letters. And yet I know that those who write the words do not know the secret meaning. It is not simply the saying over the words or the printing in capitals. You must know what they mean. You must know how to pronounce the name of God. The I AM must speak His own Name in you, for only God knows how to pronounce the Name of God. When you hear Him speak the "Lost Word" you may know that you have found the Way.

DEEP BREATHING AND MENTAL SCIENCE.

"What do you think of the deep breathing now being taught and practiced by scientists?"

It is like all other fads. You will never come into the kingdom of God by learning a new process of breathing, by practicing gymnastics, or dieting yourself. "The first man is of the earth, earthy; the second man is the Lord from heaven. As is the earthy, such are they also that are earthy; and as is the heavenly, such are they also that are heavenly. And as we have borne the image of the earthy, we shall also bear the image of the heavenly. Now this I say, brethren, that flesh and blood can not inherit the kingdom of God; neither doth corruption inherit incorruption." Isn't this quotation from the New Testament about as plain as you can make it? People are continually going crazy over new schemes for promoting health. You can scarcely pick up the daily paper unless you see a new cure for consumption. The only way to live is to live a natural life. Breathe naturally; sleep naturally; and eat according to the

law of your own taste, which is the law of your own being. Nature knows exactly how to do all of these things. The prize-fighter is trained, but the result is that he dies young. You are trying to outdo nature when you develop the prize-fighter and the athlete. The man who goes on about his physical life without taking thought is the one who will enjoy health and long life. "Take no thought for your body" is good advice. It is not a new kind of breathing or a new kind of food, but a new kind of thought which brings health, happiness, and prosperity. This new kind of thought recognizes the spirit as the substance of the man. He knows that he is not made out of dirt and not even dependent upon breath for his existence. It is not the solar plexus, but the Divine man that you want to awake. The spirit within you is the resurrection and the life. Above all things, cultivate repose. Don't go flying off after every fad. I remember a friend of mine who was past fifty threw away her glasses. She came to me rejoicing in the fact that she had done away with spectacles. Her boasting was a rebuke to me, for I still wore glasses when reading. I did not say anything, but after her mind was taken off that subject, I handed her a newspaper and said carelessly: "By the way, have you read this article?" and pointed out the article. She held the paper off at arm's length and stretched and strained, but she could not read it. I said to her: "You are a hypocrite, and not in the Truth—not even half as much in the Truth as when you were a church member." No, no, my beloved, corruption doth not inherit incorruption! I am going to have a new body, but it will not be fashioned like unto this old body of flesh and blood. It will be my body and I will maintain my own identity, but, bless your soul, the eyes that I will see through, the ears with which I shall hear, and the nerves with which I shall receive the vibrations of life, will be altogether different from this body of dirt. I have felt even in this house of clay these vibrations from the sun and have some idea of what real life will be. So, let us not try to patch up and doctor this dirt-dauber's nest! Let it dissolve by the flaming fire of the Spirit.

What is the use, then, of Mental healing? Much, every way. It is to get your mind trained into the right thinking. It not only gives you health of body and repose and rest and peace and happiness, but it prepares you for the higher vibrations. A man is sick and I send him the healing vibrations. He not only gets well, but he gets a new hold on life. Everything looks different to him from what it did before. I went along bent over with consumption and held the thought that it was an incurable disease. The mental misery was worse than the physical suffering. The awful melancholy that fills the soul of a man that has no future is worse than any kind of physical torture. Every time you see your face in the mirror, you are reminded that you are a dead man. All your friends remind you either by word or looks, or both, that you are doomed. If you brighten up and begin to talk about your business prospects and

what you expect to do for yourself and family, you are soon brought down to earth by those who sadly shake their heads, and you say within your own mind: "It is no use!" Do you know what I feel like doing right now while dictating this article? I feel like swearing! That was just the thing I did before I began to get over my consumption and other diseases. It is bad enough for a man to die, but to die every day, with the funeral procession all around you, is hell. So, I say that Mental healing, if it did no more than to renew the mind, would be a blessing to mankind. But it does much more, for the mind controls matter. The renewing of the mind brings health to the body and puts money into the purse. I told a preacher the other day that I had entered upon a real ministry, with the whole world for an audience. It is bringing more happiness into my life and into the lives of others than I ever expected to find on earth. Christian Science is making this world a paradise of God. When we come to know that the kingdom of heaven is within our own reach, we enter into it. It has always been held as so far away, a something entirely out of our reach. The only way we could attain to it was to die and fly away to mansions in the skies. Christian Science has brought it right down here and made the whole thing practical. When I say Christian Science, I am talking about a scientific interpretation of the Christ and the Spirit of Truth. No other words can so concisely express the New Thought, therefore, I say Christian Science. Jesus Christ as seen in Jesus of Nazareth is the Ideal Man. His words are the words of life. Heretofore, they have been theologically interpreted, but Christian Science gives them a scientific interpretation.

I am just learning to speak the Truth in the Silence. When I recognize the fact that I am Truth, that I am Spirit, that I am God, the vibrations go forth in the name and by the power of the Almighty. The hardest work for the healer is to keep himself out of his healing. Just as soon as he begins to do the healing, the healing stops being done. It is the I AM who is the healer! The recognition of this Eternal Word is the secret of success. This is what is meant when it is said for us to preach the gospel, heal the sick, cleanse the lepers, cast out devils, and raise the dead. It does not mean that we are to do these things. For the Spirit comes in plain words and declares: "I will be with you always even to the end of the world." It is the going forth with the recognition that the I AM is always with you. Now, sweetheart, wouldn't it have been comical if the apostles had gone forth teaching a new kind of breathing, or a new kind of dieting, or a new kind of physical exercises! It was the Word, the creative principle, the manifesting power of the Almighty. It was spoken to the minds of men. It is the quickening spirit. It does not make any difference how you breathe, or what you eat, or what you drink, or what you put on the body. "The kingdom of God is not meat, nor drink, but righteousness, and peace, and joy in the Holy Spirit."

DEAD AS A DOOR NAIL.

Helen Wilmans in *Freedom* of March 27th has a two column and a half editorial headed "An Illustration," and she uses me for the illustration. She quotes nineteen lines from my "Eye to Eye Talks" in *March CHRISTIAN*. You remember that my editorial was six columns in length and yet she only quotes nineteen lines and even these are not in consecutive order. What I apply to the Almighty and make universal she applies to the individual and makes personal. She thinks that I say that I, Shelton, am the Light of the World. There is one of two things: either she thinks I am a fool or else she started out to write without knowing what she was writing about.

The whole two columns and a half of her editorial is in the line of my own, which she is trying to criticize. I endorse everything she says and if she had printed my editorial, there would have been no sense in her saying anything. She quotes from *CHRISTIAN*: "Come unto me all ye ends of the earth, and from my place in the Silence, I will give you health, happiness, and eternal life. You will not only come into the joys of physical life, but into the very ecstasy of spiritual existence. I AM the Light of the World!" Helen goes into hysterics and wants to know why people should come to me. She says that I am not the only one who has proclaimed himself the Christ and that all the others are dead. She is very sorry for my new departure. She says: "That Mr. Shelton will get some followers on account of the new departure he has taken, I do not doubt. The unthinking, the weak-kneed, the trembling doubters of their own selfhood may regard him as 'the only real light,' but, unfortunately for his effort, this class is diminishing rapidly before the spread of intelligence now pouring in from every source. For this reason his reign as the Christ-inspired interpreter of what he calls truth can not possibly last long." Geewhilkens! *Sic semper tyrannis! Sic transit gloria mundi!* Sick 'em, Tige!

Say, Helen, get *March CHRISTIAN*, rub your specs with a piece of chamois skin, adjust them properly, and read! You will find these words in the editorial from which you quote: "The physical presence of the healer is not necessary. It is the work of the Spirit, and the Spirit works in the Silence. Let it be clearly understood just what I claim: It is the Silent Word of the Spirit Christ. It is not the exaltation of any man, or any institution; but the exaltation of the Spirit of Truth. Come unto me, all ye ends of the earth, and from my place in the Silence I will give you health, happiness, and eternal life. You will not only come into the joys of physical life, but into the very ecstasy of spiritual existence. I AM the Light of the World!" Now, does this sound like I had proclaimed myself the Christ? What I claim for myself, I claim for you and every other person in the universe. The Christ is a principle and not a person. Jesus of Nazareth proclaimed the principle. He said to his followers and to the Jews who stood around: "Before Abraham was, I AM." Then, when they wanted

to stone him for proclaiming himself to be the Son of God, he quotes the Scripture: "I said, ye are Gods," and added his own endorsement by saying: "If he called them Gods, unto whom the word of God came, why do you call me a blasphemer because I said I am the Son of God?" He not only called himself God, but he called all of his fellow men by the same title. I not only ascribe Godhood to the men, Helen, but I bring all the women into the same boat.

Go on reading! Wipe the moisture off your glasses and read the closing sentences of my editorial, from which you quote: "The Spirit Christ works in the Silence. This was the promise made by Jesus to His disciples, before He ascended into the heavens. When you find anyone proclaiming himself in the objective world as the Christ, you may know he is a fraud. The Christ speaks the Silent Word." You see, my darling girl, you didn't read all of the editorial. You went off on a tangent. I am the apostle of individualism. I recognize Jesus Christ as the Sower who sowed the seed from which Christian and Mental Science has grown. I also recognize Mary Eddy as the first one to go out and sow this seed once more among the people. "Honor to whom honor is due," is the motto of every true individualist. If there had not been a Jesus Christ, there would not have been a Mary Eddy, and if there had not been a Mary Eddy, there never would have been a Helen Wilmans. You must crown each individual with the crown that belongs to them in their work.

But I am astonished at you for shooting off your pen without reading all of my editorial. I feel like giving you a regular ripping up the back. To accuse me of doing the very opposite of what I am doing is almost inexcusable. Now will you be good?

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SPIRITUAL EVOLUTION OR REGENERATION.

By R. C. Douglass.

II. THE AWAKENING.

"Let there be a Firmament in the midst of the waters, and let it divide the waters from the waters."—Gen. 1: 6.

We now enter upon the Second Step in the Path of Spiritual Unfoldment, as delineated in this remarkable Allegory of Creation—an allegorical story, which some illuminated Seer or Mystic of remote antiquity has handed down, doubtless from Egypt by the hand of Moses, who "was learned in all the wisdom of Egypt," yet no doubt having a still greater antiquity, originating with the most ancient Aryans, who were the father of all religious systems among every branch of this great race.

The allegorical aspect of this scientifically accurate story may more properly be called a correspondential relation between the cosmical order in the "natural world," and the natural order in the Spiritual world. By reason of this law of correspondences, existing on every plane, while affirming that this story refers to Spiritual things, we are compelled to admit its application to the material evolution of the earth and the universe also. For there is one law governing

all manifestations of Life, from the highest Spiritual to the lowest material,—"One Law, one Life, one element, and one far-off Divine event, towards which the whole creation moves." Even in the natural world this is allegory: how much more so in the Spiritual. Time does not obtain on the Spiritual plane; nor even in the cosmic processes of the material world.

Unfoldment is the order, progression is the law of the universe. Everything is tending toward perfection. All creation is moving on toward its Divine source.

It will be noted that in this story it is always the "evening and the morning" that constitutes the "day," never the converse (for that would be advancing downward); there is always an "evening" of darkness in our upward course to be followed by the "morning" light at every step of our progress,—ignorance overcome by the Light of Truth.

In the First Lesson we recognized our True Being to be Spiritual, as Sons of God. Although the Infinite can not be limited to definition, yet we have sought through intellect to formulate our highest conception of God by means of definition. This was our Definition of God and Statement of Being:

GOD is { Being, { Life, { Substance,
 { Spirit, { Truth, { Principle,
 { Mind, { Love, { Will,

Omniscient, Omnipotent, Omnipresent;—A Trinity of Trinities in Unity;—the All-Embracing ONE;—the Being of all beings, the Life of all lives, the Substance of all substances, the Reality of all realities: And Man is a Son of God, with all that this implies.

Being Sons of God, we have the same Spiritual nature, are made of the same Spiritual Substance, and have the same attributes as God Himself.

"Like father, like son" must be a universal truism—true on the animal plane, because true primarily on the Spiritual plane.

"In him (the Christian man) dwelleth all the fullness of the Godhead bodily"—embodied—expressed in body. What is true of the regenerated or *Christian man*, is potentially true of every man. But Regeneration is the unfoldment into conscious expression of the Divinity, that is potentially within, as the oak is potentially in the acorn, awaiting its unfoldment.

Therefore whatever God, the Father, is, that Man, the Son, must be in his inmost, potential Being. And those principles he must manifest. Then since God is Life, His Offspring will manifest Life in the degree of his realization of the meaning of Life;—seeing it uncertain and perishable, his experiences will be uncertain, and he will perish accordingly;—seeing it omnipotent, harmonious, Divine Principle, his experiences will be harmonious, life will be a joy, and he will be in the way of demonstrating Immortality.

Since God is Truth, His Offspring will manifest Truth in true conditions, in the degree of his realization of the meaning of Truth.

Since God is Power, His Offspring will manifest Power in the degree of his realization of what Power is, its source and na-

ture. The secret of a true realization of Life, Truth and Power consists in knowing God, and man's relation to Him.

If man fully knew and realized that he is a Son of God, he would awake and arise in his might, a victor over "the world, the flesh and the devil." He would begin to manifest his Divine powers, and make an evolution in consciousness from the animal-human to the Divine-human.

We are now taking our Second Step out of the darkness of the animal-human consciousness, with all its false beliefs, in search of the illuminating light of Eternal Truth,—Truth, that, because of its unvarying rightness, will satisfy and heal us of the wounds which error has inflicted. And in this Second Degree of our initiation into "The Brotherhood of the Sons of God" we must freely use the Eraser of Denial. If there are errors in our past work, it is absolutely necessary now, that we erase them, so that we may be able to build our Temple of Truth free from the rubbish of the old thought. Denial of error is the first step in its removal.

"There must be a Firmament in the midst of the waters, to divide the waters from the waters."

The separation of "waters from waters," in the metaphysical sense, is discrimination between the *true* and the *false* among our thoughts. For in this symbology the "Great Deep" is the *whole human mind*, and the "waters" are the *free flowing thoughts*. In discriminating between "waters" and "waters" we must use great wisdom and firmness. We are to reject from the mind all that can not be measured by the perfect plumb-line of Absolute Truth, all that does not accord with our Statement of Being. "Behold I will set a plumb-line in the midst of my people Israel."—Amos vii: 8. In our thinking we are to "walk by the plumb." An error once discovered must be cut off unmercifully, if we wish to make high attainment in Spiritual thought and life. By strong denial we cut them off; then we take our Principle, and proceed with the solution of our problem.

The mind must be emptied of its errors, before it can be receptive to truth. By denial of their reality and power we reject and erase them. Only falsities can be destroyed. Realities are eternal. Falsities are worse than useless. We must be rid of them. Things are real or unreal to us, according to our consciousness of them. Through the imaging faculty of the mind falsities are pictured as realities if we believe them so, and suffering is the result. Hence, whatever our higher Wisdom finds to be illusion and unreality, it is the act of sound wisdom to cast out and erase from the tablets of consciousness.

The mind is the "Garden of Eden"; and we are to "dress and keep it." Our animal-human past life has filled it full of weeds of error and falsity. These weeds must be rooted up, before we can plant the fruitful seed of Truth. For "every plant which my Father hath not planted, shall be rooted up," said the wise Teacher of Christian Metaphysics. By denial of their reality we root them up.

In our effort to evolve from the animal-human consciousness into the Divine-human we shall find many false beliefs which the whole race hold in common,—beliefs which are false, because they will not bear the test of Reality, and must therefore be renounced; since in the Divine-human consciousness to which we are aspiring only Absolute Reality will be of any use to us. In our Garden of Eden we have been given full dominion, and have power to accomplish this work, and to mould conditions to suit us. Thus we enter upon our task with the assurance of success.

Two great racial Errors are the source of all error and sin: *The First Great Error of the race*, which we are to erase from the boards of consciousness, is, *That there is another Reality and power beside the Good, called Evil*.

If, as we have declared, God is Good, and "beside Him there is none else," there certainly can be nothing but Good in the Universe, in the sense of Reality. The manifestations of evil are due to our belief in it as reality. Once destroy the belief in its reality, and it is immediately relegated to the realm of falsity; and falsity is merely a false claimant, always claiming to be reality. This is the stuff that lies are made of,—no-thing claiming to be something; error claiming to be truth. This false claimant, Evil, Jesus called "A liar and the father of lies." Evil, like darkness, seems very real; yet when the Good is clearly seen, the evil is invisible; as when the Light shines, the darkness disappears.

We have declared that God is the soul of all reality, the very Substance of all reality. Then to have two Realities, is to have two Gods. This is practically what we have been doing. We have had a Good God and a Bad God. One with power to bless, the other with power to curse. Indeed, we have sometimes gotten these somewhat confused; and have accused the Good God of cursing people.

God is the only Reality omnipresent and omnipotent. Then since God the Good is omnipresent, there is no place nor space nor where for Evil to be. God made all that was made, and pronounced everything "Good." Then who made Evil? It was not made. There was no Creator but God, the Good; and Good could not create Evil. Evil is only an illusion of the animal-human consciousness, the phantasmagoria of this undeveloped earthly life. When we unfold into the higher consciousness, to which we are aspiring, through discrimination between Reality and unreality, between Verity and illusion, the phantasmagoria of mortal sense will disappear in the ushering in of a higher consciousness, where illusions do not obtain. This is our problem; this is our demonstration.

Oh! that we might awake to the realization that *God reigns*; that "*the earth is the Lord's and the fullness thereof*," even Now. We have only half believed in God. And why so? Because we have also believed in the devil, whereby our God has been shorn of His Power. We can not believe in the reign of God, while believing in the reign of the devil."

When you have carried the denial of evil so far that you lose the consciousness of it, you will not see Evil in your brother; you will have no fear of it; you will not see sin, nor desire to sin. You will be in loving consciousness of the Good, and only Good will come into your life, because only Good is in your consciousness. Does it still seem to you that evil is reality? If it is, then it is Good; for all Reality is indestructible Good.

In our work of "dividing waters from waters," discriminating between the true and the false, we encounter the *Second Great Error of the race*, namely: the *supposition of Two Substances in the universe*,—one called *Spirit*, and the other called *Matter*. In our definition of God we used the word "Substance"; and we asserted that Spirit is the only substance, the Substance of all substances,—and that matter in its last analysis is Spirit; so that fundamentally *God is all*. For the Reality of so-called matter consists, not in its phenomenal aspect, but in the Spiritual Substance or Essence, giving it form and supporting the phenomenal "appearance." For God did not make the universe out of pre-existing matter, but *out of His own Substance*. "*Things which are seen were not made of things which do appear!*" (Heb. xi: 3.) The Visible is the projection outwardly of the Divine Invisible,—which only is Reality. Wherefore we affirm, *There is no Reality but God*; and further, that Matter and Evil—the opposite of Spirit and Good—are only illusions, phantasms of an undeveloped understanding.

These Denials, understandingly made, will place us in the way of understanding our own True Being, of seeing ourselves Spiritual and not material. For, even now, we are Spiritual Beings, living Spiritual lives in a Spiritual world. Holiness is everywhere, because God is everywhere; and everything is the expression of God. Here we can know God; here we can worship! Such a God is worthy of our worship. "*I Am God; Beside Me there is None Else.*"

It is the *animal-human consciousness*, not yet out of the slums of animality, that sees all things crudely material and imperfect,—man a fallen creature, sinful and corrupt,—God in human form, loving and hating, blessing and cursing, like itself.

In this primitive state of thought our world is "without form and void." But out of this material consciousness we are to advance, through "the Spirit of God moving upon the face of the waters" of thought; from which seed-germ we shall awake and arise, unfolding that which is begotten of the brooding Spirit,—unfolding the Spiritual consciousness day by day, until anon, we shall attain unto the Spiritual Consciousness, the consciousness of the Divine-human,—the God-in-man Consciousness.

The practical benefit to ourselves, then, of denying matter, is the removal of the hindering cause of a race-bondage, that we may unhindered attain to the glorious freedom and illumination, called the "Kingdom of Heaven." For as long as we make emphatic the material idea, we are holding ourselves in the material consciousness, so

fully, that we cannot attain to the Spiritual Consciousness.

Materiality and Evil, believed in as reality, are two anchors by which we are firmly held to earth. By cutting these old cables we shall "fly away and be at rest" in the high altitudes of Spiritual Understanding. All fear will be forever gone; all disease will flee away; every man "shall sit under his own vine and fig tree, with none to molest or make afraid," when these errors are removed.

Our old Jerusalem of the carnal consciousness must be so fully destroyed that "there shall not be left one stone upon another that shall not be thrown down," before we can attain to our "New Jerusalem," the Spiritual Consciousness. The old Jerusalem was crude, primitive, earthy, materialistic. It was our then "possession in peace." It was our secure abode. It was all right for us in its day. We had to go that way. But this does not signify that we must always stay there, and become crystallized in materiality, ossified and fossilized thereby. If the soul does not grow, it will fossilize. Alas! what a vast army of the sons of earth shut themselves up in their cocoons of material thought, preferring to hug to their bosom the material idea, until they return to the dust again! Such a soul, leaving its "clay tenement," still retains its material consciousness. Death does not change the consciousness. What experiences it will pass through, what possible re-births, what efforts or lack of effort, who can tell? How long it will take him in this new situation, —and whether he will desire to change,—to unfold the Spiritual Consciousness, who can tell? Happy is he who, while in the full possession of his faculties, shall "choose that better part," and apply himself to the unfoldment of his Spiritual nature; who, "leaving the things that are behind (the material idea), presses forward to the mark for the prize of his high calling of God in Christ Jesus,"—unto the full realization of his own Divinity. From God we came—Divinity was first unfolded. Our problem is, to unfold our Divinity, until we arrive at the goal of the Consciousness of Divinity.

In this Second Degree of our unfoldment we have established a "Firmament in the midst of the waters, to divide the waters from the waters." In our discrimination between thoughts and thoughts we have placed under our "firmament," on the earthy side, the crude, materialistic ideas and errors of the past, and on the free heavenly side—"above the firmament"—the pure, elevating, Spiritual thoughts and beautiful ideals, which carry us away from the gloomy records of past distresses and painful limitations into the very atmosphere of heaven. Discriminating Reason, enlightened by "the Spirit of God moving upon the face of the waters" of mind, has shown us two great fundamental errors of the human mind, which, if retained, will so weigh us down as to ultimately cheat us out of the realization of the Spiritual consciousness and Life.

The First great Error is, Matter's Reality.

The Second great Error is, Evil's Reality.

From the standpoint of the animal-human these seem very real; but from the standpoint of the Divine-human they are unreal.

These we place on the earth side of our "firmament"—the "waters below the firmament." We cast them out of our heaven to the earth. "I beheld Satan as lightning fall from heaven."

With this Satan, the enemy of the Spiritual, this "opposer of my people," cast out, what shall hinder our rapid advancement in Spiritual unfoldment?

These two false beliefs of a primitive consciousness will, in our final triumph over the carnal, be seen to be the "Two Thieves," which must be crucified with the carnal consciousness. For these metaphysical "thieves" or "robbers" of the mind have stolen away our Spiritual Realization, have hindered our attainment to the Resurrection of Life.

When we come to realize that this is a Spiritual world, rather than a material one; when we realize that all things are Very Good, as they were at the first pronounced; then health will be universal. Then will we more clearly see that God is the Only Being, the Only Life, the Only Power, the Only Substance,—"One God, and His Name, ONE"—One Substance, and his Name, SPIRIT—One Being, and his Name, GOOD. "This is our God; we have waited for Him."

This radical denial of those things which in the old consciousness have seemed so real; this severe iconoclasm, may at first bring a sense of mental distress. For our old beliefs are a part of us; they are built into us, as a part of our consciousness; and can no more be eliminated without a mental protest, than a limb can be hewn from the body without pain. Then, be not disturbed by the radical work we are undertaking. It "will afterwards yield the peaceable fruits of righteousness."

Through Regeneration we are unfolding from a lower to a higher Consciousness. It is the radical experience of passing an Evolutionary Boundary. This is like being Born over again. It is being made "A New Creature." The experience is a radical one, and requires radical work.

To the consciousness freed from its life-long and race-long errors, there will come a wonderful Spiritual revealing of Spiritual Realities, which will open to the finer perceptions a world of transcendent beauty. The old heavens and earth of old conceptions will pass away, and a transformed world of heavenly beauty will be revealed to our transformed thought.

Regeneration is the only true reform. The very foundations of the old life must be torn up. The old consciousness must be supplanted by a higher consciousness. For as long as the old remains, the criminal will be criminal still. Once let the groveling sensualist come into the understanding that he is a Spiritual Being, with Spiritual faculties and powers, and he will hasten to drop his false pleasures, and turn from them with loathing. His false appetites will disappear, and his passions will no longer control. In like manner pain will disappear as soon as you give up the idea of matter

and evil. This is true of acute pain like toothache.

For the basis of all healing is the abandonment of these two errors and the realization of the Spiritual and the Good universal. All the diseases that flesh is heir to, all poverty, wrong and crime, are the legitimate fruit of believing in Evil and Matter as realities. Eight million helpless invalids in the civilized world, hospitals crowded to overflowing; asylums, prisons and reformatories on every hand; almshouses and sanitariums the world over, are a perpetual testimony to the dire effects of these gigantic false beliefs. And yet men protest against the thought of letting go the idea of Evil and Matter, as Reality!

But there is a day coming to the world, when all these illusions shall cease, when "Satan shall be bound a thousand years, and shall deceive the nations no more." This last clause shows that "the nations" are under an illusion. But "the nations" are within; the whole world is within; the illusion is within; the binding of the Illusionist is to be accomplished within;—by whom? By the Omnipotent Demonstrator—the individual, who has been the only demonstrator thus far, and who is always the actor, clothed with Omnipotence to the degree of his realization of his own Divinity. For did he but know it, man yields the powers of Omnipotence. He is always "working together with God," when he knows who He is.

You are King in your Kingdom—the ruler of your world—the destroyer of every Satanic illusion, that has deceived you. And it is through all these overcoming that you shall come into the full realization of your own Omnipotence and Dominion.

"He that overcometh shall inherit all things."

"He that overcometh shall sit with me in my throne, even as I overcame, and am set with my Father in his throne." Rev. iii: 21.

Hitherto we have lived in the consciousness of Good and Evil,—both believed in as Realities. It is for us as individuals to say whether we shall always remain in that consciousness. There is a WAY of escape, which we are endeavoring to point out. Only through overcoming, only by your own exertions, with "leaning on the everlasting arms," is any progress made in the Path of Regeneration.

The whole power of evil comes from its long ascribed reality, through functioning in the consciousness of Good and Evil.

Once destroy this Giant Lie with the "five smooth stones" of Truth—the five Spiritual senses, and there will be nothing to fear,—no sin, no sickness, no death. The giant Illusion, Evil, will be as impotent and unreal as the dead Goliath, which he symbolizes. That is: see yourself a Divinely perfect Spiritual Being, a very Son of God—be a Son of God—with Spiritual senses and Spiritual faculties only, and you will wield the same Spiritual weapons, that David did. You will be David, and will destroy all the Philistine host within, by slaying its champion.

With the elimination of Evil and Matter as realities from consciousness, the dark night of error will have past, and the light of a brighter day will dawn.

"The evening and the morning were the Second Day."

ON MY DESK.

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