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# MENTAL SCIENCE MAGAZINE

**HARVEY HARDMAN, Editor**

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*Religion - Psychology - Philosophy*

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THE FIFTH KINGDOM



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HARVEY HARDMAN  
Editor



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## INSTITUTE ACTIVITIES

**SUNDAYS**, at the Broadway Theatre, 1756 Broadway, 11 A. M., Dr. Hardman conducts regular Sunday Services. All are welcome.

**WEDNESDAYS**, Young People's Activities Discontinued Until September.

2:30 P. M. Lesson and Healing Service.  
By Mrs. W. A. Williamson, M. S. B. In  
the Lecture Room, 509 17th Street.

# Hypnotism and the Sub-Conscious Mind

By HARVEY HARDMAN

“**W**E may lay it down as a principle that the universal, all-permeating intelligence, is purely subjective mind, and follows the law of subjective mind, namely, that it is amenable to suggestion, and will carry out any thought that is impressed upon it to its most rigorously logical consequences.

“To realize our individual subjective mind in this manner will help us to understand the principle by which we can create external results and conditions by the power of our own thought.”—Thomas Troward.

The science of hypnotism has established beyond the shadow of doubt, that the human mind is dual in its structure and in its functions. The individual is a unit and the first point in the philosophy of consciousness is the *I*, the self. The second point is the declaration of identity—I am. Then follow the other two fundamental factors of consciousness: I think, and I know. These elements are primary and establish the unity of the individual and his self awareness.

We also are aware of the fact of the possession of certain faculties, powers, and attributes of the self. My mind. My will. My body. These are not myself. They are tributaries of the united and unbroken stream of consciousness. I sleep and awaken but I am still I. I may change the force and object of my will, but that does not alter the

essential quality of myself. I may direct the course of my mental activities into new channels, but I am still the director.

While I sleep my body continues to operate as an organism, its vital and organic functions, its chemical processes, all go on undisturbed. This ceaseless activity is the work of intelligence, but I am not aware of it. I may dream, and in the dream-state have very vivid experiences. But it is not my conscious self that does the dreaming. The dream experiences may or may not rise to the surface of my conscious mind knowledge. Another Self is the dreamer.

While I go about the routine of my daily work I may become conscious of the movement of an undercurrent of thought of a totally different nature from that which occupies my objective mind, attention and activities. Evidently there is in me another Thinker. We could give many other illustrations to prove the duality of the structure and the functions of the human mind. These two minds we may call objective and subjective, or conscious and subconscious.

The objective mind reasons by both the inductive and deductive processes. It is the instrument by which the self chooses, decides, accepts or rejects, affirms or denies, discriminates and wills.

The subjective mind reasons deductively only. It cannot reject the conclusions of the self, arrived at by either the inductive or deductive reasoning process. The subconscious mind obeys the conscious self. By whatever name we call this other self, we must admit that it is the creator of the body for the conscious mind had nothing to

do with the process of body-building. That process is continuous as re-generation. Asleep or awake, resting or working, it goes on without attention from the conscious self except for normal care and feeding.

It is established by an abundance of experimental evidence that one person can hypnotize another person. Hypnosis means sleep, artificially induced. The usual process of inducing hypnotic trance is by suggesting to the subject that he is sleepy or going to sleep. The suggestion may be accompanied by action or inaction. Like falling backward, or that he cannot pull his clasped hands apart. When the suggestion takes effect the subject is hypnotized.

While in this state the subject is under the control of the conscious mind of the operator. The operator's will and thought take the place of the subject's will and thought. The subjective mind of the hypnotized person obeys implicitly the spoken word or even the mental suggestion of the operator. The 'other self' of the subject cannot reason inductively, cannot reject the commands of the operator, cannot refuse to do foolish, any more than it can refuse to do wise things, while it is under this alien control. For the conscious mind of the subject is asleep, even though the eyes may be wide open. You will find much interesting material written about this subject if you have never seen an exhibition of hypnotism.

The thesis of this lesson on hypnotism is this: What another may do to you in the matter of inducing in you the hypnotic trance by following

certain demonstrated methods of suggestion, *you are doing all the time to your own subjective mind.*

When you think, you think with your conscious or objective mind. Your thought tends to become subjectified, that is, it enters the subjective mind as a suggestion, or as a definite command. This process is going on continuously and forms the subjective state of your consciousness. This subjective state tends to become objectified as experience. All habit formations are based on this principle of subjective mind response to objective mind thought, will, and determination. The accomplished musician is a subjective mind performer. Time, tone-color, technique, accuracy of movement are all subjective responses to objective control. The fingers have 'eyes', that is, subjective mind sight. It is the same with the skillful typist, or any other highly specialized activity.

Each person has a more or less complicated set of self-induced hypnotic fixations. He performs many actions automatically, and without conscious thought, because of the subjective state of his mind. The person who drinks to excess acts under self-imposed hypnotic influence. At times his conscious mind realizes that he is following a course that leads to inevitable disaster, but the 'spell' is upon him. His continuous suggestion has become such a powerful subjective fixation that he breaks his resolution to quit almost without knowing when or how he did it.

This process of auto-suggestion not only determines the individual's speech, manners and ways of life in his relation to his environment,

but in the same way it affects his body, and its organic, functional, and vital processes. People who are what may be called 'suggestible' fall an easy prey to epidemic fears or mass suggestion. They accept propaganda of any kind without subjecting it to the tests of reason and analysis. The life of such a person lacks coherence, balance, purpose, power. It is a hodge-podge resulting from conflicting suggestions either self-given or arising from the environment. He suffers from many ills of body and affairs.

Consider the immense significance of the facts stated, when we connect them with the further fact that the mind in us which we call subjective or subconscious, is actually the Mind of God, the Universal Mind manifest as individual creative mind. When you think, you think into the Universal Creative Medium. This is a plastic, receptive, responsive *substance* which surrounds us, permeates us, and becomes to us what we think, feel, and believe ourselves to be. The subjective image impressed upon this substance becomes the objective character, personality, habit, way of life, experience. Moreover, it operates in the body as either a vital, living, constructive force, or, if the thoughts are destructive, such as fear, worry, hatred, resentment, jealousy, then the body suffers the impact of such forces. For the subjective mind with which we are always dealing and which is always hypnotized by the objective mind, works definitely to create the conditions, both within and without, which correspond with our dominant or prevailing thoughts, moods, and beliefs. It does what you tell it to do, becomes what you believe yourself to be, accepts

your own estimate of yourself. Whether you know it or not you are a hypnotist and your subject is the impersonal, creative mind in you. You get what you ask. This is the commonsense fact about prayer. Not your mere lip statement but what you believe in your heart. If your thoughts have been wrong, correct them. You were a long time establishing what you have become. Do not be discouraged, if it requires a little time to build anew.

“Build thee more stately mansions, O my soul,  
As the swift seasons roll.  
Leave thy low-vaulted past.  
Let each recurring temple, nobler than the last,  
Shut thee from heaven with a dome more vast,  
'Till thou at length art free,  
Leaving thine out-grown shell by life's unrest-  
ing sea.”

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## Your Plus-Entity

**I**N the article on hypnotism and the subconscious mind, of which this is a complementary lesson, there is the implied conception of the super-self. If, as hypnotic experiments have amply proved, the subconscious mind of the individual possesses latent powers and capacities, both physical and mental, that transcend his normal intellectual and physical abilities; and if these latent powers can be called into action by the directed thought and faith of the conscious mind, then the conclusion is inescapable that by following certain techniques of mental discipline, the individual can become more powerful by thinking in a certain way. This general view of the innate and responsive power and intelligence of the subconscious mind of the individual is quite clearly expressed in many scriptural writings.

In the Book of Joshua it takes the form of definite instruction under the caption, "The Lord spake unto Joshua. . .As I was with Moses, so will I be with thee. I will not fail thee, nor forsake thee. Only be thou strong and very courageous, that thou mayest observe to do according to all the Law. This Book of the Law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success. Be not afraid, neither be thou dismayed; for the Lord thy God is with thee whithersoever thou goest." In Mental Science we conceive of this Book of

the Law as the incarnation of the Eternal Spirit within the individual, and the Way that inner Power works through our conscious mind and rational faculties. The command given to Joshua to do certain things in order to fulfill the Law shows clearly that he had the ability to disobey if for any reason he so desired. We do not have to order a law of physics to act according to its own nature. But when a person is ordered to do a certain thing it is evidence that he can do otherwise. The implication is clear in the first chapter of Joshua that the successor of Moses had received certain instructions as to the great Law which he was to use in finishing the work that Moses had started.

If a man actually believes that he is a God, he will act as becomes such a being, even as Jesus, according to the Gospels, is said to have done. The people who do big things are always people with great faith and large vision. Their faith is generally in themselves, and if it is in someone else, that someone else is always great enough to inspire such faith by trusting the subordinate with the carrying out of great plans. And if a man has faith in a certain conception of God, and asks his God for power to do a great thing, then the man goes ahead on the basis of that faith knowing full well that his God will not fail him nor forsake him. If he has any doubt about the faithfulness and dependability of his God, then that doubt at once cancels his faith and robs him of his power. He will surely fail, if he fails, or doubts, his God.

Now the reason for this is clear once we understand the nature of the subconscious mind,

which, after all, is none other than the Mind of the Eternal Spirit projected into the form and nature of an individual with all its intelligence and creativeness inherent in that individual. A man cannot make even a blade of grass or so small a thing as a grain of mustard seed. But this subconscious or creative mind in us is constantly creating cells, tissues, organs, and all the living stuff of the body. It takes as much power and intelligence, when we rightly consider the matter, to create a stalk of wheat as it does to make the solar system, since only Infinite Power can do either.

We have seen in the lesson on hypnotism, that the subconscious mind takes the shape of our dominant thoughts and does what we will and desire, when there is no contrary thought or suggestion to cancel or neutralize it. A hypnotized man will act like a sissy or a saint; a brave person or a coward; a noble man or a cad. It all depends on the suggestion of the hypnotist. The subject, while in the trance, will assume whatever character the operator suggests. And he will do this with such fidelity to the character action-patterns as to put to shame the most finished work of a player in a drama. What mystery and magic there is in this fact. What stupendous significance to the individual when he realizes the truth of it.

Let us take another lesson on the subject from the Bible. "Beloved, now are we the sons of God, and it doth not yet appear what we shall be: but we know that, when he shall appear, we shall be like him; for we shall see him as he is." Here is a statement that, when analyzed, confirms the

loftiest conceptions of the Mental Scientist as to the responsiveness and creative power of the Eternal Spirit within us. We are gods, but even this fact is not all of the truth connected with the fact. The full significance of the fact has not yet appeared for we have not been able to see it. The mystical Figure of that God in us is as yet seen as through a smoked glass, indistinctly, vaguely. Perhaps if we could see it clearly the vision would blind us with its glory. So we must go on developing the power to see him as he is, for all that we can conceive him to be, he is able to become in us. And when we attain the capacity to see the great Plus-Entity as the real God that it is in us, we shall be like him, nor can we see him as he is until we have grown into the consciousness of that conception. That is the wonder of spiritually scientific realism, that we can only see as much of God as we have the capacity to see. It is the seal and security of our sanity and balance, in the midst of infinite power, that we cannot see more than we can sensibly use of it.

Saint Paul realized this unfolding of the consciousness of the Plus-Entity when he said: "Now the Lord is that Spirit. And we all, with unmasked face beholding as in a mirror the glory of the Lord, are changed into the same image from glory to glory, as by the Spirit of the Lord." In short, it is not the Spirit—the Plus-Entity—that changes, but it is we who change as we change our conception and perfect the ideal we have of the Spirit. Stated in the language of Science, the subconscious, the creative mind in us, reflects back to us in terms of personality and

mental development, the image of ourselves that we hold steadily in mind. We become what we believe ourselves to be, and when this fact is supported by the scientific understanding of the nature of the creative mind in us we can begin the process of transformation with the same certainty that we have in learning a trade or a profession or developing any kind of skill. And just as in such cases of practical unfoldment along the lines of a chosen work, so in this we must realize that "Rome was not built in a day." Not that the Plus-Entity is unable to work the miracle of sudden transformation, but rather that we have to clear away the accumulated mass of false beliefs and human limitation complexes so that the Figure of the Great One can be seen and realized by the conscious mind.

Again we find in the language of Scripture the confirmation of this truth. "That he would grant you, according to the riches of his glory, to be strengthened with might by his Spirit in the inner man; that Christ may dwell in your hearts by faith; that ye, being rooted and grounded in love, might be filled with all the fullness of God." I think we are often blinded to the scientific values to be found in the Bible because of the theological thought-forms into which the ancient wisdom was poured, and which have become hardened and fixed through so many generations of belief in the literalism of the Bible teaching.

This is especially true as concerns the conception that Jesus was an unique incarnation of the eternal Spirit, a human God or demigod, and that the ordinary person, by contrast, is "conceived in sin and born in iniquity" and hence is depraved

and degenerate by nature. Of course the Bible, both the Old and the New, contains positive statements as to the essential divinity of all men, but these are always soft-pedalled by conventional religious teaching for the reason that they appear to contradict the idea that Jesus was miraculously conceived, even though he was naturally born. When St. John says "Now are we the sons of God" the system of religion that deifies Jesus makes no attempt to give it universal application. It is the same with statements of Jesus that "The Father in me, he doeth the works", so far as Christian theology is concerned. The church shuns this conception as a universal truth because to turn upon it the spotlight of scientific analysis would discredit the old notion that Jesus was a God in some unique fashion not possible to other men.

You will find it most interesting and inspiring to study the Bible in the light of the conception that each human being has within him the Father, or the Christ, or the Plus-Entity—call it what you will—and with the object of finding scriptural confirmation of it as one of the basic doctrines of Jesus and other great Figures in the Book of books. In doing this you will find many contradictory statements, for the emphasis has always been given to the doctrine that Jesus was "The Lamb of God" who was sacrificed to save the world from sin and redeem mankind from the "curse". But when you study the Bible in the light of Mental Science you will see an abundance of evidence to show that Jesus as a teacher exemplified in his life and teaching the truth that the only salvation for any man is the discovery

of the Christ in his own heart. And that means, in the language of Science, the finding of the Plus-Entity, the immortal Self.

In practice you begin the process of that discovery by accepting as an hypothesis a certain Principle: That the universal Spirit is identified in you as your soul or permanent Self.

The body is mortal, but the soul is immortal. Because of your conscious or self-knowing mind, with its power to think, decide, and act as you will, the Plus-Entity may be ignored. In fact with the action of the conscious mind through the senses in relation to the material world, you may never become conscious of the other Self except in times of a vague intuition or mystical feeling that you are, even though alone, in the presence of another Presence. But the feeling soon passes and you go about your ordinary ways of life and forget or cease thinking about the experience. So, broadly, you must accept on faith, the testimony of others who have had experience with the indwelling Christ or Plus-Entity, that there is in you also this Higher Being. You begin to meditate on that idea as an ideal. Think of that inner One doing things for you, working through you to help others and to help you.

If you are a business person you can direct your meditation to the subject of business improvement, getting new ideas from the inner One, and guidance in business activities and decisions. After awhile you will see evidences that your meditations have borne fruit. Be grateful and glad, and don't make the mistake of think-

ing 'O, that would have happened anyhow', for if there is one thing that discourages growth along this line it is that skeptical attitude which assigns a purely natural cause to what was a spiritual force working in direct response to meditation. It is a good deal like saying to a faithful friend who had helped you out of a tough situation 'O, I would have made the grade anyhow without your help'. Maybe so, but your ingratitude is very likely to have an adverse effect on the relation of your friend to you in the future. It is thus with your use of this great Principle of life. Be thankful for every bit of evidence showing that you are growing and making progress along the Way to this Higher Consciousness. Do this and in time your original acceptance of the idea of the existence within you of the Major Personality as an act of blind faith will give way to a seeing faith, and you "with unmasked face beholding as in a mirror the glory of that Self, shall be changed into the same image from glory to glory as by the Spirit of the Lord", or, in simpler terms, by the awakened power of the Plus-Entity within you.

### **SUNDAY SERVICES**

**Every Sunday at 11 A. M. In The**

### **BROADWAY THEATER**

**Denver**

**Colorado**

**DR. HARVEY HARDMAN, Speaker**



# Meditation-Thought

## FOREWORD

The student who goes to nature for his lessons in the Justice of God will come away from his studies each time with a sense of awe and reverence for that Power which sees to it that no creature gets the best of the bargain of life. Even God cannot give to a man what he has not the developed capacity to receive. The Unseen Measurer is the spirit of man, for he decides by his mental attitudes what the Universal Spirit shall give to him. With what measure he metes, it is measured to him again. He sets his own pace, he decides his own value; he determines what life will measure to him. Consciously or unconsciously, we make our demands on life, and values are measured out to us in exact accord with our capacity to receive. What we think, that we become. What we demand in terms of knowledge and developed power, that we receive.—*Taken from "Making Your Self The Master" by Harvey Hardman.*

### MONDAY

My experience is what happens to me when I deal with law. If I am ignorant of the laws of mental action, I may conjure up unhappy and tragic experiences.

The Law takes no cognizance of my ignorance. It acts.

If I get hurt in the process, the law does not suffer; it is I who pay the price of my ignorance in pain and trouble.

Thus I learn at last to cooperate with the Law, to work in harmony with it, and all is well.

I can learn to specialize it to new and wonderful ends and purposes.

## TUESDAY

I here highly resolve to admit no thought of lack into my consciousness, to harbor no self-blame, since everyone makes mistakes and should learn from them.

I will protect myself in thought from general negative conditions; see positives instead of negatives by knowing the spiritual reality; realize one Source which is not material but spiritual; perceive my business to be a divine activity which cannot fail; acknowledge the law of returns as operative for me, and stop expecting something for nothing.

I will put away all alibis of environment, heredity, or ignorance and acknowledge my divine inheritance. I will not complain about problems, obstacles, or difficulties as these are my opportunities to use my knowledge of and faith in the Law.

## WEDNESDAY

When a condition or circumstance arises in my association with another that is an occasion for judgment or criticism, I must first of all correct my own mental attitude. If I take care of my own feelings and thoughts in the matter, I can safely trust the great Law to handle the problem so far as the other person is concerned.

My mental and emotional states leave their marks on the muscles, tissues, and cells of my body. If my inner life is beautiful my body will keep its beauty and strength.

The truth will make me free when I live it and not before. It is not words but my consciousness that brings results, and consciousness is developed from day by day mental cooperation with the law.

### THURSDAY

This too, shall pass. I feel and know that harmony, happiness and good are the fruit of life.

I will not consider shadows when I can lean upon Infinite Strength, confide in Perfect and Omnipresent Mind.

I am healed.

Once more I am calm and confident and filled with the assurance and faith and joyful hope that are the rewards of my knowing God as my very present help in time of trouble.

The everlasting Arms are beneath and around me. I go forth in confidence. I know Him whom I trust—the God indwelling—my Master and my Friend.

### FRIDAY

In using the mental Law to demonstrate health, the keynote of my thought must not be sickness to be overcome, but health to be realized.

There is only one way for me to go—up. I shall stop looking at the floor of this pit (finance, ill-health, inharmony). I shall stop looking at the hurts I have had. I shall fix my mind on the first place I can get a toe-hold and begin to climb.

I will keep on looking and climbing—up.

I know it takes time, and thought, and daily work to get rid of the rugged and destructive growths that are the result of years of unconscious sowing of harmful thoughts, desires and feelings.

**SATURDAY**

The Master Consciousness in me is intuitive.

The Master Consciousness in me is inspirational; it is Clairvoyant.

I am able to interpret and understand mental vibrations as well as audible sounds.

I know the Self that knows all.

The light of Mind now shines in me,  
Giving me knowledge that makes me free.

I am the seer of the Self that sees motives.

I am the mind of the Self that mirrors the images  
of thoughts and things.

**SUNDAY**

Forgetting those things that are behind and  
reaching forth unto those things that are ahead,  
I press forward to the goal of Mastership.

I will begin this day to set aside a small part of  
each day in which to occupy myself with the  
mental work of self-improvement and the at-  
tainment of spiritual knowledge. I will, during  
these periods of meditation, raise my thoughts  
above the routine of my work-a-day world, and  
detach my mind from all thoughts of a negative  
character.

I will contemplate the ideal I want to attain. I  
will see it as a reality—now.

I will tell no one about this secret communion.  
I will let my life speak. The Master will reward  
me openly.

# The Vagabond Philosopher



## Magic: White and Black

By

HARVEY HARDMAN

THE word MAGIC means something supernatural or super-human. It refers to a visible effect that is, or can be, perceived by the senses, usually the sense of sight of man, but the cause of which is unseen or unperceived. If a physical object is made to levitate, or rise in the air in the teeth of gravity without a visible cause, then we would say that such levitation is magical, and the one who caused it is a magician.

The ancient cult of the Magi, which is referred to in the story of the Nativity as the visit of the three Wise Men to the young child Jesus, practiced secret rites and performed many feats that appeared to the unlearned to be miracles. The very fact that these Magicians visited Jesus as a delegation from the secret Order which had foretold his birth, lends credence to the belief among occultists, that he later went to study

under these Masters, and thus learned to perform certain wonders among the people of Palestine.

Magic, therefore, may be defined as the use of a hidden power to produce a visible effect. In this sense, I am, to a certain degree, a master of Magic, and many people can testify to that fact. For healing, when it is accomplished by mental or spiritual means, and without physical aids, is the effect of a magical or super-physical power.

I have no knowledge, however, of the technic or art of what is commonly called magic, such as was practiced by Houdini, and other modern magicians. The true spiritual magician, who uses spiritual power to produce material results, never uses his knowledge for sheer dramatics or exhibition purposes. It is common knowledge among genuine occultists, that such usage always leads to disastrous results. The ones who follow that path always get lost in the jungles of demonism or Black Magic. They love darkness rather than light because their deeds are evil. That is one of the weaknesses or errors of the cult of spiritualism. Too much exhibitionism. They—at least many of them—prostitute their power for self-glory or for profit. This always leads finally to self-deception and moral degeneration.

The principle upon which true magic is based is universal and is therefore available to every person who desires to cultivate and use the powers of magic. These powers are the common potential possession of everyone. In fact everyone is always using these powers to some extent, although they do so without being conscious of

the fact that there is a way to increase their knowledge of, and ability to use, those hidden powers.

The Principle is this: Within each person is the Universal Mind, identified as his own Creative Mind or permanent Self. This Mind is asleep until it is awakened. Each one must awaken it for himself, although another—a teacher, for example—may inspire him to begin the process of waking up his sleeping Giant Self. Those who saw the recent film, *THE THIEF OF BAGDAD*, may get some idea of the power of the Magic Mind that is confined within the individual waiting to be released by the conscious mind or human self.

Of course there is no judgment or condemnation attached to one's failure to use these latent powers. Every one wants to be successful, healthy, and happy. If you, for instance, positively knew and were absolutely convinced that these great powers of the Magic Mind exist in you awaiting your recognition and use, you would begin at once to awaken them and put them to work. Nor would you be discouraged if you made many failures during the process of learning how to use them. Like a miner who finds a very important lead to a fabulously rich vein of gold, you would keep on working until you had mastered the way of using such magical powers.

Our failure to find the secret is not always due to lack of desire or unwillingness to search. Millions never contact a teacher who can awaken the desire, stir the imagination, and inspire them to seek and find the Key to the mystery of the inner Power. Such people are obliged to stumble

along until they do find the Key. There is no personal God to work a miracle in their behalf. Spiritual laws are no more capable of forcing their presence and powers upon one than are natural laws. As Jesus said: "Seek and you shall find; ask and you shall receive; knock and it shall be opened unto you."

The most devout person, one who prays daily and observes all the religious rituals, may not see the real principle of spiritual power. He may have a feeling as to the beauty and goodness of God, just as a blind person may feel the warmth of the sun without being able to "walk in the light", and yet be unable to work the wonders of which he is inherently capable. In this way people who are blind to the supernormal powers, and who yet have a deep religious urge, may feel the presence of the divine Spirit within them without being able to release it in terms of personal mastery.

I would not have you think that the title of this lesson is a deceptive one, or given merely for the sake of attracting attention. There is a genuine magical force within you, and it is "able to do exceeding abundantly above all that you ask", but so long as you do not believe in it you are in the same position as a man who owns a farm beneath which are untold quantities of oil or mineral wealth. He may even die in poverty without ever finding the secret. But once you have been told about your inheritance, then the responsibility is up to you. You either get busy and dig for the truth, or else you go on in the same old routine of profitless labor, doing the drudgery of merely making a living without ever really living.



## The Day's Work

*Taken from "YOUR OWN PATH"*

**G**O to your work, even if it be uninteresting daily drudgery, with a lightness that relieves strain, for out of dull monotony comes unexpected light.

When busy with the day's duties, keep as fully turned to Me as when you are silent, resting in My Presence. When your mind is occupied with passing events, spinning webs of ideas, be conscious of My Presence, and the intimate details of life will be woven together. Nothing will be neglected or pushed aside, and the most intricate patterns will unfold their divine plan.

While the pattern is on the loom keep your vision, your calling power, on Me. Keep your hands employed, approve of your design; and work knowing deep in your heart that I am the One and only Worker.

For it is God within which worketh in you both to will and to do of his good pleasure.

Your necessary usefulness will be fraught with love and gentleness beyond measure. You will gladly work overtime, over your border of space into your neighbor's vineyard, helping him when his work piles high.

Prepare for the day before the world around you is stirring, and the stillness of the early dawn will remain as a blessing throughout the day.

Go about your numerous tasks with a song of

joy on your lips. See that no sense of haste, no pressure, bears on the mind.

. . . he that believeth shall not make haste. Thou wilt keep him in perfect peace, whose mind is stayed on thee . . . . .

When future plans seem to press on you, making the present hard to bear, you may become forgetful, filled with self-pity, and look not to the Father who is within you.

Why value the present hour less than the hour ahead? Show your heart's peace by accomplishing more than ever before. Show your mind's obedience by working straight through the hour at hand, with no wasted thoughts of hours ahead. This very hour is priceless to you, for it is forming the next and the next.

Go into your day's work with a sense of the wholeness of life and realize that fulfillment is taking place now, today. Allow no sense of time to intervene in your soul—conception and fulfillment are born together.

Can you ask for wisdom's clear light when confronted with a problem in the midst of crowded scenes? Can you turn your problem to Me and keep a quiet mind, even though pressed for the answer that you are called upon to give? Yes, you can do this and more as the present moment becomes real to you. Answers will come instantaneously when you realize that you are one with Me in your heart and mind.

Begin to live in the present moment, now, and when you need to make a decision, the reality of the present will give you understanding for the future.

Let the words sink into your mind, "I am living in complete trust, in the fulness of joy, now, this minute. Thou art my health and strength and life, O Master Within", and you will return to your activities quiet, still, centered in love and wisdom. You will not resist demands upon your time for you will know that the Living God is within you, and you will say to Him, "This is Thy work, guide me every step of the way."

Enter fearlessly on what is before you, for nothing is too simple that bears the stamp of service to man.

. . . *I am among you as he that serveth.*

Your works reveal you: your works are the result of what you have assimilated, therefore, there can be no works without faith.

*Believe me that I am in the Father, and the Father in me: or else believe me for the very work's sake.*

*My children, let us not love in word, neither in tongue, but in deed and in truth.*

*Be ye doers of the word, and not hearers only, deceiving your own selves.*

*But who so looketh into the perfect law of liberty, and continueth therein, he being not a forgetful hearer, but a doer of the work, this man shall be blessed in his deed.*

*And be ye kind one to another, tenderhearted, forgiving one another.*

. . . *Thou shalt love thy neighbor as thyself.*

. . . *And who then is willing to consecrate his service this day unto the lord!*

**Note:** We carry this invaluable little book at the book tables and at the office. Price 50c.

# The Fifth Kingdom

By HARVEY HARDMAN

Beginning with this issue of the magazine we will print one or two chapters each month, depending upon space, of the book written by Dr. Harvey Hardman several years ago. There are but few copies left and the Institute does not contemplate reprinting it. The few remaining copies sell at fifty cents each.

## INTRODUCTION

THE evolution of life on this planet is as fully proved as any other fact of science, although there is an apparent break in the chain of evidence that man arose out of some primitive species. There is a considerable gap between the lowest forms of human life and the highest forms of sub-human life. Yet the Dawn Man known to science is far closer to the higher apes than to the super-men of this age. Nor is the power of reason, which is the distinguishing mark of homo sapiens, entirely absent in some of the lower orders.

The story of evolution is not a closed book. The process is still going on. Under changing conditions of environment many creatures are still developing new faculties and powers of adjustment. Man himself is still evolving, not only with reference to his powers over nature, but in his mental and physiological structure.

It is the purpose of this book to present in the briefest compass the ascent of life through the four definite kingdoms known to us as mineral, plant, animal, and human, and to show by this

that there is a fifth kingdom, not so clearly discernable, into which man is emerging in the evolutionary process.

In every human being there is, either latent or active, the desire to know the truth about himself and his relation to the world in which he lives. He wants to reach back of the external aspects of his experiences, in search of those principles and hidden forces out of which his experiences emerge. At times he feels the surge of that Something within him which is prophetic of a greater destiny.

He has sought to express this longing in his religious aspirations, and in the hope that, even if these intuitions of his higher destiny are not realized here on the earth, they will come to flower in a realm beyond the grave.

This hope has given comfort to man in the midst of his troubled life, but it may have hindered his mental and spiritual development. The gospel of resignation to the hurts of war, poverty, injustice, and the uncertainties of existence, in the religious assurance of happiness beyond the grave, has caused man to tolerate wrongs that could have been corrected long ago if he had been more intent and aggressive in his efforts to establish the kingdom of heaven on the earth.

The natural and social sciences are doing more to correct or banish this illusion of religion than religion itself. For religious institutions are almost hopelessly conservative and tradition-minded. Once a certain conception of God and the future life is canonized and the ideas connected

with the conception are defined in creeds and dogmas, little effort is made to revise them, even when they are scientifically proved to be erroneous.

In this book the approach to the fifth kingdom, or, as Jesus expressed it, the kingdom of heaven, is by way of the logic of evolution, the evidence supplied by the universe around us that life is upward striving, and moves from plane to plane in its ascension through matter to higher levels of power and expression.

The Philosophy of this conception is based on the hypothesis that there is one absolute and unconditioned Principle, eternally expressing or moving out of the invisible into the visible. The Tree of Life which is illustrated on the front cover of the book shows that living things do not start in some mythical Garden of Eden, but emerge from the natural elements, and then branch out from the law of creative mind action into the various types of life and on different levels. But all are connected to the Eternal Principle of Being through the trunk, which symbolizes the unity of creation. But life does not start at the top and move downward; it starts at the bottom and moves upward. It does not begin with complex organisms and then move to more simple forms; it begins in simple forms and moves up to more and more complex forms. But God, the eternal Principle of all is in all, through all, and the Cause of all.

## THE MINERAL KINGDOM

“A fire-mist and a planet  
A crystal and a cell,  
A jelly-fish and a saurian,  
And caves where the cave-men  
    dwell;  
Then a sense of law and beauty  
And a face turned from the clod—  
Some call it Evolution  
And others call it God.”

Carruth.

The science of astronomy reveals to us the fact that the earth, our home, is a tiny speck of matter in the midst of the inconceivably vast universe around us. Billions of stars or suns, much greater than the star that warms our earth, move with tremendous velocity through the infinitude of space. Although our minds are not yet accustomed to seeing, cosmically, beyond our own front yard, we at least have an intuitive perception of this vast array of power and system, of substance and law. We are evolving a degree of cosmic intelligence.

Our earth was once a part of the sun. A billion years or more ago it was separated from the sun during some cataclysmic disturbance caused by the approach of a huge mass of matter within the sun's gravitational field.

In the beginning the earth was a mass of incandescent gases—a firemist. All the elements were held in suspension. In the course of time, doubtless hundreds of millions of years as we measure time—as the earth mass moved through

the absolute zero of interstellar space—the surface of the mass cooled and the elements were precipitated, cohered, and formed solid matter. The reason for this was that the gases in the earlier stages absorbed, rather than refracted, the powerful rays emanating from the sun. Thus the mass began to grow denser and to harden. The atmospheric elements were formed. Rains, a constant downpour, fell upon the volcanic surface. At last the world of rocks, crystals, and minerals was formed.

Today water covers three-fourths of the earth's surface. In the early geological time, it must have covered almost the entire cooling surface. But the nether fires forced up the mountains, the waters rushed into huge basins, and seas were formed. But mountains arose even out of the seas, due to the action of the molten mass beneath.

The mineral kingdom was thus the first to come forth. The temperatures were too high to admit of the emergence of life, even in its simplest forms. The boiling water or the live steam in which a surgeon sterilizes his instruments, is cool compared to the high temperatures in the primal seas. But at long last the waters cooled to a degree where life could spawn, and primordial life appeared on this planet.

But the mineral kingdom preceded the coming of life. Even in the world of rocks and the various mineral elements, which seem to us so hard and cold, there is action, growth. Moreover, the crystals of a given mineral formation present to us, under a powerful magnifying glass, scenes of



amazing beauty of design. The tiny crystal needles look like slim petals attached to a center. If larger pieces of rougher stones are looked at in the same way, we behold regions of wildness and grandeur. We gaze across vast, rugged canyons, into deep, cool caverns. And all in gorgeous colors. We are amazed at the utter beauty, the perfection of design, the evidence of an underlying principle of this creative artistry.

Science penetrates still deeper into the structure of matter. The invisible atom is known to have a central core, the proton, around which moves the system of electrons, like the planets around our sun. In our descent into the region of interior laws we follow the path of unity. Each part of the universe represents the action of a law that inheres in all parts of the whole. Each thing, each particle of matter has within itself the principle of its government. It needs no external supervision. The law of the thing is inseparable from its substance. Indeed we cannot conceive of, nor can we find any kind of form—even the insensate rocks—which does not hold within itself the formative principle which gave rise to it. What we call the inorganic world, matter that is devoid of spontaneous life, shows that there is back of it not only a principle of design, but also a designing intelligence.

One of the master minds of the scientific world says: "Science pursues matter to the vanishing point, where it ceases to be matter and becomes pure force or spirit." It is out of that region of pure force that life arises with matter as its vehicle, as the most mysterious element on this planet. The simplest plant reveals it. The pro-

cess is shrouded in mystery. We only know the fact that spirit, or life, seizes upon what looks like dead matter, and lifts it up into the wondrous forms of flowers and trees, and fields of waving grain.

When we look at the marvelous designs displayed in rocks and crystals, we see the very forms of beauty, the flower-like things, the trees and plants, that are mute prophecies of a higher order. The Intelligence in nature never stops at any frontier. In each kingdom is the urge to go on, to push forward toward higher goals. The patterns of plants were drawn in the inorganic world before the plants themselves appeared. Matter bears the stamp of Mind, and in it is hidden the secret of living forms. We pass on to consider the next kingdom in the order of evolution.

Next month's article will be on "The Plant World."

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Happy is the heart that sings  
Thanking God for little things  
Finding courage where a hill  
Lifts it's everlasting will  
Saying, when the night is dark  
"Morning cometh, and the lark."  
Happy is the heart that knows  
Close communion with the rose,  
Taking pleasure in the way  
God has clothed a summer day,  
Saying, when the clouds complain,  
"There's a rainbow in the rain."

—V. Y. Laramore.

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**Denver, Colorado**

# Falsehood



The result of lying is nothing else but not to be trusted of any, nor to be believed when we do speak the truth.

—*Raleigh*