

# THE NAUTILUS.

*A Journal of Practical Ideality. The Organ of no School, bound by no Creed. "Consistency" and "Conformity" clipped from its vocabulary. Growth and usefulness, Good and Joy of all, its object.*

*Learn of the little nautilus  
how to sail.—POPE.*

*Build thee more stately mansions, oh, my soul,  
As the swift seasons roll. Leave thy low-vaulted past.  
Let each new mansion, nobler than the last,  
Shut thee from heaven with a dome more vast,  
Till thou at length art free; leaving thine outgrown shell  
By life's unresting sea.—Holmes' "The Nautilus."*

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{ ELIZABETH LOIS STRUBLE,  
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## FATE.

One ship drives east and another drives west,  
With the self-same winds that blow.  
'Tis the set of the sails,  
And not the gales  
Which tell us the way to go.

Like the winds of the sea are the ways of fate,  
As we voyage along through life:  
'Tis the set of a soul  
That decides its goal,  
And not the calm or the strife.  
Ella Wheeler Wilcox.

## THE CONSTITUTION OF MAN.

### Lesson VII.

## THE PHILOSOPHY OF INSPIRATION

Every dis-ease possible to mankind, from "biliousness" to a cork leg or impecuniosity, is the result of temperament.

There is no way to heal PERMANENTLY any unpleasant condition, but by understanding and correcting temperament.

A healer of any kind, M. D., D. D., or M. S. D., may succeed in correcting the condition, just as one might an unsightly sore by removing the scab which has formed.

But as long as the CAUSE remains unchanged the forces are steadily at work which in due time will produce again the dis-easeful condition.

And over and over the process is repeated, more and more emphatically each time, until the first cause is at last found and eliminated.

Every phrenologist, astrologist and palmist knows that each temperament has its peculiar diseases and experiences. But it remained for the student of mind to discover that these diseases and experiences are the RESULT of temperament, and can be entirely corrected.

A man's temperament is simply the SUM of his fixed habits of thought.

The most of his habits of thought are received from his parents and attendants while he is too young to CONSCIOUSLY discriminate.

The habits of thought of his parents are to the child, before and after birth, just what the earth and air and water are to the seed; the parents are the ENVIRONMENT of the child.

Just as the seed SELECTS from its environment what it FEELS is best adapted to its uses, so the unborn ego absorbs from the parents that which affinities with it.

That this is true is amply proven by the thousands of cases of twins; who, given the self same environment, yet are, even in infancy, so unlike each other. Each has assimilated from the parents' temperament (habits of thought) that which is RELATED to itself.

To me this fact is the strongest proof of the truth of reincarnation. Why should children of one conception choose different elements from the parents unless each is governed in his selection by knowledge gained previously? DESIRE in some previous state of existence has carried the ego to the particular persons whose thought elements will GRATIFY its desires, true or untrue.

As each individual embodies both truth and

error, it is plain to be seen how two children may assimilate such different temperaments from the same parents.

The parents are a magnet; the disembodied souls having in them that which relates them to the magnet, thus find, by the working of the omnipresent Law of Attraction, their own particular place in the universe; the one environment which affords them the opportunities they NEED for further development.

Each individual temperament has its habits of true thought and its habit of untrue thought; each particular habit attracting experiences, environment, after its kind. The correspondence of not only bodily diseases, but outward experiences, to the temperament, IS ABSOLUTELY FIXED. It is governed by UNALTERABLE LAW—the Law of Attraction. You can no more change that law than you can change the orbit of the earth. "What you have sown, that SHALL you reap." All the worrying and fretting and planning and striving to evade the law is worse than useless; for that very striving is developing another untrue habit of thought whose attracted experiences will be unpleasant, and absolutely certain to find you.

There is just one way to successfully evade unpleasant conditions; be they of body or environment; and that is to correct the temperament. Every thought which passes the mind's eye has its place in the temperamental structure.

The changing of habits of thought is a matter of FORMING NEW HABITS.

THE FORMING OF ALL HABITS OF THOUGHT IS DONE BY CONSTANT EFFORT OF THE OBJECTIVE, EVERY-DAY SURFACE MIND.

As a mode of thought becomes habitual it sinks gradually into the sub-mind; where it acts unconsciously to us. It is said that ninety-five per cent. of our thinking is done in this sub-self; the HABIT mind. And all this thinking has been SET UP there by the CONSCIOUS five per cent. of our thought, in our past lives; both in this and in previous incarnations or states of being.

The objective five per cent thought—THE CREATIVE AND DIRECTIVE THOUGHT—is done by the use of the upper brain.

The sub-thinking IS DONE IN ALL OTHER PARTS OF THE BODY. This is no figure of speech. Every organ and ganglion and cell of the body THINKS. And it thinks just as it has been taught by its teacher, that mighty five per cent objective, every-day mind—the one which is TAKING IN the ideas here written.

The whole body will continue to THINK AND FEEL just as it is taught to think and feel.

If any change is made in the body it is the result of a changed objective mind.

WHATEVER SHOWS FORTH IN THE BODY WAS SENT THERE BY OBJECTIVE MIND.

EVERY CONSCIOUS THOUGHT is making bodily conditions.

The body is the OBEDIENT servant of the higher brain. It is NEVER master, EXCEPT AS THE UPPER BRAIN ALLOWS IT TO USURP AUTHORITY; which still places the responsibility in the upper brain.

The conscious, objective mind in the cerebrum is the positive or active pole of the magnet man; all beneath that is negative; that is, acted upon.

THE UPPER BRAIN IS AND ALWAYS HAS BEEN LORD AND MASTER OF THE BODY.

Does that impress you as too "materialistic?" But there is nothing in reality materialistic—"Man does not live in a physical world, but in a physical conception of the world."

Listen now: While the upper brain is Lord of the body there is yet a higher, which is Lord of All. The I AM THAT I AM is positive to the brain as the brain is to the body.

The highest brain is the present consciousness of the I AM. This is just as true in the lower orders of life as in man himself; as true in primitive man as in Christ. The I AM THAT I AM is constantly working upon the highest in the individual, to UNFOLD the present consciousness, more of itself, the One, to that individual.

The I Am neither slumbers nor sleeps. It acts with omnipresent power, inexorable power, LOVING power, upon the brain—PRESSING for recognition. This it is to which Jesus referred when he declared, "Behold, I (the I AM) stand at the door and knock, and if any man will open unto me I will come unto him and sup with him and he with me."

We are told that the atmosphere presses upon us at the rate of fifteen pounds to the square inch. Who can measure the mighty force of the I AM THAT I AM? It WILL not be denied. Sooner or later each individual recognizes its insistent knocking and opens the door that it may come in. And "eye hath not seen, nor ear heard, nor hath it entered into the heart of man," the glories awaiting him who opens himself to receive from his I AM.

The door through which the I AM enters is in the upper brain. He does not enter as a PERSON, or even as an idea, but rather as a STREAM OF FINEST ENERGY—most positive energy.

The ACTION of this stream of finest energy upon the already organized brain, REFINES it, dis-solving and re-solving its actual tissues into new Ideas. Ideas are organizations of thought force, and "thoughts are THINGS"; that is, they are substantial just as the body is, ONLY MORE SO!—namely, finer and more powerful.

What is conceived in the brain by the action of the I AM is sent out from the brain, through the nerve highways, into ALL the body Being finer, and so, POSITIVE, it ACTS upon the negative body tissues just as the I AM acts upon the brain; dis-solving and re-solving the tissues AFTER ITS OWN PATTERN—the "pattern given to thee in the mount;" the mountain, or HEAD.

The highest intelligence in each individual



is his most potent force; the thought conceived by the action of his I Am. It is the truth which the I Am has revealed to him. He has gained it through the "soul sense." It is the direct result of inspiration; the SAME kind of inspiration that we read about.

The I Am has ALWAYS been speaking to us in this way; to every being on earth or in the heavens.

But, because of our limited intelligence, we have denied our highest thoughts as visionary and impractical. Thus we have ignorantly forbidden them to incarnate in the body. We have REFUSED TO RECEIVE the inspiration given us, not knowing its divine values.

We have so made for ourselves a prison of the Actual. The Actual has held us in its mighty womb, until we have grown to such proportions that we must be "born again"—"born from above."

"The whole creation groaneth and travaileth together in pain until the MANIFESTATION of the sons of God.

"Oh, thou that pinest in the imprisonment of the Actual, and criest bitterly to the Gods for a kingdom wherein to rule and create, know this of a truth, the thing thou seekest is already with thee, here or nowhere, couldst thou only see!"—Thomas Carlyle.

Look UP, Sweetheart, and see. Look up to the Ideals which are the source of all power; look out upon the Actual which is plastic to receive the impress of the Ideal. Behold the Omnipotent power which is at thy disposal, the

We must consciously rise to the Ideal realm, the Highest, and LIVE there. For what we think upon, we embody. We ARE what we have recognized; we SHALL be what we are recognizing to-day. We are choosing each moment either our Highest, or something less.

Our Highest thought, PERSISTED in will change any defect of temperament, and thus free us from disease and death. "Let patience have her perfect work."

#### I AM.

The friendly recognition which The Nautilus is receiving all over the country from people in every station in life affords me the deepest pleasure and satisfaction.

Coming as I did unheralded and with no "backing" but the I AM, into a field already to all appearances full to overflowing, my success has been remarkable. I am a living demonstration of the truth that the I AM within himself is the ONLY backing a man or woman needs.

Not only does my success—I AM success—demonstrate this truth, but it demonstrates also the truth that FAITH in one's self can be cultivated to an unlimited degree.

Good phrenologists have told me that I have "self-esteem 4," and that this lack would prevent my USING the forces in me. I know this is true, and I set deliberately to work to cultivate self-esteem, by AFFIRMING, AFFIRMING, AFFIRMING my SELF; my own I Am; my own power and ability to be what I will to be.

I "took myself for granted as several dozen sizes greater than anybody else who ever lived;"

and when I don't FEEL that way I AFFIRM it just the same.

Indomitable WILL is one of my "virtues," and I have cultivated THAT as well as the self-esteem. With my WILL I have held to the affirmation of my own SELF until I REALIZE that self; until I am FREE—FREE from the sense of petty limitations of which I was once so conscious and which PARALYZED all effort.

If you have read "A Search for Freedom," by Helen Wilmans, you will remember Helen's description of the something within which COULD not be downed; which PROMPTED her to renewed effort each time she scored a "failure."

THAT was the voice of self-esteem, the ONE faculty entirely indispensable to success in anything. Blessed the man or woman who is born with self-esteem. No other faculty will take its place. And 99 out of every 100 people are deficient in it; which is the reason only one in a hundred is successful in life.

The people dubbed "conceited," are lacking in self-esteem. Conceit comes from the faculty of "Approbateness"—the desire for OTHER people's esteem. This desire leads a man to parade what virtues he thinks he possesses

#### WHEN YOU

*Send in your subscription money be sure to give the full address. If you want the paper discontinued please observe the same request. If you have*

*already notified me and the paper still comes you may not assume it is because you have failed to give address. A number of cards have been received with nothing but initials on them, others*

*with name and no address; others with address and no name; these are wasted. I received among these carelessly written requests, one in a legalcap envelope, signed with a flourish, P. W. Symonds; no address and no legible postmark. Flourish again, Sweetheart, or ask the P. M. to do it for you.*

though he has a small opinion of himself as a whole. He has such a small opinion of himself that he "puts his best foot forward" in order to gain a "pat on the back" from another.

The man with large self-esteem makes no pretensions. He KNOWS what he is and he is not in the least ruffled by your opinion of him. He keeps steadily at work carrying out HIS OWN ideas. And wins eventually.

When the world grows wise enough—as it certainly will—to be ASHAMED of its lack of self-esteem; when it no more says with pride, "I am so sensitive!"—then will it quickly rise from supplication and come into the REALIZATION of its own goodhood. For the faculty of self-esteem is the very throne of the I AM.

And the I AM consciousness through the faculty of self-esteem, RADIATES all Good—Love and Wisdom—to the human organism. As the sun rays ripen vegetation, so these I AM rays ripen the in-telligence, body as well as brain; for ALL is intelligence.

#### THE REASON WHY.

"The great fault with you mental scientists is that you ignore social and economic problems. You shut your eyes to the fact that we are resting over a volcano. You are seeking to

make yourselves free and happy and rich while all the time these forces are working toward the hour of a mighty upheaval. The fact that YOU are free or happy or rich will not stay the storm."

I am unafraid of volcanoes or storms! Suppose they ARE coming; will they be less violent for our wailing over them now? Will FEAR ward off the trouble? Will prophesying turn the people who NEED turning? Will not my cheerful, happy, soul-shine shed TO-DAY, and upon each new to-day, do more toward DRAWING others to the highest living than all the warnings in a thousand years? Of course it will.

And when the earthquakes and storms, death and destruction DO come—IF I and others do not succeed in changing the currents so as to prevent them—I shall still smile and still do my best for those whose lives touch mine, until I am ready to yield up the ghost—if I ever am.

Is not that what Jesus did? He, even at the last hour, spent his time SHINING, not prophesying evil. "And the things which I do ye shall do also, AND GREATER THINGS THAN THESE." But the man who BURDENS himself with the sorrows of others is unfit to HELP those others. ONLY he who "shuts his eyes from seeing of evil and his ears from hearing of bloods," is free to LET shine the light which will dissipate the clouds of ignorance from around himself and others—the only clouds whose thunderbolts are worth a moment's thought.

All thought about "evil," as well as all evil thought, goes to swell and concentrate those

The very first thing of the new era is ALL-THOUGHT. Good is the only thing that will ever stand in your body's vibration in harmony with Good, and every other body shall catch its vibration.

"The JOY of the Lord"—Good omnipotent and omnipresent—"IS THY STRENGTH." How shall we have the joy of Good except by dwelling in thought upon Good? "Recognition is the golden key." FOCUS the omnipresent Good rays within yourself, and their concentrated light will dispel all shadows.

"Do not grope Among the shadows of old sins, but let Thine own soul's light shine on the path of hope, And dissipate the darkness."

#### WOMEN AND NEWSPAPERS.

Women and mental science are forming a mighty "trust," and taking in all the professions besides evolving some new ones. Man must fall in line or get cornered.

I am reminded that I have a witty brother-in-law in Chicago, whose humorous articles descriptive of a visit to one of the large newspaper offices in that city is well worth laughing over.

He began at the lower floor and went the rounds, floor after floor; everywhere, women; every color and kind and size. At last he reached the top floor, where, away in one corner, and surrounded on all sides by more women, he found the editor, a man—cornered in the attic! He made profound obeisance to the man who had taken his stand even there, instead of throwing open the window and spattering himself on the sidewalk.

Women are coming up and if the men don't manage to KEEP up, something's going to drop. I have a strong hope that they will manage to keep alongside. Life was not worth living when the men were so far ahead of us,



and it would be just as bad if they fell behind.

Editing a paper is one of the things women are proving their fitness for—mental science papers and every day papers as well.

A Boston man sent me not long ago a copy of the Rockland (Mass.) Independent with the remark that the editor, Miss Helen Loud, is the most level-headed editor in New England. I don't know much about the other New England editors, but this one is certainly level-headed, for she is a mental scientist and not afraid to publish mental science ideas in her big eight-page weekly.

I have another exchange of the same kind published at Duluth, Minnesota, the Duluth Tribunal, a weekly edited by Mrs. R. C. Mitchell, who writes mental science by the yard—and publishes it on the first page with big "scare heads." Good! Any more?

If there is somewhere another good mental scientist who feels she is an editor in embryo she might do well to go to Chicopee, Massachusetts, a town of 14,000 inhabitants, without a daily or weekly newspaper.

#### HOW TO GROW.

Every human being is a positive, radiating center of life and love. But he has to recognize that fact before he experiences the joy of life and love.

If Queen Victoria were to waken to-morrow morning with the hallucination that she is a beggar, she would experience all the sensations of a beggar. The fact that she IS Queen of England would do her no good at all. Every human being has the sensations that exactly fit what HE THINKS he is.

Sensation is the effect of recognition. The whole body is a statement of ideas that have been recognized; here or hereto fore; of yourself or through "heredity;" and ALL the sensations of the body, from the lowest hell of pain to the highest bliss of pure spiritual love; from the weakness of an infant or a cripple to the mighty strength of a Sandow or the "moral strength" of a Gladstone; is the EFFECT of what has been recognized.

And we are constantly recognizing MORE of something—either weakness or strength, good or "evil."

But all this recognition never for one moment changes the FACT that EACH human being IS an omnipotent center of power, and no matter how many vicissitudes he may pass through he will recognize that at last and have all the attendant "feelings."

A reader says: "I know I am potentially all I desire to be, and I do try to realize it, but I seem to make so little headway." Sweetheart, that word "potential" is the thing that blocks your progress. You RECOGNIZE that you are all things POTENTIALLY, and you ARE just what you recognize—merely a potential.

It is as if a grain of corn in the ground spent all its time calling itself a GRAIN of corn instead of recognizing itself a growing plant. The latter thought would impel it to reach out and grow, while the former would keep it always a grain of corn.

Recognize yourself an active, radiating, growing center, instead of a dormant potential, and you will quickly wake to new life—new sensations.

—Discontent is the mother of progress," but why need you or I be the MOTHER of progress? Why not be Progress itself, and CONTENT in the consciousness that we are progressing?

—"God is love."

—Oh, Sweetheart, love!

—"Have been too busy to write. Well, I am getting along finely."

"Your patient is better. In fact, it is the shortest case of typhoid we ever heard of."

—"When you see a thing slipping out of your life, LET it slip. It is making room for something better."

—"Just a few lines to tell you how much I appreciate your treatment. I could see the effect at once."

—"The art of true living is forgetting all the evil, and remembering all the good; then there will be no evil to torment us."—Lucy A. Mallory.

—All things are IN-volved in the Uncreate, and E-volved in the Create. What is within is ever evolving; and what is without is continually IN-volving.

—"First of all I must tell you that I have naught but good to report of my progress. For me, I have advanced splendidly in the past two and a half weeks."

—"Many thanks to you for what you have taught me. My health is better now than it has been for a long time, thanks to you again. I believe I will grow as strong as I used to be."

—"Since commencing treatment I have gained three pounds. My muscles and flesh are becoming hard and firm as they used to be, and it seems as though I could carry the world on my shoulders."

—"We have forged our own chains, and we alone can break them. We can and we WILL. As the growth of a kernel of wheat will rend a rock, so will the growing intelligence rend the bonds of ignorance."

—"Prof. Lycurgus Emerick, of Jacksonville, Illinois, is the author of an interesting booklet the title of which explains nature: 'The Establishment of Justice by Socializing All Public Utilities in the Interest of the People.' Price, ten cents."

—"Why could you not go into the silence and know that I don't want your paper?"—W. B. H. I live in the Silence but I could not find you. Perhaps you dwell in the Noise. Or, maybe you are in such an embryotic state that you are not discernible with the naked eye."

—"Everybody is a Sweet-HEART, even if he is thorny on the outside, like a chestnut burr. As he bursts his shell and gets rid of his thorns we recognize him as a Sweet-heart. I am clairvoyant, so I can recognize him in spite of his thorns."

—"Please do not write to me for terms, which are plainly state in The Nautilus—one to ten dollars a month, according to your financial ability. Be your own judge of that. If you are unable to pay even one dollar I will treat you for nothing, and treat you just as faithfully as I do the man who pays \$10 a month."

—"Inclosed please find money order for G. E. He commenced to improve in health as soon as I wrote to you for him. I never have before seen such a radical change in anyone in so short a time. I would willingly give my life to be able to accomplish such a feat of healing a man given up as incurable by the M. D.'s."

—"Received from the Harley Publishing Company, 87 Washington Street, Chicago, 'Heilbroun, or Drops from the Fountain of Health,' by Fannie M. Harley. This collection of short articles is compiled from the best and most helpful of Mrs. Harley's writings, and could not fail to be of great value to those interested in this new thought."

—"A minister was asked how far apart he thought heaven and hell were situated 'THEY TOUCH,' he replied; 'the people of hell look one way and the people of heaven the other.' Which was as beautiful and poetic and true an illustration as the Bible, 'As far as the east is from the west.' THEY TOUCH. Face heaven, Sweetheart, and never mind hell."

—"The May issue of Fred. Burry's Journal contains a grand article on 'The Temple of Delights,' by the editor. It is the best I have seen of Fred W. Burry's splendid lessons in the new thought. If you have not already subscribed for his Journal, send fifty cents for a year's subscription and be sure to ask for the May number. He offers a year's subscription for 20 cents where five are sent in at one time."

—"I fail to see how your paper or Shelton's would help people who are, like myself, new in this thought."

Shelton and I are not teaching the infant class. We are away up at the top. "He that hath ears let him hear." If you can't understand us, hunt up some other teacher whom you CAN understand. And keep thinking. You will grow up in due time, and then you will like us."

—"Just notice the testimonials in this month's Nautilus. I am having wonderful success in healing. From every direction comes the word, 'I am growing strong,' or 'I am healed.' Another healer who communicates with me often, though living in another town, writes me recently that my healing vibrations are the strongest he ever felt. And they are growing every day stronger and more positive, and my patients are responding more quickly."

—"The May number of Free Man is particularly fine. The first page is worth a year's subscription; 'Hints Toward Successful Living,' by C. W. Close. William E. Towne's article on 'The Personal Will,' is full of suggestion. Eleanor Kirk and Virginia D. Young are bright and helpful contributors, and Maude Meredith's letter in regard to 'Astrology and Sex Law,' is very interesting, and there are lots of other good things besides. Send \$1 for a year's subscription to Dr. Close, 124 Birch street, Bangor, Maine."

—"I was delighted with your letter. It did me so much good, but it was not all NEW to me, for you told me some of it before you wrote it, and in fact, before you received my letter. I began to get better as soon as I had written. When ever I needed special help I called on you, and received it every time. The night after putting the letter in the office I was nervous and cross, and I closed my eyes and called you, asking if you would help me. The answer that came surprised me. I am better in every way."

—"Your idea of God is a hard one to accept. If you are right, how can man be in the image of God?"

Sweetheart, did you ever see an image of hope? Or patience on a monument? Yes; but you never saw hope or patience themselves, and yet they are mighty powers. Hope and patience are principles—Uncreate. The image of either is the principle PERSONIFIED. God, the Uncreate, is Principle. Man is God personified or imaged. The image of hope EXPRESSES hope to all who are able to recognize it. Man, the image of God, expresses God. Man is God's Person, the only Personal God—his "express image."

—"After reading 'A's' criticism my husband says, 'Write and congratulate her that she CAN puff and blow.' After all he has suggested a fine name for your paper; were you looking for a new one? True, the locomotive puffs and



blows, and well it may, for it has a powerhouse within and, as we all know, **DRAWS THE TRAIN**. So shall your little paper draw a train of the unenlightened to the goal, higher truth, so long as it puffs and blows only 'peace on earth and good will toward men.' Sincerely yours, Mrs. J. Schwalbach, Grangeville, Idaho.

—Sweetheart, when I said in May Nautilus, "Do not be afraid to write me full particulars," I did not mean that I want all your family history from Adam down. I want you to **FEEL FREE** to write what your **DESIRE** dictates. If that includes Adam, all right—send it along. But some letters received were prompted rather by a fear that the writer **MIGHT** perchance leave out some thing I need to know; which he could not do. I do not **NEED** to know anything but your name, but I want to be "all things to all men," and therefore I am **PERSONALLY** interested in whatever you **DESIRE** to tell me; always with a view to help you. Loosing burdens is my "mission," and the one passion of my life.

—We never have to **STRIVE** for what is really ours. The things which come to us unbidden as well as bidden, and stay with us in spite of ourselves are the things which belong to us. If we do not like them we can change them, but never by fighting, nor running away. We can **RECEIVE** them as ours; **MAKE THE BEST** of them, wasting no energy in resenting or fretting over them; and **RISE TO HIGHER PLANES OF THOUGHT**. In due time the higher thought becomes incarnate in the magnet body, and, without striving on our part, **DRAWS** to us its fitting environment. The old **BECAUSE** we have **LET GO** of it mentally, turning our thought force to higher planes, drops away from us, leaving room for the new.

—One of the most interesting, natural and up-to-date stories I have read is, "Fate or Law; The Story of An Optimist," by Warren A. Rodman. Published by Lee & Shepard, Boston, Mass., and sold, bound in cloth, for \$1.00. It is the story of a crippled boy who makes his own way in the world, and who, by his own rectitude of thought and with the help of a good teacher, gains control over his body and becomes strong and straight. Of course his love for a beautiful girl furnishes the incentive for his long and steady effort, and consequent success. Love is the only adequate incentive, and this author shows his knowledge of Law by the way in which he presents the story. It is well worth reading and would prove a great help to all who, like the hero, belong to the "hopeless" class.

—People are always exclaiming, "Oh, if I had more faith!" The reason you don't get more faith is that you **WILL** let your mind run on "evil" eternally. Recognition of "evil" is the source of **ALL** discouragement. Recognition of good is the source of **ALL FAITH**. You recognize good in the abstract, but you **DENY** it in the **PARTICULARS** of your own private life. It requires mental effort—force of **WILL**—to enable you to take into the **ALL-GOD** all the little hardships of every day life. The **ONLY** successful way to get rid of the unpleasant things is to **LOVE** them out of sight. Everybody has little "**DON'T-WANT-TOS**," which he must convert into "**WANT TOS**" when they will gradually disappear. It is the "little foxes" of every day "evil" which prevent our faith "vines" from growing.

—"The almighty law of love is everywhere present, whether we recognize it or not. It will never leave nor forsake us, for it **IS** us. At the centre of our beings we **ARE** immortal love, and the moment we recognize this truth, fear

begins to die a natural death in our minds, and we see "all things" at our command. But we must **LET** the light and love within **SHINE OUT**—express it. I've thought, of late, that Jesus gave expression to a great occult truth when he said, "Behold, I stand at the door and knock." The Christ spirit of **LOVE** is ever "Knocking" at the door of our consciousness. If we turn our face to it, as towers turn to the sun, and **LET** it fill us full, darkness will vanish from our lives, and we shall have no fear. The law, of course, does not act **CONSCIOUSLY**. It simply **IS**. We are the **CONSCIOUS** pole of being. The law is always ready to manifest if we comply with the necessary conditions, as when we plant a seed in the earth and trust nature to carry it safely through to fruition. 'Let not your heart be troubled, neither let it be afraid.'—Wm. E. Towne.

—The strongest nature is the one which can **LET GO** that which its highest intelligence bids it release. To **LET GO** releases tension and dissipates pain. The man who **RESIGNS** a pleasure merely, simply re-signs—signs it over to another—without letting it go from his thought. That man **HANGS ON** instead of letting go, and he suffers pain in consequence. And because he does not let go that which he has resigned, he **LIMITS THE LAW**; which

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will, if trusted, **INVARIABLY** bring a **GREAT-ER** good to fill the place of the one resigned. He that **GIVES UP** house or lands or mother or father, brothers, sisters or sweethearts, for the sake of his **HIGHEST** inward promptings, the Christ voice, "shall receive manifold more **IN THIS PRESENT TIME**," not to mention the life hereafter. To accomplish the will of his highest desires a man must **TRUST** his highest desires as a guide. If he **REALLY** trusts them they will bring him **GREAT-ER** joy than he has known before. But if he **HANGS ON** to the **OLD** desires while **CHOOSING** the new, he suffers pain, and defeat for the time being, the beneficent Law.

—Peace and rest do not come from surroundings, but from within—from your own highest thought. You will never find peace nor realize love until you are content to love expecting **NOTHING**—not even a civil word—in return. You will have to **REFUSE** mentally to receive a hurt from **ANY** human being. By this new mental attitude you will reverse the currents of your being and **SEND OUT** love instead of remaining passive to the thoughts and acts of others. Why do the acts of others hurt you? Because you expect of them a "proper regard" for yourself. According to your judgment, **THEIR** judgment of what is due you can **NEVER** agree with yours. Else they would think as do you in **ALL** things. Our every act is the outcome of **THE SUM** of our beliefs and no two persons who ever lived have had **EXACTLY** the same beliefs. Hence no two act exactly alike. So if we are **EXPECTING** others to act after our pattern we can meet with nothing but a series of disappointments. **NEVER** do we find peace, nor hear the inner voice with certainty until we deny to self these "rights," Sweetheart. **GIVE LOVE**, expecting nothing in return, and you will very soon find yourself still enough to hear with certainty the still small voice within you the voice which has been with you always, but whose gentle impulses have been lost to you because of the emotional storms which you have allowed the acts of others to cause you. **BE STILL** and know. This attitude of mind has to be formed like any other habit—by **PRACTICE**. At first there will be work to do. And there will be relapses—plenty of them, perhaps—for a time. Sweetheart, if you were learning to play the violin you would think it a very foolish waste

of time to sit down and mourn and regret every time you struck a false tone—wouldn't you? It is just as foolish a waste of time to regret your mental lapses. The wise one **FORGETS** his mistakes and **KEEPS TRYING** until he succeeds.

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Subscribed and sworn to before me this 1st day of March, 1896, at Daytona, Florida. C. M. BINGHAM, JR., Notary Public.

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