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INTERESTING TELEPATHIC EXPERIENCES

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NAUTILUS

Magazine of New Thought

*Edited by Elizabeth Towne
and William E. Towne*



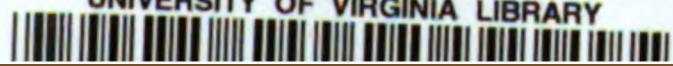
Read These:

The Law of Healing By Control of Cell Minds
The True Story of A Mother With A Hungry
Heart
Working Against Your Will

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This is What New Thought Teaches

Taken from the Declaration of Principles Adopted at the Third Annual Congress of The International New Thought Alliance.

THE essence of the New Thought is Truth, and each individual must be loyal to the truth he sees. The windows of his soul must be kept open at each moment for the higher light, and his mind must be always hospitable to each new inspiration.

We affirm the Good. This is supreme, universal and everlasting. Man is made in the image of the Good, and evil and pain are but the tests and correctives that appear when his thought does not reflect the full glory of this image.

We affirm health which is man's divine inheritance. Man's body is his holy temple. Every function of it, every cell of it, is intelligent, and is shaped, ruled, repaired and controlled by mind.

Spiritual healing has existed among all races, in all times. It has now become a part of the science and art of living the life more abundant. We affirm that the universe is spiritual and we are spiritual beings.

We affirm the new thought of God as Universal Love, Life, Truth, Joy, in whom we live, move and have our being, and by whom we are held together, that His Mind is our mind now, that realizing our oneness with Him means love, truth, peace, health and plenty, not only in our own lives, but in the giving out of these fruits of the Spirit to others.

We affirm these things, not as a profession, but practice, not on one day of the week, but in every hour and minute of every day.

(How New Thought can help YOU is taught in Elizabeth Towne's FOUR LESSONS for beginners. See back cover advertisement.)

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THIS BOOK IS FREE To any NEW subscriber who sends \$1.00 for NAUTILUS one year. Price of book alone, 28c.

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- The secret of all healing. How to get away from sickness and enjoy health and power.

Say you saw it in NAUTILUS. See guarantee, page 5.

NAUTILUS NEWS

BY THE EDITORS

YOUR UNCONSCIOUS HOBBIES. You do not know that you have them, but they often cause things to "happen" in your life that you cannot account for.

Resentment, pettishness, dislike for certain persons, the inability to "get on" with others—all these may be the result of an unconscious "hobby".

In May *Nautilus* Mrs. Gertrude A. Bradford will tell you how to locate these disturbers, trace them to their source and, when necessary, redirect the subconscious energy upon which they thrive, so it may be more constructively expressed.

The full title of Mrs. Bradford's article is "*Your Subconscious Mind has a Hobby: Do You Know What It Is?*"—to be printed in May *Nautilus*.



A NEW \$10 PRIZE.

For the best BEGINNER'S EXPERIENCE ARTICLE, of 400 to 800 words, on applying New Thought.

No one is eligible to compete who has been reading New Thought for more than a year. Such of the manuscripts as we can use, aside from the prize-winning article, will be paid for. Contest ends July 1st, 1925.

Note conditions:

1. Manuscripts must be written on one side of paper only, and not mixed with any other correspondence.
2. Each manuscript must cover one subject, or experience, only.
3. Any affirmations used must be given in full.
4. The writer should state briefly and clearly his understanding of the principles by which the demonstration was accomplished.

In short, write just as if you were addressing another beginner in the study of New Thought, and it was necessary to make every point very clear and plain in order to put over your meaning.

By trying to formulate clearly your own ideas, so as to make them plain to another, you will find your understanding opening out and your progress will be faster. Try it.

WHAT TO LOOK FOR IN MAY NAUTILUS. A year ago she was close to death's door. For six years she had affirmed truth, and physicians had done their best for her. There

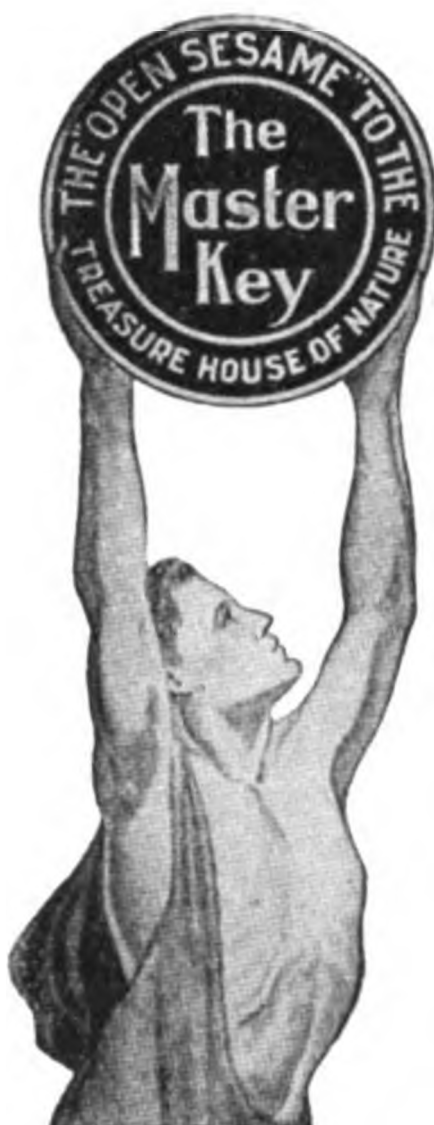
was just ONE THING she needed to do that she had not done. When she started in to do that, she immediately began to improve. Since then she has made two trips half way across the continent and back, taken care of sick people while there, and helped to settle an estate. In May

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Important Notice Nautilus Subscribers

If you find a pink expiration notice and order form attached to this space it means that your subscription expires with this issue. UNLESS your renewal has crossed this notice in the mails. Please renew at once so as to avoid missing an issue and to save the expense of removing and replacing your name on our list. IF YOU WILL RETURN THE PINK RENEWAL BLANK WITH YOUR REMITTANCE SO THAT IT REACHES US BY THE 20TH OF THE MONTH OF THIS ISSUE WE WILL CREDIT YOU WITH 18 MONTHS FOR \$1.00. We can afford to give you an extra month for prompt renewal.

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Which can unlock the secret chambers of success; can throw wide the doors which seem to bar men from the treasure house of nature; it is for those only who are wise enough to understand, broad enough to weigh the evidence and firm enough to follow their own judgment. This may seem too good to be true, but when you remember that by the touch of a button or the turn of a lever science has placed almost infinite resources at the disposal of

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Nautilus Mr. Landone will tell the story and explain the *one thing* she did that finally put her on the road to health.

"*God's Power With Your Child*", by W. Y. M., tells how two runaway boys were quickly brought home by absent treatment. And how children were helped in their studies by the suggestion during sleep method, with most remarkable results.

"*A Dream That Freed Me From A Great Repression And Changed My Whole Life*." "Whether sleeping or waking, to this day I know not, but with all the intensity of my being I cried out"—for the complete experience see May *Nautilus*.

"*The Cause And Cure Of A Case Of St. Vitus Dance*" is Mr. Chamberlain's subject for May.

"*Life Light*", the first of an unusual series of brief inspirations, by Ernest C. Wilson, will give you a big lift in the right direction.

A MAN IN ALABAMA WRITES.

"Since I answered your advertisement of a three months' trial subscription to *Nautilus*, I have overcome a number of bad habits. My mental, spiritual and financial condition has greatly improved. The great monsters of fear, hate, petty fault-finding and unkind criticism were keeping me out of touch with the realities of life.

"From a selfish, grasping, purposeless fellow I am developing a deep desire to express my 'Good' Nature in service to the world. I shall ever be grateful to *Nautilus* for the help I have received from it."—W. R. D., Ala.

FROM WITHIN PRISON WALLS.

On New Year's day the following letter was written to *Nautilus* by a man who is serving a long term in the State Penitentiary at Kil-

by, Ala.

"Gratitude for the good received from reading your *Nautilus* prompts me to express my sincere thanks to you.

"It has always been my custom to take stock on the dawn of the New Year, in material matters, until the last two—which have been spent within prison walls.

"Now this is my first experience in REAL stock-taking, and somehow, regardless of physical limitations, it is the sweetest I have ever known.

"There is this comparison of former experiences as against the present: Formerly I was free to go and come as I might wish, with every physical need supplied. And yet, the mental limitation, the negative manifestations, was such as to constitute a MENTAL PRISON.

"And now, while the physical limitations are facts, yet out of this condition or experience has developed the earnest desire and understanding that has liberated me from *mental imprisonment*.

"I KNOW THAT I AM HAPPY IN A GREATER FREEDOM.

"I now have a different desire and purpose—to be useful."—E. S. A.

Would it not be a kind and constructive act to pass on that copy of NAUTILUS, that you do not need, to some discouraged fellow being who will read it?

THE \$5 PRIZE LETTER.

In December *Nautilus* we offered a \$5 prize for the best brief letter containing suggestions for improving *Nautilus*. The prize was awarded to Mrs. Ada Fjellman, Minong, Wis. Honorable mention is due Mr. W. C. Clark, Outlook, Sask., Canada, and Isabelle W. Rideout, Dorchester, Mass., for very helpful suggestions.

Mrs. Fjellman suggested a beginners' department, edited by beginners. She believes (and we agree with her) that most of the articles in *Nautilus* are written for those who already know much of New Thought.

A majority of letter-writers were united in the desire for a department for children.

FOR CHILDREN AND BEGINNERS IN NEW THOUGHT STUDY.

Beginning with the May issue of *Nautilus* each number will carry one or more articles planned to make New Thought psychology clear to children and beginners, or to help parents in applying the principles of New Thought in helping their children.

We are working on a plan for a special department for children and parents that we believe will prove more helpful and practical than anything of the kind yet attempted. Announcement of the details will be made in a month or two.

THE ENCLOSED SUBSCRIPTION BLANK.

With this number of *Nautilus* (unless you are delinquent) you will receive a Subscription Blank. This is for the convenience of the growing number of friends who, believing in the work of *Nautilus*, feel moved to send in new subscriptions. It saves writing a letter, helps to insure accuracy and is very convenient for our girls in making the subscription records.



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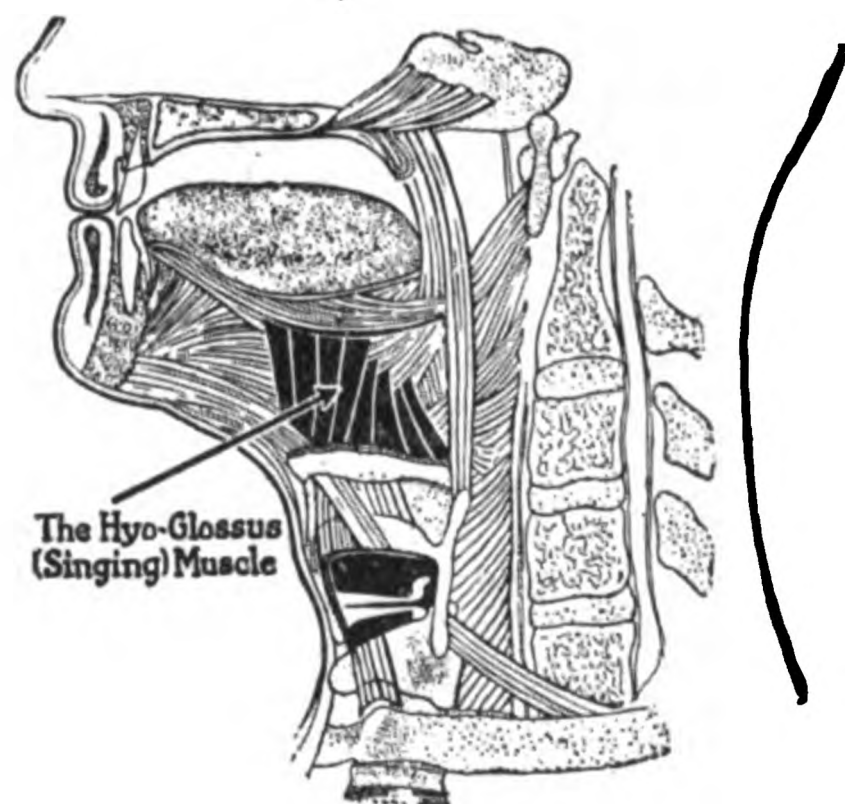
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JESUS, the Master Religionist, said: "What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them." Again He said: "If you continue in my word, you shall know the truth, and the truth will make you free."

JUDGE SIMMONS, the Master Psychologist, says: "The simple truths of Practical Psychology enable men and women to lay hold of the infinite wisdom and power of God, and to draw upon that limitless Source for the things and conditions they desire."



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Just as Jesus proclaimed in the days of old that He was the mouthpiece and messenger of God, so today Judge Simmons, the widely-famed psychologist, claims only to give voice to the knowledge gathered from many sources through scientific research, which knowledge he brings to a focus of simple practical application for the redemption of men and women from disappointment, sickness, failure, worry, fear, poverty and unhappiness.

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Not Everyone Is Prepared To Receive The Message

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THE NAUTILUS

ELIZABETH TOWNE
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Brown Landone

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For 1925-1926
Others
Coming

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NEW THOUGHT CENTERS.

Following is a List of New Thought Centers and Reading Rooms.
The letter (M) following indicates that open meetings are held.

ABERDEEN, Scotland, N. B.—First Harmony New Thought Center, Joseph Taylor, Secretary, 45 John St.
ALAMEDA, Cal.—Home of Truth, Cor. Grand St. and Alameda Av.
ANDERSON, Ind.—Glen M. Tait, Farmer's Trust Bldg.
ATLANTIC CITY—Truth Center, 1113 Boardwalk, Suite 6, Carl W. Hubert, Leader, Reading Room. (M)
AURORA, Neb.—Mrs. J. N. Cassell, 1004 16th st.
BALTIMORE, Md.—New Thought Center and reading room, 603 N. Paca St. Rev. Grace A. M. Bratcher. (Col.)
 —Baltimore New Thought and Unity Center, Stiff's Hall, 315 N. Howard St., 8:15 p. m. every Tuesday.
 —Ida May Waters, 609 Cathedral St. (M)
BOSTON, Mass.—Mrs. Mary E. T. Chapin, 158 Newbury st. Mid-week meeting. (M)
 —Astrological and Occult Book Center and New Thought Library, 687 Boylston st.
 —The Metaphysical Club, 234 Boylston st., Fri. 3 p. m., Sun. 8 p. m. (M)
BOURNEMOUTH, England.—Mrs. Helen Rhodes Wallace, Leader, 127 Lowther Road. (M)
BRIDGEPORT, Conn.—The Bridgeport New Thought Center, 189 State st. (M)
BROOKLYN, N. Y.—Radiant Center, Mrs. T. Showdy, 950 Greene av. (M)
BUFFALO, N. Y.—League for the Larger Life, 152 Elmwood av., 2 to 5 and 6 to 9 p. m. (M)
CENTRALIA, Ill.—Metaphysical Book Shop and Reading Room, 520 N. Locust st.
CHESTER, N. J.—New Life Fraternity, Mrs. Grace Collins, 59 New st., Woodbridge, N. J. (Col.)
CHICAGO, Ill.—Chicago First Unity Society, 500 Capitol Bldg., 159 No. State st. Nellie McCollum, Leader.
CINCINNATI, Ohio.—New Thought Temple, 1216 Mercantile Lbr. Bldg. Mrs. May Cornell Stolber, Leader. (M)
 —Cincinnati Unity Center, Frederick Elias Andrews, Burnett House, 309 Vine. Daily 12 and 2. (M)
 —New Thought Universal Truth Center, 11 W. McMicken Ave. and Vine st. Leader, Wilhelmina Bickett.
CLEVELAND, Ohio.—Cleveland Truth Center, 2099 E. 90th St., Mrs. Mary A. Prince, Leader.
COLLISON, Ill.—Truth Center, Mrs. Mary Fritz.
COLORADO SPRINGS, Colo.—New Civilization Center, Mrs. M. S. Rossignol, 116 E. Platte. (M)
DALLAS, Tex.—Unity Self Help Circle, 1631 Pine St. Mrs. George W. Keeley, Secretary. (M)
 —"The Guidepost, Inc." 1708½ Commerce St. (M). Library. Classes. (M)
DENVER, Colo.—The Colorado College of Divine Science, 1819 E. 14th Ave. Rev. Nona L. Brooks, Pres. (M)
DES MOINES, Iowa.—Nautilus New Thought Center, Miss Juanita M. Meyer, 409 Brown Hotel. 5:30 to 8:00 evenings.
DUMONT, N. J.—New Thought Center and Rest Home for N. T. people, Mrs. C. E. Bennett. (M)
EDINBURGH, Scotland.—Edinburgh New Thought Center, 37 Castle st. Library. (M)
FOLSOM, W. Va.—Mrs. J. W. Scott.
FT. WAYNE, Ind.—Mrs. Margaret Coan, 2505 S. Barr st. 1st. and 4th. Fri. 8 p. m. (M)
HAMILTON, Ohio.—New Thought Unity Temple, 7th st.
HONOLULU, T. H.—Metaphysical Center, 1041 Alakea St., (Laniakea) Mrs. M. D. Moncrief, Pres.
 —Metaphysical Centre, Laniakea Library and Reading Room. Open meetings on Tuesday afternoons and Wednesday evenings.
HOUSTON, Texas.—Unity Metaphysical Center, 1 & 2 New Majestic Theatre Bldg. Mrs. Edith V. Michaux. (M)
INDIANAPOLIS, Ind.—Unity Truth Center, 1115 Odd Fellows' Bldg., Muriel G. Powell, Leader. (M)
JACKSONVILLE, Fla.—Unity Center, 301-302 Clark Bldg., cor. Main and Monroe sta. Lois M. Albertson. (M)
LANSING, Mich.—Practical Christianity Class, Mrs. Bessie Finkbeiner, 830 Seymour av. (M)
LAS VEGAS, Nevada.—Metaphysical Circulating Library, P. O. Box 880. Hazel Hefner, Librarian, Old Town.
LEXINGTON, N. C.—Esoteric Brotherhood, R2. President, Agnes E. Marsland. (M)
LONDON, England.—Mr. Charles Wase (Pres. Brit. Sec. I. N. T. A.) The studios, Cheniston Gardens, W. S.
 —Miss Alice M. Callow, 31 Stanwick Rd., West Kensington.
LOS ANGELES, Calif.—Hall of Psychology, 1003 W. 7th st. Meetings every noon.
 —New Thought Center of Spiritual Helpfulness, 5448 Lemon Grove av.
 —Metaphysical Circulating Library, 909-914 Black Bldg. (M)
 —The Brotherhood of Light, 818 Union League Bldg. (M)
MELBOURNE, Australia.—New Thought Book Depot and Lending Library, 229 Collins st.
MEXICO CITY.—"Libreria Orientalista" Tacuba 53. Mr. Luis Leal. "Libreria Teosofica" (M) Rosales 22.
MILWAUKEE, Wisc.—First Unity Center of Milwaukee, 130 Onelda st. (M)
MINNEAPOLIS, Minn.—The New Life Fraternity, Dr. Amelia A. Randall, 2744 4th av., south. (M)
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MONTREAL, Canada.—Divine Psychology Centre, Leader, Mrs. Evelyn LeMoine Bruneau, 3544 Park av. (M)
NEVADA, N.—Weltmer School and Sanitarium, 206 South Ash st. Free Library. (M)
NEWARK, N. J.—Unity Truth Realization Society, 435 Fourth av., near Roseville av.
 —The Open Door Psychology Centre, Florence Maybelle Vincent, 223 Lake St. Study classes.

NEWARK, O.—New Thought Study Class, Public Library Assembly Room. (M)
NEW ORLEANS, La.—New Orleans Truth Center, 1311 St. Charles Ave., Eleanor G. Graham, President. (M)
NEW YORK CITY.—Applied Psychology Asso., Hotel Aster. Leader, Anna C. Nobla.
 —Mrs. Mary E. T. Chapin, Hotel Commodore, Sun. Service. Commodore Ballroom, 11:15. (M) Interviews and Classes.
 —The Goodyear Metaphysical Book Shop, Inc. 25 West 42d st. Rooms 222-3-4. (M)
 —Oasis The. Grace E. Williams, 154 W. 72d St., Sunday Morning and Evening Services; Meetings nightly except Saturday.
 —Sears Philosophy Library, 828 Seventh Av., (near 54th St.)
 —Unity School of Scientific Christianity, 250 West 57th st. Rooms 517-518. (M)
NIAGARA FALLS, N. Y.—New Thought Center, 358 Prospect st., Thursday 7:30. Mrs. John C. Level. (M)
NO. WINDHAM, Maine.—World's Helpers of Humanity.
OAKLAND, Cal.—Sarah C. Morse, Hill Court, 465 Bellevill St., Apt. 23.
 —Metaphysical Library, Odd Fellows Bldg., 11th near Franklin St.
 —Truth Center, Ebell Club Bldg., 1440 Harrison St. Mrs. Letitia A. Andrews.
OKLAHOMA CITY, Okla.—First New Thought Center, 212 Baltimore Bldg. Dr. L. H. Hilsmeier, leader. (M)
 —Pola Alto. Pola Alto Truth Center, 565 Hamilton. Lorinda B. Kennedy—Tr.
PHILADELPHIA, Pa.—Dr. Elizabeth M. Clark, 1411 North 18th st. By appointment.
 —Emmanuel Center, Margaret Cutting-Ives, 1327 Spruce st. Daily. (M)
 —Unity Center of Truth, Unity Bldg., 236 So. 13th st.
PITTSFIELD, Mass.—New Thought Center, Pub. Libr. Lecture Room, Tues. 3 p. m. Emilie D. Clark, leader.
PORTLAND, Ore.—Metaphysical Library, 212 Central Bldg., 10th and Adler. Nettie Taylor Klob. (M)
PROVIDENCE, R. I.—New Thought Center, 72 Weybosset st. Room 307. (M)
RENO, Nevada.—Radiance Center of Love, Geo. Miller, Sec. Saturn Hotel.
SAN DIEGO, Calif.—New Thought Center, Park Hotel, 3359 5th st. Rooms 60, 61, 62, Mary C. Perkins. (M)
 —Impersonal Truth Center, 814 Watts Bldg., Samuel Walker Sloan in charge. (M)
SAN JOSE, Cal.—Mrs. E. Odiums, New Thought Center, 339 S. 3rd. St. (M)
SAN FRANCISCO, Calif.—Metaphysical Library, 466 Geary St., Room 412. Free Reading Room. Noon talks. (M)
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 —Home of Truth, 1919 Sacramento st., near Gough st.
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SANTA BARBARA, Cal.—Truth Center, 39 Mihran Studio Bldg., East Carrilla st. (M)
SANTA MONICA, Calif.—The Truth Seeker's Center, 1317 Ocean Ave. Dr. and Mrs. G. D. Wilcoxon, leaders. (M)
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 —The Center of Christian Philosophy, Rooms, 537-538 Walderf Hotel.
SPOKANE, Wash.—Spokane Book and Stationery Co., 903 Riverside ave., Opp. P. O. Free reading room. (M)
SPRINGFIELD, Mass.—Unity Center, 356 Main st. Mrs. Maude Robbins King. Meetings Wed. 3 p. m. (M)
ST. PAUL, Minn.—Society of Truth, Mrs. A. C. Marelula, Sec., 446 A. Wabasha st.
ST. LOUIS, Mo.—New Thought League Headquarters, 509 North Newstead ave. Phone Delmar 1936. (M)
 —North Side Society of Practical Christianity, 4300-08 Gane ave. Chas. Schlag, Pastor. (M)
 —Society of Practical Christianity, Divine Science, 3617-19 Wyoming st. H. H. Schroeder, Pastor. (M)
 —St. Louis Truth Center, 4030 Lindell Blvd. Rev. Emil C. Hartmann, leader. (M)
 —Spiritual Bible Center, 272 Field Bldg. Ministrant Laura C. Pinckard.
SYRACUSE, N. Y.—Miss Katherine Carter, Reading Room, No. 2, 155 East Onondaga st. (M)
TACOMA, Wash.—Metaphysical Center, 719 E st. Lola D. Combs, leader. (M)
TAMPA, Fla.—Truth Center, 112 Hyde Park Place. Margaret M. Mahaffey. (M)
TRENTON, Tenn.—"Silent Center." W. H. Campbell, leader.
TULSA, Okla.—Unity Reading Room 4, 510½ So. Main St., Mrs. Harry White, Leader. (M)
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WASHINGTON, D. C.—League for the Larger Life, 1814 N. st. N. W. (M) Universal.
 —Metaphysical Library, 1627 K st., N. W. Universal.
 —National Center of Christ Healing and Christ Service, 812 17th St., N. W. Second floor. (M)
 —Capitol Service Center, 632 P. Ave., N. W. (M)
WORCESTER, Mass.—Worcester Metaphysical Center, 216 Day Bldg., 306 Main st. (M)
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THE CAUSE AND CONDITION: "An auto-truck, trying to avoid other children, pinned me against the curbing. There was a FRACTURE OF MY SKULL, A COMPOUND FRACTURE OF MY LEFT FOOT, with MY LEFT HEEL SEVERED FROM THE ANKLE IN THE BACK BY A DEEP GASH! The leg was in a plaster cast for about two months. When it was removed, my foot was IMMOVABLE and my left leg is NOW about TWO INCHES SHORTER than the right one.

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ONE WEEK LATER: "Last Saturday I felt the ankle MOVE—My future seems rosy—I cried out of sheer happiness!"

TWENTY DAYS LATER: "More happy news, thanks to you. Up to this time the big toe connected with the ankle muscles has been RIGID. There was NO MOVEMENT at all,—but Friday evening—I was able to move my foot! It is now LOOSE AND ACTIVE!"

ONE MONTH LATER: "My foot is almost perfect. I thank you with all my heart for all you have done for me."

VERY WONDERFUL: "I have studied with Christian Science and have read a great deal of Unity Literature, but have gotten more satisfactory knowledge from your writings than from all the rest. THE INSEPARABILITY OF GOD AND MAN, as you teach it, is wonderful to me."

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ONE WEEK LATER: "I made the last payment on the place, a week ahead of the time arranged. I do not worry about things any more. It is certainly wonderful to have faith in God and myself as a channel through which He expresses; and I have YOU to thank for most of this."—From A Physician Who Had Been In Financial Difficulties For Years.

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Just you want to remember that you are only one of millions who have experienced the very same feeling, and many of them through life with it, from the very same basic subconscious thought and impulse. But there are also yet other millions of artists, of all kinds, who, through various brands of New Thought have got a better understand-

EDITORIALS *by Elizabeth Towne*

ing of themselves, and have been entirely healed of that trouble. And *I am one of them*. The method by which I overcame stage fright when I was a singer, is given in my little Solar Plexus book.

That little booklet was written twenty-four years ago. Since then I have appeared before all kinds of audiences, sometimes hostile to begin with, and under none of these conditions, good or bad, do I have any more stage fright than I would if I were talking to you alone in a room! My method as given in "Solar Plexus," has healed tens of thousands of other persons of just that kind of trouble! I wish you could see and hear the testimonies that come to me on that line.



How to Heal Fear of Stage Fright.

IT is not only possible but *easy* to so dissolve that sub-merged emotional complex of yours that you will overcome stage fright. If you keep up the practice you will after a time come to a realization that your **JOY OF EXPRESSION is MULTIPLIED in proportion to the number in your audience.**

Now for the way: read that little Solar Plexus book a chapter or two at a time, every single day for at least 60 days; get into the spirit of it, the understanding, and **PRACTICE** will do the rest. Do this work early in the morning and again late at night. When you catch yourself *doubting what you read*, stop a moment, take two or three slow rhythmic breaths with your eyes closed, and affirm this:

What I am reading is **TRUE**, it has been proved by thousands of persons, it is proving itself true in me. Divine Spirit in me **NOW** dissolves the old complex, and I am beginning to realize and manifest the joy of expressing divine harmony to all kinds of people, whether they know music or not! Divine Spirit in me is, through me, bringing all kinds of people into harmony with Himself and with each other! I play with love, with vision, with power and rejoicing!

You see, it is **YOUR WORD** to your subconscious, which is accepted by the subconscious and then begins to externalize itself.

Use the above treatment the first thing every morning and the last thing every night, and whenever you *happen* to catch yourself doubting. But never try to *remember* to use it, except the first thing in the morning and the last thing at night.

Practice makes perfect—the more imagination and good will you put into the practice the more quickly you will realize. Go in to win and stick to it until you *do* realize. It is the most important thing for you, and will release you to greater happiness and joy and power of expression than you have ever dreamed of.




The Artist and the Critic.

WHEN it comes time for you to appear on the platform don't try to remember to affirm anything; simply use the little breathing exercise as given in the Solar Plexus booklet, affirming "I AM", as you inhale; and "PEACE", as you exhale.


But let your attention be concentrated mainly on *making the breathings rhythmic*: inhale moderately, hold the breath a moment, and exhale just as slowly as you inhaled. Keep at this rhythmic breathing, concentrate your attention upon it—never mind if you forget to say the words, the main thing at that time is to **GOVERN YOUR BREATHING** and make it rhythmic—keep it up from the moment that you begin to *think* about feeling stage fright, until you actually begin to play.

At first, you will *feel* the stage fright just the same until after you have got started with your playing. But it will disappear with the very first drawing of the bow.

Keep at it until it has entirely disappeared, and you begin to be perfectly sure of yourself when you go upon the platform. I kept at it for years, before I entirely conquered *all* of the *feeling* of stage fright. An especially large audience, or something disturbing that might have happened beforehand, would react upon me a little, but *never* as it was before I began this treatment. And now, for about fifteen years, I have never had the slightest symptom of stage fright, and I never face an audience without a feeling of *happiness* in the fact that I am going to express Divine Spirit to the audience. I know



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of course some of them will criticise, but I do not care because the Divine Truth I am expressing will go with them and *eventually* change their criticism into commendation and realization of Divine Truth! Your music is just as much the truth of God, as this letter is—you are expressing divine harmony direct, and I am expressing it in terms of intellect: that is all the difference.

As to possible criticism or lack of appreciation, remember that even Jesus Christ Himself was criticized and unappreciated: it takes as much divine inspiration to appreciate your music as it does to play it! And many people in your audience are always children in appreciation of music—or worse still, they are miseducated to think they can understand music with the intellect, instead of the Spirit, the emotional self. Let the critics criticize if they choose! They have a right to their point of view, and the critics themselves are getting you over to the world, just as your appreciators are. They are publicizing you—glorify them and be grateful to them in your heart, even though they misunderstand your music and your art!

Remember that Jesus Christ was the most misunderstood and unappreciated person who ever lived on this earth!—all because His Divine Music was given to a world who could not appreciate it, at that time. But look what has happened since. An artist must have confidence in his art and keep calm and patient until his art makes its way to the souls of all kinds of people.

Never mind your feelings: concentrate on your rhythmic breathing, and you will find the Divine Spirit moving through you in perfect calmness and appreciation.

Read this letter daily! Memorize the affirmation, keep at the practice. You have a long life ahead of you in which you will *glory in your expression of divine harmony* to all kinds of people, instead of feeling stage fright as you have heretofore. You may be able to realize the truth about this thing, the divine enjoyment that you desire, in a very short time: the younger a person is the more vision he has, the more quickly he can leap to conclusions.

Remember that it is GOD IN YOU who is doing the works.

When you give what you call a “bad per-

formance” remember that *nobody else can see the defects as you can*, and that next time you will do much better.

Whenever you make what you call a failure, *laugh with yourself!*—just as you would if yourself was a little boy whom you were trying to teach, and whose fingers slipped into discords. You would MAKE LIGHT of the discord, and cheer the child so that he would enjoy keeping on trying.

This artist which you are trying to make of yourself, is just like that little boy: cheer him on, make light of his discords and tell him that he is a wonderful genius and is growing better and better every day in every way, glory hallelujah! “Treat” yourself like that.

The whole thing is done IN IMAGINATION. What you imagine yourself to be, that you will express. Imagine yourself as I have shown you in this letter, and in no time you will find yourself realizing it and manifesting it.

You are taking yourself too seriously! Why, you are nothing but a kid! *Kid yourself* along to glory! *You have NO troubles NOW!*—except as you think you have. Quit it! You are God’s free, splendid genius, coming into expression!

By the way, that little 55c “How to Be a Genius” by Wallace D. Wattles, would make a splendid little pocket handbook for you—I believe it would do you a lot of good in many ways. You are just the painstaking kind of stickler for perfection who could really take hold of that little booklet to splendid effect. Better get it.

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The Word of the Lord God to All of Us!

THE Spirit gave me a new revelation regarding the third chapter of Malachi 1 to 12, and it so wonderfully confirms the new vision on tithing to All of Us, that I am giving you the gist of it herewith.

Malachi is the last book in the old Testament: read it through in a red letter Bible and you will see that it has four chapters and four red letter references to the coming of Christ. Was it for naught that the Spirit in the Bible makers placed Malachi next to the Four Gospels?—and the One who came to FULFILL THE LAW of the old Testament—fill it full and overflowing with love to all.

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Here is our lesson to be taken into the Silence with a prayer for Christ's illumination, every morning for the next month; and every night before you go to sleep; if you really want the SPIRIT'S GUIDANCE regarding tithing for this New Age of Christ in All of Us.

And in your meditations consider also Matthew 23-23; Luke 18, 11-14 with the emphasis on 14.

Then turn back to Leviticus and read 27-30.

And remember when you read all of this that the Lord God, the Lord of Hosts, is the God *in* All of Us, *to* All of Us, *through* All of Us in the world!

ALL our life, ALL our possessions belong to GOD who gave them to us. And 90 per cent we administer for God in "our own work", no matter what that work may be. The tithes, the first 10 per cent, belong to the Lord of Hosts, the Lord God in All of Us!

Let's get busy DEFINITELY GIVING the FIRST TENTH to All of Us, as directed by the Christ within.

Here is our lesson for the month, from the prophet Malachi, 1-3 and 7-12; the italicized words show the references to Christ, and the all capitalized words give the emphasis which the Spirit showed me as I read it:

1. *Behold, I will send my messenger, and he shall prepare the way before me:* and the Lord, whom ye seek, shall suddenly come to his temple, even the messenger of the covenant, whom ye delight in; behold, he shall come, saith the Lord of hosts.

2. But *who may abide the day of his coming? and who shall stand when he appeareth?* for he is like a refiner's fire, and like fullers' sope:

3. And he shall sit AS A REFINER AND PURIFIER OF SILVER; and he shall purify the sons of Levi, and purge them as gold and silver, that they may OFFER UNTO THE LORD AN OFFERING IN RIGHTEOUSNESS. . . .

7. Even from the days of your fathers ye are gone away from mine ordinances, and have not kept them. Return unto me, and I will return unto you, saith the Lord of hosts. But ye said, Wherein shall we return?

8. Will a man rob God? YET YE HAVE ROBBED ME. But ye say, Wherein have we robbed thee? IN TITHES AND OFFERINGS.

9. Ye are cursed with a curse: for YE HAVE ROBBED ME, EVEN THIS WHOLE NATION.

10. Bring ye all the tithes into the storehouse,

that there may be meat in MINE house, and prove me now herewith, saith the LORD OF HOSTS, if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it.

11. And I will rebuke the devourer for your sakes, and he shall not destroy the fruits of your ground; neither shall your vine cast her fruit before the time in the field, saith the LORD OF HOSTS.

12. And all nations shall call you blessed: for ye shall be a delightsome land, saith the LORD OF HOSTS.

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*The Kingdom of Heaven Is AT HAND!—
Are YOU In It?!*

ARE you a member of the International New Thought Alliance? If not, send \$2 to I. N. T. A. Headquarters, 311-12 Ouray Bldg., Washington, D. C., and join this divine service of the Christ in All of Us prospering ALL OF US in the world.

The Alliance is the one all-inclusive democracy of All of Us who are Christ-confessing and who are definitely recognizing Christ in All of Us CO-OPERATING in His kingdom AT HAND!—at your hand and at my hand in what we DO to each other and to All of Us on earth as unto Christ Jesus.

The Alliance has one leader, Christ, *in* All of Us, *to* All of Us, *through* All of Us to All All the World.

Are you ready to join All of Us and TITHE to All of Us in His kingdom AT HAND? Then you belong in this Alliance with All of Us: the CONSCIOUS BROTHERHOOD of those who are *seeing Christ in All of Us* AS THE ONLY REALITY IN ANY OF US!

As president of Our Alliance I extend to YOU the welcome of All of Us rejoicing in YOU, glorifying YOU, serving YOU, inviting YOU to Our Brotherhood in Christ: Protestant, Catholic, Jew, C. S., D. S., Unity, Truth, Buddhist, or whatever your family religion may be, we glory in YOU and RECEIVE you as One of Us in His Kingdom of Heaven, AT HAND IN THIS ALLIANCE.



This Publication

Affirms the
UNITED NATIONS
of the WORLD



The True Story of A Mother With A Hungry Heart

By Isabel Forner Weddon

She Had Been Married 17 Years and No Children. The Doctors Said She Never Would Have Any, but Through New Thought She Realized Her Heart's Desire

WHEN John S— married pretty Nellie G—, he took unto himself a woman who was equipped by her profession, and her instincts as well, to fill up the sum total of his happiness. By nature a homemaker, by training a nurse, she augured well for the health and happiness of his home. But if there be truth in the saying that children make a home, then they had none. Years went by; no children came. Theirs was a bitter disappointment.

In time he became resigned to their childless lot; his wife never could. There are women in whom the mother instinct lies dormant all their lives; there are those who sublimate it by various activities, or by keeping pets. But in this woman who had handled and cared for other women's children, it was a pulsing, throbbing thing. It was not stilled by any activity; it could never be satisfied by coddling a cat or a dog. Her arms hungered with a physical ache to hold every baby she saw. Her physicians gave her no hope: her knowledge of the human body, and the best possible care she could give her health, availed her nothing.

"How fitted I am to be a mother!" she complained frequently to her husband. "There are women all about me who do not know the first principle of scientific baby-tending, and they have children; yet I, who am qualified by special training and years of experience, have no child to raise."

There was nothing he could say in reply; deep within his heart he wondered at the way God sometimes handles things.

Often she spoke of adopting a child, but, for some reason he could not bring himself to the idea.

Her constant dissatisfaction grew irksome to him: he began to stay out nights, and made excuses to take long trips, so that loneliness was added to her discontent. When they

were together, there was strain, recriminations, quarrels. Thus they drifted into the seventeenth year of married life.

One evening, when he was away, she went to a drugstore to get a prescription filled. While waiting, she walked over to the magazine counter. Idly fingering a *Nautilus*, she picked it up, opened it; the first thing that caught her eye was an affirmation in large print:

"EVERY BELIEF IN LIMITATION IS A LIE: GOD IS THE SUPREME AND SOLE REALITY OF MY BEING: AND HE, HERE AND NOW, IS THE GLORIOUS FULFILMENT OF EVERY IDEAL, THE PERFECT EXPRESSION OF EVERY DESIRE."

She took it home with her, became engrossed with it, forgot about her newly-bought medicine, and read the magazine from cover to cover. It glowed with messages for her. She did not guess that Happiness had dogged her footsteps that evening, and sat at that moment on the arm of her chair. But then and there she began to apply the principles of New Thought.

She affirmed that she was a child of God; that every cell in her body was perfect, charged with life by God within her. She affirmed that her husband was a child of God, perfect in every cell of his body, charged with life by God within him. She affirmed **THE CHILD SHE HAD DREAMED OF FOR SEVENTEEN YEARS**. And as she affirmed, a great joy filled and thrilled her, so that she actually **FELT PERFECT** in every cell in her body. She practiced for days and weeks. The spiritual exercise became an ever-deepening joy to her, a time of **Vizualization OF A CHILD WITHIN HER ARMS**.

For a while she kept her own counsel, but not for long. Her husband soon noticed the change in her,—in her expression, her voice,

in the very way she moved about the house.

When he said, "Nellie, what's come over you, you are as alive as a child?" she laughed in her heart, and told him.

At first he was skeptical, but Nellie's SURE SPIRITEDNESS and almost tangible vitality were beyond argument.

Now comes the climax with a punch! *One year from the night Nellie S— walked into the drugstore for a prescription which she never took, John became the dumfounded father of twins!*

When they talked about it later, she said, "I'm a trained nurse, but it didn't help at all. I've simply prayed, and affirmed, and LIVED IN THE MOTHER-CONSCIOUSNESS, and it just had to be. Christ says, 'Ask and believe,' and I took Him at His word. But, oh! isn't it wonderful that the little girl is so fair, and the little boy is dark-haired, like his father?" With a deep-eyed smile, she added:

"My cup is not only filled, it is running over."

Set Free the Inner Man By Knowing the Truth of Your Being

By Thomas Parker Boyd

Lesson X of the Evolution of the Healing Consciousness

THE Great Teacher told his hearers that they would find freedom through knowledge of the truth. There is no other way. Any other effect is merely apparent and temporary. It will not last. One may be relieved by almost any sort of magical performance, but it lacks an abiding foundation. Only the knowledge of the truth can make it permanent.

Every man's greatest difficulty is in relation to his wrong beliefs. Most of our beliefs are effective only as means of entertainment and diversion. The supreme barrier met by the healer in dealing with his patient is formed by the beliefs held by the patient. These are both conscious and unconscious. They may be right or they may as easily be wrong. A man may believe anything, good or bad. But he can only know the truth. The truth which he knows may be so covered up with the rubbish which he believes that he continues in bondage. Freedom comes through knowing the truth back of his beliefs.

One may believe or not, the story of the Gadarene demoniacs. It will have little effect on his life. He may believe or not the story of the withering of the fig tree, but the fact that he cannot wither one indicates how little it affects his life. He may believe with equal

fervor that man came from a clod or a monkey, but his notion of either will not affect his life a particle unless he knows that regardless of either method his Origin is God. His concern should be in knowing the truth of how far he has gotten away from the monkey or the clod, up toward the angels and toward God.

The belief in a god made in man's image, located in the skies, ruling by whim and caprice, has recorded its effects in human history for countless ages. The belief that "man is conceived in sin and born in iniquity" has been the foundation for most of man's wickedness. The truth is that God is the only life there is, and that life is transmitted and expressed by him, and "not by the will of the flesh nor of man". Thousands of homes where children are wanted, and not realized, and thousands where they are not wanted and yet arrive, is the answer. The belief that one man can place his finger on a hot stove and another feel the burn, and suffer its effects, has been the basis of the most complete bondage in religious history. These are merely samples of the false beliefs which have held us in bondage.

I lectured before a woman's club recently, and put into that lecture the results of forty

years of hard work. At the close a little lady of seventy summers and a few winters, came up and said, "Oh, Dr. Boyd, I am so delighted. That is just what I have believed all my life." I felt chagrined for a moment. Is it possible that after forty years of hard toil I find that this woman has known it all the time? Yet she had paid me the profoundest compliment. The final test of the truth is that when one hears a lecture or reads a book, something within rises up and says, "that is myself".

The truth is not something one thinks but something which he is. The language of the conscious thinker is, "I believe this or that." The language of the Superconscious Knower is, "I know—I am". We believe because we think, we know because we are. The answer of the greatest teacher to the query, "What is truth?", was, "everyone that is of the truth heareth my voice." He meant to say, that the truth in anyone answers to the truth expressing itself in the life of another or in his words. What I am recognizes its own and rises up to greet it.

Ages of human history may have impressed on our conscious and subconscious powers the sense of sickness or suffering or discord or poverty. And so completely may we be clouded with these false beliefs that only a very powerful presentation of the truth that, "God is Health", can get through to the superconscious knower, and enable him to rise up and answer, "God in me is health."

One woman who had been suffering from pleurisy for years and had taken treatments from many healers, myself included, sat in a public meeting where I opened with a silence using the thought, "The Lord my God in the midst of me healeth me". She told me afterward that the clear picture of that truth gave her immediate and permanent relief. Sometimes a single powerful statement of the truth will give instant relief, and with others, it has to be repeated many times a day and for many days, until the inner knower can see the perfect image of himself, whereupon he rises up into power and demonstration.

The Healer without and the healer within are one and the same. The clear recognition of this fact sets in motion all the healing powers, so that, "all power in heaven and earth (mind and body) are consciously his", to direct to any desired end. The material or mental form of the Christ without calls forth an answering movement of the Christ within. Thus faith is described as "the giving of sub-

stance to the thing we hope for". Truth without answers to truth without and healing is the result.

The hidden man of the heart is all power, wisdom, truth and all else that pertains to Being, and he speaks the language, "I know because I am". The outer conscious man does not know that he knows, and the practical value of what a man knows and does not consciously realize is about the same as an unopened can of oysters is to a hungry man. For all practical purposes it is lost to him and he lives in the bondage of ignorance.

To seek and find this lost something, and to make man know that it was all within himself was the work of the great teacher. Sometimes he did it with the expansive idea of the mustard seed, again, the pervasive power of the leaven, and again the direct personal command, "Be opened", "take up thy bed and walk." "Lazarus, come forth". Whatever he said or did it appears plainly his purpose to set free the inner self in each man by know- and he lives in the bondage of ignorance.

For generations the work of education was directly opposed to its etymological meaning. They seemed to proceed on the idea of putting something into the mind of the pupil, making him a sort of catch-all with the notion that maybe sometime he could use some of these stored up fragments. At last we have turned to the true method of drawing out what is within him, using the text books and teachers as a sort of stimulus to awaken and call out what is already in him. When he knows his inner powers and can get them into action at will he is educated, no matter whether he found it in books or schools, or in his daily contacts with life.

The popular idea is, "If I can solve this problem I shall ask nothing further." It rests upon the fallacy that life can ever proceed in any state of inertia. One problem is solved to enable us to tackle something else. One disease is healed, only to find something else that needs healing, and thus are we led to a full perception of the truth that the great inner self fully emancipated sets us free from all disabilities, by enabling us to meet them when and as they arise.

When I was in school my greatest enemy was arithmetic, but after long and hard wrestling I mastered it. Then they blessed and promoted me to study Algebra. When I had finished that they blessed and promoted me to study Geometry, then Trigonometry, Euclid and Calculus. One day they said, "we are

going now to have a commencement. You haven't finished, you have just gotten ready to commence to solve the real problem of life." And so it has proved. And the problem was to find and know myself. As this knowledge unfolds freedom manifests.

We start believing that it is God above us that does the work, and at last know the truth that it is God within us who works. We start with the idea that truth is something to be learned, only to find that truth is something which we are and which is waiting to rise into full power in consciousness.

We started out believing that heaven was a place of peace in the great beyond, only to find that it is in the great within, here and now.

We started with the notion that health was something that could be given to us by someone else, only to find that health is already ours—a never changing fact awaiting our full recognition. We started with the idea that Christ was a man who lived two thousand years ago, to whom we are to look backward and for whom we are to look forward, only to learn that Christ is within us the "hope of glory", giving us light of consciousness to know that the elements of every good of life and being are in us, and manifesting *in us, to us through us and as us.*

(Next month Dr. Boyd will explain how both physics and metaphysics contribute to normal living, to health and happiness.)

The Great Law of Healing By Control of Cell Minds

By Clare Doyle Olin

Can Renewal of Gland Activity and Bodily Regeneration Be Attained By Mental Control of Cell Activities? "Your Thought Affects the Action of Every Gland in Your Body," says Mrs. Olin

MENTAL and spiritual healing has been practiced in many and varied forms from the earliest days of primitive humanity down to the present time. All nations, races and peoples have, in some manner, known and made use of the healing power. And while the various systems were grotesque, and seemingly absurd, they were based on the highest conception possible at the time, and according to the plane of mental intelligence of the age.

Even in this enlightened day, many of the theories advanced to account for psychic healing seem little better than the ancient superstitions. And this is true even of some of the most polished, metaphysical cults of this time, that endeavor to shroud the whole matter in mystery.

But the fact remains that each and every system, no matter how seemingly irrational or absurd, has been able to make cures—marvelous cures. They cure in spite of their foolish theories and claims. In some way, they

have stumbled upon the law, and results followed.

All Healing Employs The Same Power.

All true healings—drugless or otherwise—employs the same power finally, the only difference being in the methods of applying it. But while the greatest rivalry exists among the many schools of the present time—each one claiming that all others are wrong—it becomes evident that no sect or school can possibly have any monopoly of this power to heal, but that it is a manifestation of a great law of Nature, a subtle force that may be used with unfailing results—when it is understood and intelligently applied.

In this study many people seem to think they must find some mysterious or fanciful thing—some super-natural force—instead of which, all is simple and along scientific lines, and has not only a psychological basis, but has also physiological reasons behind it.

In the means and methods used at this

time, we see many absurd practices, but we should bear in mind that all methods contain some elements of good, and produce results as they are adapted to the varying grades of human intelligence. The methods that would succeed with one person, would not answer at all in another case.

"As he thinketh in his heart so is he," and it would be folly to try to effect a cure by making an elaborate explanation of the psychology of the cell and the law of suggestion to the savage, who believes that his disease is caused by evil spirits and that he may be cured by making hideous noises to drive them away—or to the man who believes in the efficacy of a well advertised remedy for all diseases.

No one of intelligence will question the statement that mental influences and emotional disturbances will affect, and change the action of the organs of the body. Physical scientists have discovered that thoughts of anger, jealousy, revenge, and feelings of like character, produce chemical changes that poison the secretions of the body, and that these poisons may be detected in the perspiration—by chemical analysis. They impair the circulation, digestion and nutrition, and their harmful effects are registered throughout the entire system.

Prof. Elmer Gates' Experiments.

Professor Elmer Gates tells us that "the system makes an effort to eliminate the metabolic products of tissue—waste, and it is therefore not surprising that during acute grief, tears are copiously excreted; that during prolonged fear the body is covered with a cold perspiration; and that during anger the mouth tastes bitter, due to the increased elimination of sulpho-syanates. The perspiration during fear is chemically different, and even smells different than during a happy mood."

But thoughts of love, hope, kindness and courage generate chemical compounds that stimulate all the nerve centers, equalize the circulation, and build up healthy tissues.

Every thought we think produces a vibration that is registered in the brain, and is telegraphed over the wires—the nerves. And every thought, or character of thought, has its own rate of vibration. So, a mental attitude of hope, trust and cheer, produces gentle vibrations that are harmonious and regenerating, and that sweep through the body without interruption; while thoughts of anger, fear, wor-

ry or discouragement produce coarse and discordant vibrations which are destructive, and cause undue tension of the nerves, muscles and tissues, prevent the free circulation of the nerve fluids, and of the blood, and thus bring about a state of inharmony and dis-ease.

The emotions produce certain effects upon the blood vessels, by either contracting or relaxing them, and have a direct action upon the heart. All know by experiences how, in some moment of peril, or of imminent danger, the thought of fear will cause the heart to beat so rapidly as to almost suffocate one.

Your thought affects the action of every gland of your body. Think of some delicious fruit, or of some dainty of which you are especially fond, and you will say at once that your "mouth waters." What caused the glands to act, and the saliva to flow? Thought, and thought only.

Thought has a positive and decided effect upon the circulation. The circulation follows the concentrated attention, and by concentrating your thought upon any part of your body, you can cause an increased flow of blood to that part—and increased nutrition. This has been strikingly demonstrated by the experiments made by Dr. Anderson of Yale University, in tests made with his famous "Muscle Bed." The tests prove the power of mental action in controlling the circulation of the blood. This muscle bed is very delicately balanced—being hung upon two knife blades—and the least touch will set it to vibrating. When a person lies down upon this bed and is asked to concentrate his thought upon some muscular exercise — such as running a foot race, dancing a jig, or any such foot and leg exercise—the bed begins sinking at the feet, showing that an extra amount of blood has flowed to that part of the body—as the result of the thought and mental stimulus.

A Simple Experiment Showing Power of Thought to Effect Physical Changes.

You may test this for yourself by a very simple experiment. Withdraw your conscious mind from the sights and sounds around you, and fix your thought upon your finger, with the intention of causing an increased flow of blood to that part. In a few moments you will find, by actual measurement, that your finger is larger—you have sent an increased blood supply there. This will demonstrate the power of auto-suggestion in making changes in the tissues of the body, and will explain

how the emotions of fear and expectancy can cause such diseases as cancer and tumor. Knowing this law you will be able to equalize your circulation—from head to foot—and thereby relieve congested conditions in any part of your body.

But in considering the action of mental states in causing and in curing disease, we must look beyond the active conscious mind to find the real cause underlying the phenomena.

It is now known that there are planes of mental activity below the threshold of our active consciousness and that the greater part of our mental life manifests on this sub-conscious plane.

The study of microscopic anatomy and the psychology of the cell reveals the laws that govern all drugless healing, and a scientific application of those laws gives us the mastery of this great problem.

We learn that the physical organism is built up and composed entirely of cells, and that each organ of the body is simply a grouping of these cells—a cell community—built up to perform a certain work. Each individual cell contains a “miniature life,” or mind, and this mind is of sufficient intelligence to cause the cell to perform its proper function. They all show a perfect adaptation for the special work they have to perform, as seen in the hurrying of the cells to some given place where they are needed in healing an injury, and the knittings of fractured bones; in the work of selecting and extracting from the blood the needed nourishment, and the rejection of that which is not necessary, or is unfriendly to their growth and perpetuation; building up, nourishing, repairing and carrying away waste.

All Disease Is Cell Disease.

Then, going a step further, we find that the most advanced thought of the present day agrees with the teachings of the old Yogi philosophy in saying that all disease is cell-disease, and is produced through the mentality of the cell—its chemistry having been changed through various causes.

The problem then is to be able to control the cell-life, and if we can produce such chemical changes in the cells as to cause harmonious action, and proper functioning of the organs of the body, a cure follows—a cure made along scientific lines, and through perfectly natural laws.

How may we reach and gain control of this

power? We learn that all these cells—these intelligent entities—are under the absolute control of a great central intelligence that resides in every organism. Even that great materialist, Ernst Haeckel, recognizes this central intelligence. He calls it the “tissue soul,” and says that “it controls all the separate cell-souls—the mutually dependent citizens which constitute the community.”

Then this law of healing is based upon the fact that there is a power inherent in the body that controls all its functions; the action of the heart, and circulation of the blood; digestion, nutrition, assimilation and excretion; the building up of new tissues, and carrying out of the system the used up and worn out materials. It is always conservative—ever striving to maintain the body in perfect physical condition, and to repair it and restore healthy action when disease has become manifest because of any violation of the laws of being.

The Ideal Cure By The Never Sleeping Soul.

But, while it is true that this subjective mind has absolute control of all the cell-intelligences and every function of the body, we find that it, in turn, may be controlled by suggestions sent to it by the conscious, or objective mind, and that it will obey orders thus given. This fact accounts for the power of thought to create or cure disease. That it will thus obey orders is easily proven. Every one has had this experience: You have, at some time, found it necessary to be awakened at some certain and unusual hour in the night, or early morning. Upon retiring you have—as you say—charged your mind with the thought of awakening at that certain hour. You sleep soundly all night, but when that specified hour arrives you find yourself wide awake—at the very minute. What awakened you? It was not your active, conscious mind that did it—that mind was in abeyance, in sleep. Your brain? No, the brain has no power in itself, it is only the instrument used—it will still be in the body, inert and useless, when that body is laid away in the grave. Then what is it that keeps count of time, and obeys orders in this manner? Is it not that part of you that never sleeps, that never tires, that never forgets, and that is always on guard to protect the organism over which it presides.

If this never sleeping soul can, and will obey that order, then it will obey other orders you may see fit to give it. It is not a question of conscious will-power—the conscious mind

may give the order, but it is the soul that executes. And so, at the last analysis, it is the soul that cures.

This is the ideal cure, brought about by securing those subjective changes which must ever be the basis of any real cure, changes that result in a natural building up of tissues and restoration of function; a right chemistry of secretions, healing mucous membranes, causing good digestion, assimilation and elimination, and giving increased nerve-power and strength.

But the advanced and most successful healer of this day does not deny the existence of matter. He knows that all forms of matter—animate and so-called inanimate matter—are but the varied manifestations of the One Life. And so he does not ignore the physical body, or treat it with contempt. He looks upon it with reverence, for he knows it to be the handiwork of an all-wise Creator—a wonderful structure that has taken long ages of growth to bring to its present state, and which the real man, the ego—in his unfoldment and evolutionary growth will one day discard.

He understands that this real man requires a perfect physical body in which to live, in order to reach his highest spiritual growth. He knows that right living as well as right thinking is necessary, in order to keep the body in perfect physical condition, and that if man ignores, or violates the laws of his being, dis-ease will be the result, and that pain and distress are real experiences in this earth-life.

But he also knows that the Power that built the beautiful human body has endowed it with the means of maintaining it in health, and has instituted within it the great law of repair, providing it with the means of correcting any ills arising from the violation of the law. Knowing these things, and knowing the mental law governing physical ills, the healer sets

himself to work to effect a cure by bringing this inherent healing power into active operation. He appeals directly to the power that presides over the body, knowing that it is absolutely supreme over the organism in which it lives.

This healing power, this great law of repair, resides in every living thing. It is yours to use. Do you doubt it? Can you think, for one moment, that the Power that created and perfected the human body forgot to do as much for its safety and perpetuation as it did for the most lowly form of animal life, or for the great tree of the forest, or the tiny plant that blooms by the wayside? It is unthinkable!

Then it matters not what you may call this great "primary intelligence." You may call it instinctive mind, nature, vital force, or the life principle, but back of it all is that great Intelligence that caused you to exist. It took you in its keeping then, it has cared for you ever since, and will care for you to the end. If you will but grasp that thought and make it your very own, then you will learn to trust that Power in every changing circumstance, through all the days and nights of life.

Vibrations from the Divine Source of all healing surround you; like electricity, and other great forces, they have always been close to you, only awaiting recognition, and use. They reach you across wires that were laid ages ago; the lines have always existed, but it rests with you to make the connection. This is no fanciful thing, but is based on a great psychic law, and is capable of demonstration.

A mighty power of the Universe is back of you, awaiting your intelligent use.

Why do you not reach out and take what belongs to you?

(In connection with this article read "A Dream That Freed Me From a Great Repression", in May NAUTILUS.)

WHEN I talk—oh much I pray
I may softly say my say;
Without haste,
Without waste;
Not too earnest to be wise;
Mindful of all courtesies;
Honest, fearless without pride;
Running not before my Guide.

—FRANCES B. DAMON.

Consecration of the Use of the Inner Power Capable of Producing Future Miracles

By Brown Landone

Why So Many New Thought People Succeed In Making Remarkable Demonstrations
In Certain Ways and Fail in Others

Article XIII of Healing Without Failure

FIRST, a wee bit of news; and it is *gospel* to me,—that is, *good news*. The editors have written that they wish me to write “individual” articles—or just two or three articles centered around one thought—rather than long series; and I am VERY HAPPY for this is just what I, for a long time, have wanted to do.

Often I want to give you a truth when it is thrillingly alive,—new from my soul’s conception. But, I can not do this when series of articles are outlined months in advance. So I am very happy that—following the next three articles to close this series—both you and I are going to have a change in my writing.

In this present series I now come to the Fourth Day of Actual Manifestation in which “God made two great lights; the greater light to rule the day and the lesser to rule the night,” making the stars also and setting them all in the firmament of Heaven to give light upon the earth.

The Hebrew word which is translated “lights” in this verse is a combination of OR and AMAR. Both come from the same basic root. At the time Moses used these words, they,—and all other words from this basic root—contained the letter *Aleph*,—meaning “inner power” or *divine life*.

Of course, a thousand years AFTER Moses wrote, words *without* the Aleph were derived from this same root. These later words meant the *uncovered physical body* or *skin* or *surface* of the body. These words always relate to MAN and to man *alone*,—NEVER to a physical sun or moon as a source of physical light.

Nevertheless, WHEN Moses used these words, they *were*—each and all—written *with*

the Aleph, which meant the spiritual-power within the body—soul power, divine power.

Thus, the word OR *with* the Aleph means the *power of life*; but centuries later OR *without* the Aleph meant *skin*.

So UR *with* the Aleph, at the time Moses wrote, meant *Fire-of-Life*; but centuries later UR *without* the Aleph meant *to-be-made-naked*.

AMAR, with the Aleph, at the time Moses wrote, meant the *divine-power*; but centuries later AMAR *without* the Aleph meant the *skin-uncovered*.

It is not important to us to know what these words meant centuries and centuries after Moses wrote, except that the changes in meaning show that *at the time* Moses wrote, the word *always* meant the inner-active power or *life-giving-power*.

And the most important truth of this Period of Growth—this Fourth Day of Manifestation—is that God SET-UP these inner-powers in the *firmament* (expanding love;) and that the PURPOSE of this was that they should be for *signs*, for *seasons*, and for *days*, and for *years*!

What is the meaning of the Hebrew words translated signs, seasons, days, and years?

In the Hebrew, these are all singular; not *one* of them is plural. Hence, even in the mistaken translation they should have been written: for *the* sign, *the* season, *the* day, and *the* year.

The root of the word which is translated *sign* means *miracle* and is written with an *Aleph* which means inner power. To this is added a little sign of the *future action*. Hence the true meaning is the inner power capable of producing future miracles.

The word which is translated *season* is the Hebrew word meaning the *sacred communion*—the union-together-with-God.

The word which is translated *day* is, as you already know, a step in growth.

The word which is translated *year* is translated in many other verses of the Bible as *being-able-to-change, being-able-to-progress, being-able-to-do again and again in the future*.

Thus when one understands the true meaning of these Hebrew words as they were used in Moses' time, the truth is clear as sunlight that this Fourth Day is a day of *union-with-God, the period-of-communion, the CONSECRATION of the use of that which will perform future miracles*—miracles of life, miracles of growth, miracles of development,—being able to repeat and repeat and progress forever.

The dominant thought is CONSECRATION!

Consecration of WHAT? If I had space in this article to reveal word for word the true meaning of the Hebrew words so mistakenly translated as *rule the day, rule the night, stars, set, earth*—you would clearly see that this is not only consecration of self but of all *processes* and THINGS as well.

This Fourth Day of Growth is the consecration of ALL things. This we fail to fulfill. We consecrate ourselves and our conception and statements and teachings of Truth,—and THEN, we turn about and condemn and deny matter and all things God created—excepting only our own dear selves. We try to *separate* God's creation into spiritual things and material things, spiritual planes and material planes, spiritual laws and material laws.

There is but ONE law of God. There is but ONE manifestation of God and that is continuous radiation from God. There could be naught else. Otherwise there would be chaos and destruction, no existence, no worlds, no souls, no human beings, no life here or anywhere else!

The material is naught else but the spiritual in manifestation.

Matter is spiritual radiation of God as certainly as sunshine is light radiation of the sun!

Think of your body NOT as a material thing, not as a lot of bones and pounds of flesh,—but as *ethereal sunshine* of God, as the radiation of your soul which in itself is a radiation of God.

Think of ALL things—all materials, substances, objects—not as chunks, or heaps, or masses of mere matter,—but as actual radiations and manifestations of God.

Every tree is a divine expression of an idea of God. Every material and every substance is a divine expression. A mineral is a divine expression. Every substance ever appearing in all God's creation is a divine expression of some phase of God Thought, or Love, or Life.

The truth of this lesson is that the soul should CONSECRATE these; idealize them; recognize them *in accord with their true nature* as created by God,—and hence cease all condemnation.

This consecration prepares you for a subsequent period of growth, a subsequent Day of Manifestation—*the rule and dominion and use of all things!*

But so long as you condemn or deny or try to separate anything from God-creation and assume to live above it instead of idealizing and using it, you refuse to act in accord with God's divine declaration that all things *were* created for our use and that we should have *rule and dominion and USE of all things*.

And, of course, so long as you make this separation, you do not succeed either in matters of success or in matters of health or in spiritual attainment.

There can be no true unity so long as you refuse to consecrate that which God has consecrated!

Why *salt* is just as divine as a thought! It is *one* of the thought-manifestations of God-Mind! One idea of God radiating outward eternally produces what we call salt. So also another God-idea radiating out from God, moving outward eternally, produces what we call iron.

Every substance is divine,—a radiation of God.

Accept then, GOD'S TRUTH, even though it may conflict with your previous ideas. Idealize everything God has made and then you will not keep them from you,—but instead will possess all things in millionaire-abundance. Consecrate all substance and all things and they become yours, for you are working in accord with God,—and when working with God, all things are possible.

But if you try to separate anything from God—demean it or depreciate it, de-idealize it or condemn it, deny it and refuse to recognize its existence—why, of course, dear soul, you separate it from you—and YOU suffer the LACK!

Here in my files are scores of letters from Practitioners and Leaders and Teachers and Healers. In two features they are *all alike*: Each writer states, "I have helped hundreds of

patients to attain happiness; cured scores of cases of inharmony, and healed illness after illness,—BUT I can not demonstrate abundance for myself!”

For illustration I use the case of one Practitioner only.

He writes: “I need your help in demonstrating success; no matter how much I work, how much I give of myself to others, I have never been able during these fourteen years I have been a Practitioner, to demonstrate enough money to provide those things to which I have a right.”

Why is this Practitioner — earnestly and spiritually conscientious—able to heal hundreds of diseases of others, yet unable to demonstrate even the ordinary needs of life for himself?

Here is the two-fold answer of Truth:

First, when he works for an individual to attain health, he *idealizes health*; he recognizes it as from God! Consequently, it radiates into expression!

Second, when he works for money for himself, he unconsciously *condemns* money; he is so subconsciously *ashamed* of money—even the figures which represent money—that he refuses to think of his services in terms of money!

He writes: “I can not ask money for my work because my work is of God! I can not ask anyone to pay me for healing because healing is of God; I leave the matter to Divine Love—why, why—do I have to struggle so for what little I want?”

God is just, and so long as he condemns money even to the point of being ashamed to think of it in relation to work of God, he of

course separates it from the Divine Source of supply and separates it from himself.

I love such an earnest soul,—but I do not pity him. God’s law is clear and it is just: So long as this man refuses to live in accord with God’s revealed law of the Fourth Day of Manifestation—so long as he refuses to *consecrate* all things he will LACK them!

You can attain the abundance of God by being at one with God. You can *not* be at one with God if your thought *differs* from God-thought. You can be at one with God by consecrating ALL things just as God did. Then you *unify* all things of God *with you* and all things—all abundance—is yours.

Be certain of this: That which you wish to attain, you must love! More than that, you must IDEALIZE it,—for as you idealize it you consecrate it.

If your ideas have not been in accord with God’s ideas as revealed in this Fourth Day of Manifestation CHANGE them!

You can not change God; so it is better to change your ideas.

Then as you consecrate all things they become one with your soul consciousness and you become what God made you to be—a Master, having *rule* and *dominion* and *use* of ALL things — even of all THINGS; and, working thus—in accord with this law of God—all things become yours and you can not prevent them becoming yours—and the miracle of abundance and continuing abundance is accomplished!

(Next month Mr. Landone will tell why affirmations often fail to heal or bring results—and what more is needed—EDITOR.)

Little Journeys Into the Subconscious

By Claude William Chamberlain

VIII. The Subconscious Cause and Cure of a Case of Epilepsy

BEN COAN was a morose, unreliable, irritable and egocentric young man who was brought to me by his father with the information that “Benny had fits.”

And Benny lived up to this diagnosis by immediately falling into an epileptic seizure that lasted several minutes. He became rigid

and tense throughout his body, closed his eyes and threw himself forward on to my desk narrowly missing the inkwell and a bronze book-end with the top of his head.

As I lifted him into a reclining chair and administered first aid, I noted that Benny’s right arm was thrown up as though to pro-

fect the side of his face and that his neck was twisted grotesquely with the head bent sideways.

Benny's father assured me that the young man always assumed the same posture when he had a seizure.

The victim's insincerity, sensitiveness and instability were very marked as I learned upon closer acquaintance. He was lazy and ill-humored most of the time and was a living picture of self-pity. However, he secured a certain amount of satisfaction from having been brought to a "different kind of a doctor." He craved distinction but was unwilling to assist me to any great extent to get at the basis of his malady.

It took much patience to get Benny started on a psycho-analysis. He was too erratic and such a confirmed liar that I had to read a good deal between the lines. After much persuasion I finally induced him to practice relaxation and from that it was but a step to the somnolent condition.

Half awake and half asleep, Benny proceeded to discuss the mental pictures that flashed before his mind's eye. An occasional suggestion from me helped things along and presently I began to get a panorama of disconnected phantasms as they had grown up in the young man's mind. Incoherent at times, the boy rambled on about aches and pains, seizures and falls, fears and worries, nightmares that troubled him and fearsome phantom enemies that persecuted him.

Back to Benny's childhood we went in the analysis. Experiences long since forgotten by the consciousness were revealed unconsciously by the somnolent young man. Memories of having been punished in school, experiences of having been ridiculed by his boy companions because he had fits, his inability to join in normal play with his companions, malicious persecution by thoughtless playmates, misunderstanding by his parents—all these were flashed forth from the subconscious with endless other memories. And not a single worth while idea upon which to hang an epileptic fit.

The seizures had first appeared after he had reached four years of age and there seemed to be nothing previous to that period or since which I could point to as the genesis of his nervous seizures.

While he was somnolent I began to suggest words that were associated with childhood disasters. Whipping—Policeman—Steal—Drown

— Fall — Runaway — Choking — Cutting — Burning.

The last word brought a twitching to the muscles of the half-asleep lad and I thought for a moment that the word was going to produce a seizure. But no further expression from Benny's subconscious was apparent. But I felt that I was on the right track and I selected a list of words that might symbolize or bring into the foreground associations that would release what I was seeking.

At the next interview I waited until the lad was once more in a somnolent condition and then I began to give him a list of words that included the following:

Burning — Fire — Hot — Smoke — Destroy — Fire Department — Water — Boil — Steam — Scald.

And then Benny had a fit!

He screamed, threw up his arm to protect the side of his face and neck and twisted as though in agony. The head jerked to one side and then the body became rigid.

I walked over to the boy and examined the side of his face and neck where he had seemed to try to cover them. There I found a scar that while indistinct, was so large that it covered almost half his face and ear and extended down his neck to his shoulder.

A few moments later he began to recover from the seizure and as he began to regain consciousness, I spoke these words sharply and distinctly:

"Water — Boil — Steam — Scald — Tea-kettle — Pain — Blister — Four Years old — Spasm — Fit — Remember."

Benny immediately had another paroxysm but came out of it shortly with a look of surprise upon his face.

"I remember now what happened", he exclaimed. "I wonder if this is what you have been trying to dig up: When I was four years old I pulled a kettle of boiling water off the stove on to my neck and face. I think I must have fainted or had a fit at the time. I never thought of it before but when I see a kettle of boiling water today I nearly always have an attack. I have attacks at other times too, but steam or a tea kettle nearly always have a disastrous effect upon me."

We had at last discovered the cause of this psychogenic malady and it now depended upon the use of this knowledge with mental hygiene to cure it completely.

Benny was put to work on auto-suggestion and the building of mental pictures of self-control. As he gained in self-confidence he

took to carrying a tea kettle around with him, humorously calling it his "pot of fits". And when he had heated water in it repeatedly he let the steam burn him a bit while he boiled "the devils out of himself".

Then one day he threw the kettle into a junk wagon and watched it carted off as he bade good-bye to it and rid himself, by this symbolism, of his former disease.

Interesting Telepathic Experiences

By Edward B. Warman, A. M. LL. D.

"When I Have Felt that I Must Receive a Communication from Some One from Whom I am Estranged I Have Practiced a Telepathic Method of My Own," Says a Correspondent. The Method is Here Printed for the First Time

THE following experiences are purely psychic, not mediumistic. Confusion of terminology is very misleading especially to the lay mind. Correct terminology is essential to a clear understanding and a clear understanding depends largely upon correct terminology. Let us, therefore, consider the essential differences between a medium and a psychic:

1. A medium surrenders his or her physical organism to the "control"—supposedly—of a disembodied spirit.

2. A psychic makes no surrender whatever but recognizes the fact that the power of pre-science is inherent—a faculty of the subjective mind.

1. A medium becomes *abnormal*.

2. A psychic, *supernormal*.

1. A medium is obsessed, presumably, by a dead entity but, in reality, by falsely engendered ideas.

2. A psychic is never obsessed but remains in conscious control of self, being passive and receptive to the impressions and pictures presented by the clear-seeing and far-seeing subjective faculty.

The foregoing distinction — a distinction with a decided difference—precludes the necessity of our entering the field of Spiritism. It will be found that Psychology (soul-ology) unlocks every mysterious apartment so labeled. Therefore, let us content ourselves by picking up the pebbles on the shore of the great Ocean of Truth, realizing some of the wonderful powers given to us mortals on this earth plane.

The psychic power may be cultivated to a great degree. It is purely a faculty of the

soul and manifests itself in various ways. In the first illustration, given herewith, it partakes of the nature of telepathy—communication between subjective minds. It will be observed that the desired results were not obtained until the concentration was of a character to control the thought waves. The letter which follows is self-explanatory.

Telepathy.

Dear Mr. Warman:

Before I had learned anything about Telepathy I practiced a method of my own. You are the first to whom I have mentioned it. If, however, what I have written are common occurrences that my limited reading has not included, kindly pardon me for intruding upon your time. From your splendid articles in *Nautilus*, that I read and re-read with greatest pleasure, I am sure you are one of the few who would forgive until "seventy times seven." My method follows:

When I have felt that I *must* receive some communication from one I loved but from whom I am estranged, after concentrating my thought upon him and yet being unable to "get close" to him, mentally, I would persist until I could picture the direction of his gaze. Then, with all my power, I would endeavor to "get in range," and when, for an instant, I could feel his eyes meeting mine, I was positive I had succeeded in causing him to think of me.

Whatever desire regarding him was in my heart just preceding my "search," was, in time, materialized, and it has never failed. Nothing, however, ever came of my attempts except where I was successful in *looking into his eyes*. I regret that, though I have practiced this

method for several years, upon only five occasions have I felt the thrill of his eyes looking directly into mine. I wish especially to mention that when the eyes look into mine, it is with "the light of other days," though their owner, my husband, has now passed the "three-score and ten," and surely his eyes are dimming."

Pause a moment, dear reader, to consider her concluding thought. As I read it I was strongly impressed that "the light of other days" reflected the love "of other days." It could not be otherwise. Just close your eyes and lose yourself a moment in contemplation.

From The Same Source.

"Music, that appeals to me, always brings or presents pictures that, in time, *positively are made actualities*. To illustrate: an old organ grinder used to stop before my home and play a pathetic melody that always carried me away to Colorado where my only son was. Each time I heard that music it would add a new figure to my picture, till finally it represented a room in a little home in the mountains, a dying boy, his sweet young wife and baby and, finally myself. Still I would tell myself that my tears were falling for some other mother, not for me!

While that particular piece of music depressed me, it also fascinated me, so that I would sometimes pay the man to repeat it. Then, there came a day, three years later, when I sent out money to him with the request never again to play that melody in our block; for *I had been to the little home in the mountains and was in mourning for my only son.*"

It will be observed in all cases of a psychic nature in which telepathy plays an important part, strong concentration is required in the projection of the thought—the *positive* pole of the battery—while the passive condition—the *negative* pole—is essential to catch the effect of the message. Herein, music is a wonderful aid in bringing about the necessary conditions.

Strong concentration does not imply intensity but rather of a quiescent character, thereby manifesting a deep and unbounded faith in the ultimate result. A disturbed or perturbed mental condition on your part is very likely to defeat the end in view.

In the case cited, the music produced the condition favorable for the vision which followed, wherein the soul perception was clearly outlined to the inner consciousness of the

mother. This was not only telepathic but developed into a state of independent clairvoyance—a purely psychic condition, not mediumistic.

In the foregoing examples we have what I consider the most sacred use of this God-given faculty which is *the closest contact that can ever take place between two souls in this life*, although bodily they may be thousands of miles apart. The soul, we understand, takes no cognizance of distance. As proof of the correctness of this statement I cite but one out of hundreds of cases. This, a *remarkable* one, I give in the exact words of the young man to whom the thoughts were projected.

Another Example of Telepathy.

"My father, from whom I had been estranged some years previous to his death, lay on his death-bed in a far-away hospital. My mother was at his side. I was in a city some thousand miles distant. It was my mother's earnest desire that we should be reconciled before his death. As the time approached her desire grew more intense.

"A few days before his death, while I was lying awake in bed, I became conscious of my mother's presence. I could see that her face was convulsed with grief and I perceived that she was crying. The features were distinct, though they appeared to be in a state of vibration similar to heat-waves. I heard her, in my mental consciousness, utter, very distinctly, "O God, soften his heart."

"My will remained opposed to hers for sometime, but was finally dissolved in the intensity of her desire—the higher vibrations controlling the lower. The instant my will succumbed to hers I felt the wave of relief and gratitude which swept over her soul, and I knew that she knew that her desire had been fulfilled. I at once arose and wrote the following letter:

"Dear Mother: Inclosed you will find the letter in reply to your earnest and heartfelt desire which came, not by mail, but in a much more direct and effective manner."

Speaking of this experience, he said: "this was the only communication that ever passed between us in regard to the subject. Words were superfluous."

May we not conclude that the feelings and emotions are the dynamics which set in motion or operation those subtle forces which send them speeding with lightning rapidity to their opposite pole of attraction or affinity?

STORED ENERGY

By Anne Sturges Duryea

IV. WORKING AGAINST YOUR WILL.

WORKING against your will is miserable business.

It makes a wretched existence; no one in the world should ever do it.

"But if I don't like my work I have to do it against my will!"

A most absurd statement! No one ever has to work against his will. If you didn't will to do your work, you wouldn't be doing it.

"If I didn't do it, I should starve. That's the only reason why I do it."

Exactly. You prefer to do it rather than starve. You have voluntarily chosen the lesser of two evils.

If you compare the doing of your work with its actual alternative, starvation, rather than with some imaginary bed of roses that doesn't exist, you will know that you do it because under the circumstances you wish or will to do it.

Then why labor under the tremendous disadvantage of the misunderstanding that you and your will are not agreed about it. It gives you an enormous handicap to believe that you are working against your will.

You and your will are entirely agreed and may congratulate yourselves that you are doing a rather sporting thing because it's necessary. Shake hands and tell each other that you are good fellows.

Working even mistakenly against your will creates an unnecessary amount of friction. It generates heat and arouses uncomfortable emotional conflict. It makes life quite wastefully unhappy and eats into your stored energies.

A young woman, college bred, and with rather fine sensibilities, found herself obliged temporarily to work among people of inferior minds and sordid interests. She said she couldn't stand it, but added "I suppose I am learning a lot."

That was the answer. She was out to learn. She wanted to learn. She willed to learn. It was suggested that she and her will agree that she was seeking an opportunity to study just this human type.

Though they were not altogether pleasing, she found they were teaching her something. She said that having come to this understanding in her own mind she almost enjoyed her companions, and she didn't get so tired. Working with her will conserved her energies.

How the Power of Divine Love Healed a Bedridden Case of Tuberculosis of the Bone

By W. Y. M.

The Child Had Been in a Hospital Seven Months and Had Been Operated On. Several Thousand Dollars Had Been Spent On His Case

WE had in our settlement a child who had been afflicted with tuberculosis of the bone. Some of my patients kept insisting that they bring this case to me, but several months passed before it really happened.

Then one day, the child himself insisted, nay, would not be refused. And so his brother came to ask me to take his case and I must confess that it was almost in fear and trembling that I took this, my first, really dangerous case.

They told me that the bones were working out of the child's leg, and one arm; that he had lain in a fine hospital seven months, had been operated on and several thousand dollars had been spent on his case; that they knew it was a hopeless case, but the child had insisted and they had come to please him. They told me that he would scream if touched; that it caused him such pain to be moved that it would require two or three hours to turn him over in bed; that he had five large bed sores, as big as tea saucers, on hips, back and shoulders.

In fact, it did look a hopeless case to a beginner. But I began to reason with myself. I had them teach the boy a good Truth statement and I believe he used it faithfully.

It took me one day and night to get my own self in working order. I let my mind drift back to each and every patient I had treated and reasoned: It is not I, but the Father within. He doeth the works—If God healed this person or that person—of chills, fever or whatever the case might be, then He can as surely heal this child. This trouble is no greater in God's sight. This child has a perfect right to a perfect body. It is God's will for him and he now possesses perfect health and harmony in every way.

This reasoning in the beginning won the case for me. I ceased fearing and grew in

faith and attacked the case with as strong a faith and determination as I had the chills and lesser things that had come my way.

On the third day the good news reached our little village that the child could turn over in bed by himself; that they could rub his body briskly and cause no pain. God had heard my reasoning, and my prayers, and the child's and he was speedily healed.

In a month the bed sores were well and I believe he was the happiest boy I have ever seen.

And now I am about to relate an incident that was a real surprise to me and it taught me that the faith of the patient was as important as that of the healer. A lady in the settlement had a bad cancer and on hearing the report from the child, she sent some children to ask treatment for her cancer. The children became interested in playing, did not come and in three days her cancer had disappeared. I never told her that the children had failed to deliver her message, but gave thanks that her faith had made her whole. But after that I never feared a case of any kind. I knew that God worked as perfectly with the so-called incurable disease as in the slightest ailment. In fact, I've had better success with the so-called incurables because they were so willing to obey all instructions, while often those with slight ailments never gave it a thought after asking treatment.

I have witnessed the perfect healing of almost every known disease and I would say to all, no matter how many people have said you could not be healed, I say *God can and will heal you now*. There is no incurable disease, but all can quickly be made whole and perfect with His power and His perfect love.

(Next month by W. Y. M: "God's Power With Your Child". How to help your child in his health and studies by suggestion during sleep.)



Views and Reviews

By William E Towne



THE RESOLUTION OF THE CONFLICT.

PSYCHOLOGY has brought forth the term, "Resolution of the conflict", to designate the harmonizing of two conflicting mental tendencies.

It represents the point of agreement where two streams of the psychic force, that has been split into separate channels by mental conflict, again flow together in a common course, directed toward a common objective.

The mental conflict arises as indecision when one is faced by two opposing desires, and hesitates between two opposite courses of action. One course is usually in harmony with the social and conventional viewpoint; the other is more or less anti-social or, as it is commonly termed, "selfish."

On one side fights some powerful instinct of the individual; on the other his sense of duty to society.

If the conflict is deeply seated and strongly engages the emotions, there is, on one side, some longed for objective that acts as a symbol and energy carrier. To this symbol is attached a large amount of the psychic energy of the individual, which is thus withdrawn from other objectives and different uses.

On the other side there is, perhaps, an ideal of duty, or another person's happiness and well-being.

The conflict is resolved, or settled, only when a compromise is effected, some course of action accepted that may represent middle ground between the two extremes, or through a definite adjustment to and acceptance of one course or the other backed by a decision of the united self.

This process of adjustment and decision is exactly like the process of compromise, of finding a common meeting point, when two individuals disagree.

In the current *Atlantic Monthly* there is a fine example of the process of turning disagreement between individuals to a constructive use. The writer is describing the characteristics of her mother-in-law: "I have seen an idea strike my mother-in-law at the dinner

table, at a time of family reunion at their summer home. I have seen her sons kindle instantly with hot-headed objections to her scheme—all pencils whipped out of their scabbards and brandished with reckless points, plans sketched rapidly on the backs of envelopes, slashing criticisms exchanged across the table, lines modified, lines crossed out—and the lady of the house finally collecting all plans, all criticisms, with a creative flash, and evolving a fire-new idea from the heat of argument; an idea better than her first, different from her sons,' bullet proof, delightful, practical, instantly recognized by her roaring rivals as a flawless thing."

By this constructive process the individual may best settle his own conflicts, within himself, and whenever he does so, *he takes a step forward*, arises to a higher level than before.

Here is an example of settlement by adaptation or compromise that shows the increased power and well-being that manifests when a settlement of the conflict is obtained. The illustration is taken from "Instinct and the Unconscious", by Dr. W. H. R. Rivers, an English physician. The patient was a young army officer, sent home from France because he was suffering from shock and was nervous from a wound, unable to sleep and tormented with dreams and waking pictures of his war experiences. Dr. Rivers says: "I agreed with him that such memories could not be expected to disappear from the mind and advised him no longer to try to banish them, but that he should see whether it was not possible to make them into tolerable, if not even pleasant, companions instead of evil influences which forced themselves upon his mind whenever the silence and inactivity of the night came round. The possibility of such a line of treatment had never previously occurred to him, but my plan seemed reasonable and he promised to give it a trial. We talked about his war experiences and his anxieties and following this he had the best night he had had for five months." A little later the patient was able to return to duty, feeling that he was really fit and able to meet whatever might be in store for him.



VIEWS and REVIEWS by WILLIAM E. TOWNE



What Dr. Rivers did for this patient, it is possible for one to do for himself, in many cases, where unpleasant thoughts and memories obsess the conscious mind and persist in lingering, thus making the individual unhappy and reducing his efficiency.

The point to consider in this experience is that as soon as *resistance* to the mental pictures was dropped and an attempt made to give them a more pleasing turn by associating with them more pleasing memories, the conscious and unconscious self became united in a common aim, came to a point of agreement and the psychic force was united in this aim—that of attempting to transmute the pictures instead of suppressing them. In this direction lie progress and healing.

A common cause of inner conflict arises through clinging to the past, through the unwillingness of the individual to adapt himself to the world of reality. We all like to cling to the infantile stage of thought and action when we should advance to more adult thinking and acting. But this demands effort, concentration. And the infantile self dislikes effort and prefers to lean on someone or something, to have things given to it instead of earning them by conscious effort.

So there is a constant tendency to conflict between the progressive and the regressive tendencies. To go back to the infantile stage of inaction and laziness is to regress. To set up an ideal in advance of present attainments and work for it is to progress. Dr. White says: "In general the regressive aspect is represented by the attachment which means dependence and the progressive by the love that creates an ideal."

Many a young man remains a slave to these infantile attachments through too prolonged and close attachment to his family. He never grows up but is always looking for some one or something to support and defend him, something upon which he can lean in time of need.

And still more often is the young woman a victim of this mental enslavement which keeps her from going forward to the fulfilment of her natural destiny. I quote once more from Dr. White: "In the woman movement woman is at last finding herself. To attempt to prevent her from realizing herself and to succeed

would be a tragedy. When man has to meet woman as an economic equal then marriage will in truth be free and the natural instincts, which are always seeking for expression at ever higher levels, can be trusted to make for an improved eugenic mating. The great bitterness, the long duration, and the severity of the conflict necessary to secure for woman that recognition by society which will give her her rightful opportunities for self-realization only indicate the distorting power of instinct which always makes the road of upward progress so hard." (From "Principles of Mental Hygiene.")

IF WE GROW WE CHANGE.

IT is a mistake to sit back and think you have got all of the "truth."

No one has ever got it all. No one ever will get it all.

No system of religion or philosophy encompasses all of the "truth".

That which we accept as truth today is an entirely different thing from what will be accepted as truth by our descendants one hundred years from now.

So do not hitch your wagon to any one school of healing, to any one New Thought teacher, to any one method of progress, *to the exclusion of other schools and teachers and methods.*

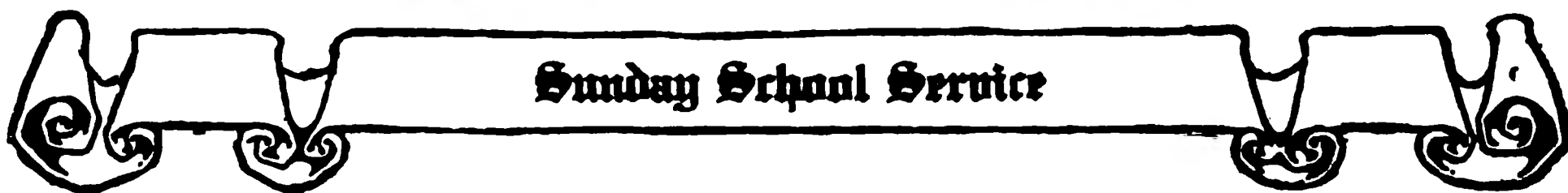
You will naturally feel yourself more closely related to some than to others, *but you can learn from many sources. You will find the truth in many different ways.*

To be exclusive is to *shut out truth.*

We grow or we die. IF we grow we *change.*

Eternal change is the eternal law of life.

I quote again those splendid words of Bergson's: "*The abnormal person continually lags behind the continual pressing forward movement of Spirit, always with the past, unable to keep step with progress. The abnormal person is the result of a NEGATIVE WILL, moving round a center, while the normal person moves through an experience and conquers it and is ready, moment by moment, for more life, ready to become knit in the law of Spirit and by deliberate choice TO WILL to enter into the renewing creative process.*"



International Sunday School Lessons

Interpreted for Ministers, Teachers, Students and Others who Study the International Bible Lessons

Class Work by Rev. GEORGE C. GOLDEN

April 12. THE CRIPPLE AT THE BEAUTIFUL GATE or WHOLENESS MANIFESTED. Acts 3, 1-11.

Bible Readings: Acts 3. Isaiah 55.

GOLDEN TEXT: *I am Jehovah that healeth thee.* Exodus 15, 26.

NEW THOUGHT GOLDEN TEXT: *The tongue of the wise is health.* Prov. 12, 18.

THERE was a gate of the Temple called the Gate of Nicanor, but more often spoken of as The Gate Beautiful. It was made of Corinthian brass, fashioned after the semblance of a vine and, like gold, it shone in the morning sun. That gate was not the result of chance; it was the artist's conception, the refined result of his meditations, study and visualizing.

A cripple lay at the gate called Nicanor. An ugly, twisted, tormented figure, that grovelled by the Gate Beautiful. Like the gate, the body was not the result of chance—it also was a mental creation. It was the blind result of worry, fear, misinformation and continual repression.

The cripple was made whole by the Apostles teaching him that he was not flesh and blood, but living, spontaneous Spirit, able to walk, to work, to do and to create. St. Peter gave to the cripple Christ's vision of the divinity of the Self and immediately that Word (or conception) clothed itself in muscle and tendon, in wholesome flesh and virile carriage for the physical is a mental creation.

Silent Affirmation.

Mind mould matter. If my mind is kept on the Perfect and Harmonious, then my external world will be both efficient and beautiful.

April 19. LIFE IN THE EARLY CHURCH or SPIRITUAL UNITY VS. MATERIAL COMMUNISM. Acts 4, 1 to 5, 11.

Bible Readings: Acts 4 and 5. St. Matt. 5, 6 and 7.

GOLDEN TEXT: *The multitude of them that believed were of one heart and soul.* Acts 4, 32.

NEW THOUGHT GOLDEN TEXT: *Though I bestow all my goods to feed the poor and have not love, it profiteth me nothing.* I. Cor. 13, 3.

THE early Christian church, flooded with the worthy sentiment of brotherhood, tried the experiment of having all things in common. As nearly all such efforts, it resulted in tragic failure. The spot-light, in the experience, was shifted from the spiritual to the material, and great care was

taken to observe the letter of the fraternal. They who deal in material things—and material things alone—jeopardize the spiritual side of their nature. So the spiritual fact of brotherhood waned from their minds and the experiment was abandoned as impractical.

It failed, not because brotherhood is false, but because man demands more than *things* in common with his fellow-man. He asks for respect, consideration, understanding and love. These are spiritual gifts, and when they are given, the material adjusts itself.

Society is founded on self-respect and the divine order of life demands that we do unto others as we would have them do unto us. To give alms is frequently an insult to the Divine Ego and to grant a man shelter but no understanding is often to do him harm. Life, in its creative program, demands of all, not their substance only, but both man and his substance.

Silent Affirmation.

God will not do for us what He can do through us and our own administration of our goods.

April 26. STEPHEN THE FIRST MARTYR or WHEN THE PEOPLE LISTENED NOT. Acts 6, 1 to 7, 60.

Bible Readings: Acts 6 and 7. St. John 14 and 15.

GOLDEN TEXT: *Be thou faithful unto death and I will give thee the crown of life.*

NEW THOUGHT GOLDEN TEXT: *The ears of them that hear shall hearken.* Isaiah 32, 3.

THE tragedy of the death of Stephen was the fact that they who cast the stones were not the enemies of brotherhood and progress, but men who sincerely believed that they desired the Kingdom of God here and now. They were, in reality, at one with Stephen.

How was it that they did not perceive that Stephen was for their Ideal and not against it? How can we explain the fact that men, so devout and zealous as these, should not be able to come to an understanding? It was because they did not stop their own thinking long enough to listen to the inner voice of the Holy Ghost. They were too intent on making the world into what *they* wished to stop to see how perfect and harmonious Truth revealed the universe to really be.

Progress is not attained by a few men "making over" the rest of the world. But a nation full of individuals intent on discerning and proclaiming the virtues of each other would be a people abound-

ing both in harmony and in creative success. To set out to praise the worthy traits of another is to assure ourselves of a gratifying discovery.

Silent Affirmation.

An idea always comes to us at some point in our description of the Real Self of our neighbor.

—Resume.

May 3. THE BENEFITS OF TOTAL ABSTINENCE or CONVICTION-COURAGE. Daniel 1, 8-17.

Bible Readings: I Cor. 9. II. Cor. 4.

GOLDEN TEXT: *Daniel purposed in his heart that he would not defile himself with the king's dainties nor with the wine which he drank.* Dan. 1, 8.

NEW THOUGHT GOLDEN TEXT: *We look not at the things which are seen but at the things which are not seen, for the things which are seen are temporal and the things which are not seen are eternal.* II Cor. 4, 18.

THE New Testament opens with a radical attitude towards life and conditions. According to the teachings of the Master, our ambition is not to produce a perfect soul from a perfect environment but to so *know* Soul or Self that the surroundings are an accurate reflection of Spirit and its Life. It is not what a man eateth that defileth him but the words that goeth out of his mouth.

The success of Daniel lay in the fact that he had set himself a conception of health and he hewed straight to that end. Not even his best friends could make him waver from his convictions—he knew that health resided in thoughts of health alone, for he realized that his body was his ideal of himself.

When man has the knowledge of his Divine Ego, he need worry over no problem of material adjustment, for his work of creative construction is so compelling that he is not even interested in exploring purposeless, useless activities.

Silent Affirmation.

The gods love courage, armed with confidence. —Bonduca.

May 10. PHILIP AND THE ETHIOPIAN TREASURER or PERCEPTION AWAKENED. Acts 8, 26-39.

Bible Readings: Isaiah 53, Acts 8.

GOLDEN TEXT: *The opening of thy words gives light.* Psalm 119, 130.

NEW THOUGHT GOLDEN TEXT: *Call unto me and I will answer thee and show thee great and mighty things which thou knowest not.* Jeremiah 33, 3.

THE colored eunuch was not the only man driving about the country in those days, pondering on the scriptures or even reading them as he journeyed. Neither was Philip the only one of the enlightened who came within speaking distance of the enquirers for Truth. But Philip made his contact with his man because his vision had awakened him to quickly perceive in the man of the chariot a grateful listener. His visualizing the world converted to Christianity had made *him* sensitive to any opening that might lead him to further the Kingdom.

Here is the efficacy of treatment. This is the power of visualization. It is *God's business* to create the man who needs the goods that we have to sell or to furnish the idea we use in our enterprise. But it is *our business* to recognize and utilize that patron or inspiration when he or it is presented to us. It is only by holding our illumination as a realized thing that we develop the keenness and accuracy to enable us to see what is before our eyes in the light of its power to make our ideal a concrete completion.

Silent Affirmation.

Imagination quickens our perception to realize the means by which our desires can be fulfilled.

April

By Edith Natalie Stark

APRIL smiles at me. Her glances rare
Are promises of far-off things.
She twines sheer, budding branches in her hair;
Her bosom folds a bird that sings.

She weeps. Her tears, like dreams, are ages old.
My heart would also weeping be,
But lo! she smiles again, bewitching, bold,
Agleam like twilight on the sea.

She whispers to me, with a stifled sigh,
Of springing life and mating dove.
The dawn has heard, breaks through a blue, burnt
sky.
A paling star shines far above.

The American School Department

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Key Thoughts for Meditation Taken From the Lesson.

WEEK OF APRIL 5: I face the issues of life squarely.

WEEK OF APRIL 12: Only the good and beautiful and harmonious is Real.

WEEK OF APRIL 19: I love that which I desire to become.

WEEK OF APRIL 26: I walk serenely in the consciousness of Truth.

THE TRUE KEY TO SPIRITUAL HEALING

15. HOW TO BUILD YOUR LIFE ON PRINCIPLE

(Continued.)

BY PAUL ELLSWORTH.

PAUL was a great teacher, and his trained intellect gave him a tremendous advantage over his unlearned companions in some respects; but this point of absolute faithfulness to one law or the other he missed. He missed it throughout this experience. After this tragic beginning, he went on from mistake to mistake. In chapter twenty-three he set Pharisee against Sadducee; a clever trick, from the standpoint of Caesar's world; and for a time it seemed to be working out successfully. No victory builded on such a foundation can stand, however, and it is not surprising to find that in chapter twenty-five Paul is forced to make a final and more drastic appeal to the law of force: he appeals to Caesar's judgment seat. It is not hard to understand the grim relief of Festus when he replies: "Hast thou appealed unto Caesar? Unto Caesar shalt thou go!" And Agrippa's irony: "This man might have been set at liberty, if he had not appealed to Caesar!"

There are two points to grasp in this drama of the great missionary: First, he made the mistake of not facing the issue squarely and unflinchingly in his own mind, and of deciding once for all whose servant he was; second, he was given repeated chances to correct his mistake.

After a principle has been grasped intellectually, it is necessary to carry it on to the stage of application. After the seeker has perceived the existence of two phases of law, he must first decide which phase he purposes in his heart to follow; and next, he must in his subsequent meditation work out the full application of this principle of duality. In effect it amounts to the fact that he may contact a working principle on either of two planes: on the carnal or on the spiritual; some of those working principles which are of considerable importance on the lower plane are even more important where they project up through the mists of illusion and into the spiritual world. Let us consider briefly some of these principles which may be encountered in one aspect in Caesar's world, and in another phase in God's world.

Study first the principle of "reality". In the illusion world, it is correct to say that disease is "real", that strife is "real", that hatred is "real". On this lower plane of consciousness these forces have a comparative reality. They are logical and legitimate corollaries of the central law of Caesar's world, which is selfishness. But when we follow this same principle up through the mist and examine it in the Spiritual world, it takes on an entirely different aspect. Here nothing that is not good and beautiful and harmonious is "Real"; because this is the world of eternity, and nothing temporal, nothing that passes swiftly as the shadow of a racing cloud, is worthy of consideration.

Reality, then, is a dual principle. We must determine once and for all in which sense we shall use it.

Next consider the principle of involution and evolution. Material force and indeed matter itself have been "involved" or wound in. In the lower world they are now slowly but surely unwinding or evolving themselves: that is what radiation is—matter is being unwound or evolved into force.

On the higher plane, this principle of involution and evolution applies chiefly to thoughts and ideas. *Human thinking is an evolution of that which has been previously involved.* When we take a significant verse or chapter from the Bible and meditate upon it, we evolve that which was involved or built into that verse or chapter. That is what we have been doing just now with the trial of St. Paul; the student of "higher criticism" or of literature might study this same part of the Bible, but he would do it in a different way. His attention would be devoted to the structure and texture, to the anatomy and the histology, of what he was reading. In our meditation we are placing ourselves by loving sympathy *within* our subject; we are not *studying about* it; we are *living within it*. And as we so live, the truth that was previously involved into the Bible is evolved in our consciousness.

The principle of *metamorphosis* is important to students of both material and of spiritual science. To the materialist it represents one of the puzzling features of that most puzzling subject, biology. Gradual development is the rule in growth, or the apparent rule: at certain points in the development of some organisms, however, a swift and complete transformation takes place: the worm becomes a butterfly.

On the spiritual plane, this phenomenon is of fairly frequent occurrence. St. Paul's conversion was of this type. Indeed all metaphysical students encounter the working of this principle in greater or in less degree. For varying times effort seems to produce no effect. Life goes forward apparently on a dead level. Then suddenly and apparently without preparation, a big change takes place. Sometimes the preparation is unconscious, as it was in St. Paul's case: the changes that were to make him one of the great Christian teachers went on below the surface, unperceived by that part of his consciousness that was busy persecuting the Christians. The new self developed until it was ready for emergence: then with an almost explosive energy the change came about.

For two reasons this phenomenon of metamor-

phosis is important to the seeker. First, it enables him to go forward serenely with his work when to the eye of mortal understanding he is getting no results. He knows that the new self is being formed in the darkness, and that when it is ready to be born it will emerge without his worrying about the matter. Second, it gives him faith and patience in dealing with others. He realizes that the friend whom he loves and whom he desires to help may be changing down below the surface; that his apparent worldliness means nothing. The greater self is surely there; and it is growing. A time will come when the little everyday self will be no longer able to hold the lever of control; when it will be displaced. This explosive type of "conversion" is common with business men, who live for years perhaps without apparently hearing or reading a word that is not strictly material, and who then suddenly wake up and go forward by leaps and bounds. For the student of spiritual science who has some of these sleeping souls in his family or environment, the application is plain: live your own life in your own way, *according to Principle*. Make no effort to proselyte. Remember that truth is as contagious as error, and that when once it takes hold it never lets go.

In your work of putting this chapter to practical use, you will need to depend chiefly on the method of meditation. Take plenty of time to digest the principle of Reality. Remember that the world will strive constantly to force its standard of what is real upon you. You must by your voluntary consideration of the Truth dissolve and neutralize this false standard. And remember that as long as you accept the old valuations, they will react powerfully upon you. *If evil is real, you are in some measure subject to it.* That is the weakness of all systems of healing based solely on suggestion: they aim at the branch, while leaving the root firmly imbedded in the earth. Strike at the heart of evil: it is a lie, and the father of lies.

And in your meditation pay much attention to the practical matter of consistency. Learn to see clearly the workings of Caesar's law of fear and hate, and of God's law of love. Never fool yourself. If you step down from your high place to fight in the old way, on the old level, realize what you are doing. *It will have its price, which you must be prepared to pay.* Remember the exhortation of Joshua: "Choose ye this day whom ye will serve." If you feel that you cannot serve God, resolve to be a good and faithful servant to Caesar! So stated, it will not be hard for you to perceive the truth about this matter.

THE dawning is dripping
With meadowlarks' singing—
'Tis God's own way
Of saying He is good.

—SAIDEE GERARD RUTHRAUFF.



Things That Make For Success

And for the advancement of the individual in all ways. This is a correspondence department of success ways and means, conducted by the Editors and contributed to by NAUTILUS readers everywhere.

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Letters should be concise, plainly written on one side of paper only, and not mixed with other matters of any sort.

—THE EDITORS.

Success Letter No. 981.

WHY EVERYTHING I TOUCHED THIS SUMMER HAS THRIVED.

I HAVE had the most glorious summer ever. To begin with, I am learning, and practicing, loving people. *Really loving.* But that is not all.

I have had the loveliest garden. Some of the firmest, sweetest evergreen sweet corn, free from worms, and the largest, crispest, tender cabbage. I *gave* and *gave* to my neighbors, and you could not imagine how many enjoyed that garden and the fruits thereof.

Then I raised some of the loveliest chickens from incubator hatch which were the admiration of all who beheld them. Sold the roosters, and now have 23 of the happiest biddies you ever saw.

Now, heretofore, I have always been a firm believer in "letting George do it".

Now you know, Elizabeth, in these hectic times it takes two people to make a happy home. A man *cannot* do it alone. He *must* have his wife's efforts with his to make a living. My beloved has been away all spring and summer, on a hard road building project. I am so proud of him.

He is making such a success, sending home the loveliest checks and the sweetest letters. We are getting out of debt, and everything I have touched this summer has **THRIVED**, and people go out of their way to help me. Because I have *loved, loved, loved.*

Now, Elizabeth, just to look at *appearances* it has not always been rosy, and sometimes I have become a "leettle" discouraged. But I rose above discouragement and *stuck to it*, and the results are truly wonderful. Besides the enjoyment I have had from it all. And my husband is *so proud of me*, because I have always planned great "doings", but somehow they never came to fruition like these.

That is so beautiful and true where you said in your inspired address, that two lovers must let their love flow out on more people and things, else they became disrupted with jealousy, envy, fear, etc. Your *beautiful, radiant love* shines through every word you speak and write. All of your address was *sublime*, and I shall reread it many times before I have absorbed all its wisdom.

Now, Elizabeth, please forgive this long letter, but I know you so well. You are *so lovable* and human that you are interested in all our lives, and our daily experiences, even after the *thousands* of letters you have read. That is the reason of your power: We **FEEL** your love for us.

—E. G., Ill.

Success Letter No. 982.

NERVOUS PROSTRATION CURED AFTER MEDICAL TREATMENT HAD FAILED TO RELIEVE.

I WAS suffering with a nervous affection, and was glad to catch at any help short of patent medicines. I had tried doctors and surgeons, who helped me for a time. But I did not seem to recuperate from nervous prostration. Mrs. Towne's cheerful thought seemed practical, and I was able to follow out all her directions excepting the one

to laugh for a certain number of moments every day.

The silence periods became my brightest moments, and I enjoyed the daily walks doubly, because of the breathing practice. To make a long story short, I became so much improved in health that I was able to take care of a rich friend and help overcome her morbid fears; and, also, I was enabled to move out here to the coast, where the atmosphere is more suited to my nervous disposition and where I have gained in many unthought-of ways.

Speaking from personal experience, I find that there is no better help in overcoming worry than repeating hymns to myself, especially those of cheerful vein, like "There's sunshine in my soul today." In fact, there is often a hymn for every mood and every trouble, and I find it possible to project my thought to higher planes this way.

Many people talk of going to both old churches and the new also, but I find this impossible, for the old always discourages me so much that I have to begin all over again.

I have found several "magic" words of my own, and they guard me many times from the old condition, for I seem destined to work among people not of my faith: "Beauty," "Peace," "Joy" are among these, while "Light," "Life," "Love" is the trio that helps most. When I think of the highest of all words for spiritual magnetism, which is "Jesus," I am often enabled to accomplish results which would have been impossible a short time since.—C. N.

Success Letter No. 983.

SUGGESTION DURING SLEEP HEALS A NEUROSIS.

IT was during the days of May, 1924, when I ordered and received your scientific and interesting book, "How Children are Helped by Suggestion During Sleep".

I read it and reread it, but as a matter of fact, I never went on to any practice with it until the two last weeks of September. I will state you why: My daughter got in psycho-neurosis state on the 26th of December, 1923. This was terrible for me and wife. We had three doctors to attend her. We had been very careful in taking care of the physical treatment, and my brain was not, as a fact, in shape for me to put myself in a concentration state, so as to give suggestions to my daughter in a sleeping state, because she never slept and I am not a hypnotist myself.

I waited and waited, and the time came after the 15th of September last, since I started to give her suggestion while sleeping.

I am wonderfully surprised at the rapid change I have noticed in her. I was really tired of medicines, and sometimes came to think that she could get blood poison with so many drugs drunk.

I never learned in your book that psycho-neurosis could be cured by your treatment, but I understood that "How Children Can Be Helped During Sleep" meant how to educate and also how to cure children while asleep. So, I started, because you state that: "The condition of hypnotism differs in no particular from ordinary sleep, except that it is artificially induced." I

saw a "Sun" in your words, and went practically at the matter.

My daughter is greatly improved. I followed your advice. I am speaking to my daughter during sleep. It is six weeks since I started. She is from good to better every day. Thanks to the Great Architect of the Universe first, and then to you, I am seeing facts. I beg you to excuse my poor English. I am a Cuban myself, and during the war of independence in our country I studied some English in the States.—J. M. G., Cuba.

Success Letter No. 984.

VISUALIZING TO SELL FARM PRODUCE.

I HAVE had some wonderful demonstrations in selling this summer. We have a new road, and it's the first year very many have passed. We used to have to give a lot of our garden stuff to the pig or sell to the stores. This year we sold right from the door.

I visualized the selling days before I put the fruit out. I first asked God to grant us to sell those articles; then I pictured all the cars stopping, the empty baskets exchanged for the full ones, the bills and change passed, then accepted all from God, and thanked him. And everything came about just as I pictured it in my mind. Some people even told me something seemed to tell them to come up this road, as they had no intention of coming on the crossroads, as it is between two main roads.

After all I sold I could now venture in any kind of business and use the same prayers and mind pictures, and see all go through in the mind.

I never pray out, always in around the heart, and never for a minute do I forget to give thanks, and let it go out of my mind as God is taking care of all.

We need a few days' start in praying first before we expect results.—MRS. S. A. R., Ohio.

THE PRIZE WINNER for March *Nautilus* is Mrs. G. B., Ill., who wrote Success Letter No. 978. We shall be glad to send the prize of three subscriptions wherever the winner directs.—C. H. S.

FOR WORLD PEACE

WE the Rising Generations, demand a United States of the World.

We want our idle vessels and ships to be used in times of peace for a Public University of Travel, a white fleet that shall tour the world every year.

We want these ships manned with the best instructors in Art, Literature, Travel, History, Modern Languages, Sociology, Human Nature and Universal Brotherhood.

We want the students selected according to all-round merit from the graduates of public High Schools, and Industrial, Vocational and Technical Schools of all the States.

We want this postgraduate year of travel given at the expense of the nation, the students co-operating systematically with a minimum naval crew, in all work done aboard ship.

We believe in these things.

We pray for them.

We talk them.

We vote to this end.

—Elizabeth Towne.



A DEPARTMENT OF
CONSULTATION AND SUGGESTION
CONDUCTED BY ELIZABETH TOWNE
AND WILLIAM E. TOWNE

*"O wad some power the giftie gie us,
To see ourselves as ithers see us,
It wad frae mony a blunder free us
And foolish notion."*

We answer in this department the 1001 personal problems that are put to us—as far as space and time hold out, And we make one answer do for more than one questioner when possible. Letters that demand reply by letter should be accompanied by at least \$5.00 in payment. We would answer every letter gratis if it were humanly possible. We MUST curtail, hence the charge for quorists who feel they cannot await their answers in these columns. To insure careful attention in our office write "Family Counsel" at head of sheet, and write your subscription order or other business on a separate sheet.—ELIZABETH TOWNE.

MRS. M.—Such a state of mind indicates an abnormal neurotic condition. Where it manifests late in life, it is usually due to some unsatisfactory condition in one's environment, a desire to get away from what seems like a difficult situation. This may not, of course, be a conscious desire, but somewhere there is a sense of disappointment, a seeming lack in the love and home life, that brings out the abnormal tendencies that have been latent. Such a state of affairs may arise through no fault of the mate of the person concerned. Natural incompatibility might be sufficient cause to bring out the abnormal neurotic tendency, because of the defeat and discouragement of the normal love instinct. You should displace the abnormal tendency by other interests. Especially should you emphasize the normal love life, glorify home and husband, endeavor in every way to put your attention and interest into the home life and make it a means of self-expression. Keep busy and active each day. Use up all your energy in constructive work. A study of the books written by Wilfrid Lay would help you to understand yourself more fully and show you how to get back to a more normal and happy state of living. If you will consult some reliable psychiatrist, he could undoubtedly assist you in overcoming the abnormal tendency.

MRS. F. C. B.—Read in February, 1925, *Nautilus* "By Accepting God's Guidance." So long as you are tense, worried and anxious you repel rather than attract both persons and things. Success with your tenants is a matter of loving service on your part. So soon as you begin to try to *express* love in your life, by cultivating a mental attitude of love, you begin to *release* attractive, creative energy. Your nervousness comes from resistance to some condition in your life. You need to make an adjustment to this condition. It is in the nature of some unsolved prob-

lem, probably marital, that has caused a mental conflict within yourself. You should dissolve the conflict either by adjustment, in the spirit of love, or by finding a solution.

It is not your tenants who "pester the life out of you." It is your own lack of adjustment to the necessity for dealing with tenants that causes the unhappiness and worry. Read, in January *Current Opinion*, the experience of John Hertz as an automobile salesman. The first year he cleared only \$1,800. The second year, \$12,000. And the third year he sold more cars than all the company's other salesmen combined. And this was the secret of his success, given in his own words: "When I sold a man an automobile I was his servant from then on. The result was that my customers sold most of my cars for me." Instead of regarding your tenants as your natural enemies and nuisances to be avoided, try to think of them as friends through whom comes your support in return for the service you render, and whom you love to serve. *When you are giving full and generous service to your tenants you are building your own success and advertising your own business.* You are advertising your business just the same when you treat your tenants as nuisances, but in the wrong way. You are then publishing to the world the fact that you are a cranky, unaccommodating landlady, whom prospective tenants would do well to avoid. Try using these two affirmations on alternate days for a time: "Divine order is being established in all my affairs", and "Divine love quickens the functioning of all the glands in my body and causes them to act in a normal manner. It dissolves all indigestion and fills me with a consciousness of Life."

M. E. C.—Could you not make an arrangement with the boys whereby part of them would leave home and establish themselves elsewhere, while the others remained at home for a time so that you might have a better chance to dispose of your property? Or, if that will not work out, suppose you make an agreement with the boys that they are to pay you a certain percentage of their earnings for a time, so as to give you a means of support and perhaps aid you to establish yourself in such a way as to make you self-supporting.

D. E. R.—The reason the other girl is "wearing on your nerves" is not because her view of life is different than your own, but because you *resist and resent* her view of things. We have no real right to judge another. Everyone is moral in spots and unmoral in others. Subconsciously you are probably somewhat jealous and envious of this girl. That is only human nature. Instead of emphasizing these emotions, suppose you emphasize the points of agreement between yourself and your fellow-worker, and ignore the rest. If you feel that you cannot associate with her, then it is up to you to make a change. So long as you stay, you tacitly accept the conditions under which you are to work, and it is up to you to make the best of them. To try to get the other girl removed would not be treating her as you would like to have her treat you, would it? As for love—you can affirm *Good Will* even toward those of whom you do not fully approve.

ONE OF THE FAMILY.—Why not get your hair bobbed? And then, when you meet a man, try to forget yourself, and how you are going to impress him, and, instead, try to find out what interests him. You will be safe in pursuing any line of conversation that will lead him to talk about himself. All men like to talk about themselves and their exploits—all normal, red-blooded men. And don't allow yourself to continually picture failure in your relations with men. To rehearse mentally your past failures acts as a powerful inhibition upon your powers of self-expression. Perhaps there is something else in your past experiences that acts as such an inhibition. Possibly there is some subconscious desire that makes you really want *not* to be attractive to men. It might be well for you to review the past and make sure, so far as you can, that your desire is really focussed upon being attractive to men in the present tense. If you are witty, be careful how you exercise the gift. It might be safer to suppress it with new acquaintances. Men are very vain creatures, and are apt to apply to themselves any witty remarks that carry a sting.

C. F. K.—Yes, we have received many reports of persons being healed of the condition which troubles your wife. But in each instance the patient either healed herself or co-operated fully in the treatment. I would suggest that you try suggestion during sleep. "The Child And His Subconscious Mind" article in May, 1924, *Nautilus* will give you the necessary method to follow. Perhaps, in her case, an operation would be the most direct remedy for the condition.

MRS. C. J. Mc.—Do not allow anxiety to creep into your efforts. That will defeat the orderly growth of your success. Keep on with your affirmations of good will toward all. Bless and praise every little circumstance that may seem to bring you nearer to realization of your goal. Yes, your husband's mental attitude will have a great deal of influence upon his promotion. Try suggestion during sleep to give him more faith and confidence. Above all, do not lose faith, even if you do not get this one particular thing. It often happens that our good comes through what seems to us, at the time, little short of calamity. Affirm and believe that Divine Order is daily being established in all your affairs, and you will not need to worry about the details. Good will be manifested in your life, whether it comes in the way you expect, or by some other way, if you think and act constructively, and maintain the attitude of faith.

A. M. S.—Different individuals require different methods. Some find the way to health and success by one method; others need an entirely different process. The first thing you should do is to analyze yourself, try to discover your own weak points. The great difficulty with most of us is that we do not find—do not want to find—the truth about ourselves. We had rather flatter ourselves and fail, than face the real truth about ourselves and succeed. Vanity is the ruling power in most human lives. We have not the slightest idea as to the particular cause of your own failure to demonstrate more successfully. It is possible

that you have not linked up your thought with action. Read again the Landone article in November, 1924, *Nautilus*. That describes what is, perhaps, the most common cause of failure to get results from New Thought practice.

G. L.—It is not going to help matters any for the wife and daughter of the man who is "mean" and "small" for you to feel so resentful about it. What you are really doing, from a psychological viewpoint, is to congratulate yourself and feel superior to the wife and daughter because they (presumably) are so miserable over the "meanness" of the head of the household. If there is anything you can *do* to help these women and make them happier, go ahead and do it, and it will relieve any resentment you still have toward the husband. If there is nothing you can do to help *them*, get interested in helping someone else, and you will soon forget your resentfulness. That resentfulness is only an inverted form of feeling glad because the women are the victims of such a "mean" relative. Real sympathy manifests itself in action, or by constructive words, not by regret or "sympathetic" resentment on the victim's behalf.

G. L. B.—I should think auto-suggestion might prove very effective in helping you to develop the sense of pitch in your musical work. Put your desire into a simple affirmation, the fewest and simplest words you can think of, and then repeat it just before you go to sleep and the first thing on awakening in the morning. That is all you need do. Avoid watching yourself to see whether or not you are making improvement, and do not make any conscious effort of the will in connection with the affirmation. Do not make the affirmation at any other time than night and morning.

MRS. E. V. D.—Do not lose sight of the fact that your problem may involve the happiness of TWO persons. Under the circumstances, why should you risk the peace and happiness of the other one concerned, if it is not necessary? If it should later become necessary, you will still have the satisfaction of knowing that you made him happy up to that time. My advice would be to make the most of the present in every way, to ignore the past so long as it does not obtrude upon the present, and build into the life of the other one all the happiness you can. That will be your best safeguard against any unpleasant happening in the future, AND IT WILL INSURE YOUR GIVING THE MOST HAPPINESS POSSIBLE UNDER THE CIRCUMSTANCES TO THE ONE YOU LOVE. You owe it to HIM to lay aside the past and live constructively and helpfully in the present.

WIDOW.—The practice of which you write indicates a tendency away from the normal which should not be encouraged. If persisted in it might wreck the future happiness and health of both. You should both seek and cultivate the society of the opposite sex. And get into the habit of attending social gatherings of both sexes with reasonable frequency. A permanent separation would probably be the best course for you and your friend.

Spiritual Dynamics

Radical, permanent healing is impossible without the upliftment of consciousness into the Absolute. Every modifying, qualifying thought is limitation, and a handicap. God never bestows himself or his power in fractions. It is ALL—or, nothing. HE is ONE and indivisible. When all else fails

Dynamic Treatments

based on this inflexible attitude, heal. (1 Cor. 13:10-13).

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anyone who needs one of the messages in this issue of *Nautilus*? Mark the page and pass on the magazine and suggest that they subscribe.

Say you saw it in NAUTILUS. See guarantee, page 5.



A Cozy Corner Department where everybody chats and the Recording Angel sets down what she can find room for.

William and Elizabeth Towne on Tour in August:—

On August 12 Mr. and Mrs. William E. Towne left their home in Holyoke for a motor tour through northern and eastern New England, returning to their home in Holyoke on August 19. Gorgeous weather; had a beautiful time all round.

On Wednesday afternoon, August 13, at 2.30, Mrs. Towne spoke before the Woman's Club of Hancock, New Hampshire, her topic being "Impressions of an American Woman After Three Months Abroad." By request the address was prefaced by a twenty minutes' talk on New Thought and its Christ method of healing. This was Mrs. Towne's first appearance before a federated woman's club of New Hampshire, and it was the Hancock Club's first engagement of a New Thought speaker. A fine audience of beautiful women, most happy and responsive all round. Refreshments served afterwards, during which several readers of *Nautilus* made themselves known to Mrs. Towne, one of whom was a lady who had seen in China the very first numbers of *Nautilus* that were ever issued!—they had been sent to China by an English lady.

A little journey of forty miles by motor brought them to Concord, N. H., that evening, where Mrs. Towne gave an address before a splendid audience in the Friendly Club Gymnasium. This meeting was arranged by Mrs. Lillian S. Tenney, who for so long has been the leader of the work in Concord. The new leader of the Concord Truth Center of New Thought, Mrs. Harry Smith, arrived home just in time to preside at this meeting. The District President, Mrs. Annie L. Avery of Manchester, was present also, and the large audience was augmented by people coming from many cities and towns at a distance. Mr. and Mrs. Caswell of Concord were there, with their two splendid young sons, the younger of whom is named "William Towne Caswell"! Mrs. Towne spoke on "The Kingdom of Heaven is AT HAND!"—and certainly the spirit of the occasion was in accordance with the topic.

The next day's motoring over wonderful New England roads brought Mr. and Mrs. Towne to

(Continued on Page 44.)

Divine Love Heals

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MATTHEWS DAWSON

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which remove lines and "crows feet" and wrinkles; fill up hollows; give roundness to scrawny necks; lift up sagging corners of the mouth and clear up muddy or sallow skins. It will show how five minutes daily with Kathryn Murray's simple facial exercises will work wonders. This information is free to all who ask for it.

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- 2.—Birth and Infancy of John the Harbinger, and of Jesus.
- 3.—Education of Mary and Elizabeth in Zoan.
- 4.—Childhood and Early Education of John the Harbinger.
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Portland, Maine, where at 6.30 they were introduced as guests of honor, to about 100 banqueters, invited by Miss Elinor Moody, the new (or RE-new-ed!) District President of the State of Maine. Such a wonderful gathering, in the big dining room on the sixth floor of the Congress Square Hotel, with the whole Casco Bay spread out around us! At eight o'clock we adjourned to the big parlors on the same floor, to join another goodly audience gathered to hear Elizabeth Towne speak on "The Kingdom of Heaven is AT HAND!" Miss Moody welcomed and presented the President of the International New Thought Alliance, and Mrs. Towne welcomed and glorified the new District President of Maine. After which there was a period of questions and answers which kept the audience until 10 o'clock. Three notable occasions, rejoicings all round.

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Say you saw it in NAUTILUS. See guarantee, page 5.

FEAR Is Your Worst Enemy

I mean by this, FEAR OF SELF, rather than fear of outside forces. You may be very brave in physical combat and have fear in the form of lack of self confidence; self esteem and positiveness; doubt; worry; overseriousness; anxiety, etc., that is wrecking your mind and body and causing failure in all you undertake. Fear causes confusion, a clouded mind, mental anguish, takes all the joy out of life; and through its depression develops physical forms of weakness through the nerve supersensitiveness and functional inaction that is created. In nine cases out of ten FEAR is responsible for UNHAPPINESS, NERVOUSNESS, PHYSICAL DISORDER and LACK OF SUCCESS. Fear leads to discouragement and most cases of insanity and suicide can be directly traced to it.

Read What Some of Our Government Experts Had to Say About Fear

"Experiments made at the Laboratory of Psychology at Washington, D. C., have demonstrated that certain emotional thoughts cause a chemical action to take place in your body that injects a poison into your blood. The poison of FEAR will kill a guinea pig in a few minutes. An hour of intense hatred or fear will throw off enough poison through the breath to kill fourscore human beings. This means that you suffer from an acute case of auto-intoxication.

ARE YOU GIVING YOURSELF A FAIR CHANCE?

Nature does not say in the beginning of life to one child—YOU are to be strong, happy and truly successful; and to another—YOU are to be weak, limited, full of fear, unhappy and a failure. The chief difference we find in men and women is due to TRAINING and DEVELOPMENT. In one case there is a lack of understanding of self, your own powers and just how to use and direct them; and in the other case, perhaps through a wiser childhood training, there is a realization of power and its use. Electricity will do some wonderful constructive things, but if not understood and the energy is misdirected it will kill. IT IS THE SAME WITH THE POWERS IN YOU. They are ALL of a constructive nature if wisely directed. If you are weakened and limited it does not mean that you are minus any of the essential powers, but simply that they are in a habit state of weakness.

Free Yourself From Fear and Nervousness

The fact that it is in your power to remould your life, to awaken your slumbering powers, to renew and redevelop your mind and body, to become healthy, happy and successful and make your dreams come true is vouched for by the fact that over 8,000 PEOPLE HAVE SUCCESSFULLY ACCOMPLISHED THIS UNDER MY DIRECTION during the past seventeen years. There is a cause for ALL disorder and inharmony and this cause CAN BE REMOVED. My methods combine a harmonious and scientific blending of both MENTAL and PHYSICAL measures.



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This book contains splendid articles on FEAR, FAITH, SUCCESS, HABITS, CHRONIC DISEASE, etc., and is pronounced by many to be priceless. You will miss a real treat and a lot of very valuable information if you fail to send for this book. This 90-PAGE BOOK, with case sheet, will be mailed to you upon receipt of 25 CENTS IN STAMPS. Sit down and WRITE AT ONCE.

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