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NAUTILUS

Magazine of New Thought

*Edited by Elizabeth Towne
and William E. Towne*



We suggest that you look at:

- The Use of the Will
- How to Use Affirmations
- The Real Secret of Success
- Healing a Nervous Child

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DISCOVERING YOUR VOCATIONAL SPHERE THROUGH SELF-ANALYSIS—The Most Important Factor in Success is to find your Strong Point—Are You Happy in Your Work?—What to do if You are Not—Darwin, Spencer, Hawthorne and many other Intellectual Giants were Failures before they Found Themselves—Your Work must give you a Chance to Express Yourself Emotionally—Emotional Fitness is as Important in any Line as Mental Capacity — Test Questions for a Personal Inventory—Introverts and Extraverts — What These Terms Mean—How to Determine to which Class you Belong—Lonely Women and Old Bachelors are Usually Introverts —Women are Naturally more Introversive than Extraversive—The "Tough-Minded" People mentioned by Professor William James—President Roosevelt an Example of the Extravert Type —Vocations Natural for the Ex-

travert—Thirty Questions to Ask Yourself—When You have Answered these Questions you will have Determined Whether you are Extravert or Introvert.

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—Success Habits that we should Try to Create—Helps in Developing Faith—How to Test Yourself to Determine whether you are Predominantly Positive or Negative — Autosuggestion the Key to a more Positive Consciousness — How to Avoid Self-consciousness—A Habit that Works like Magic for Us—A Prescription for Joy—A Man who Achieved Success after he was Fifty—How to Establish the Work Habit

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NAUTILUS NEWS

BY THE EDITORS

NAUTILUS makes plain the Truth that frees, heals and prospers you. It opposes no race, sect or religion. Rather it supports the basic Truth in all religions. "Ye shall know the TRUTH and the TRUTH shall make you free."

This is What New Thought Teaches

Condensed from Declaration of Principles Adopted at Third International Congress

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, 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.

MORE ABOUT AFFIRMATIONS.

We suggest as one of the most interesting and helpful contributions in this issue of *Nautilus*, "Understanding Affirmations and Using Them," by Adina Daire. "Affirmations were always a bugaboo to me," says the author, and her experience and final success in using them will give others the key to the successful use of affirmation—if they will only use it. Then on page 18 you will find an article which should logically follow Miss Daire's and which will show you how to connect your affirmations with the subconscious forces so as to effectively produce results.

Do You

Find *Nautilus* an inspiration and help in your life? If so, why not call it to the attention of others who would be interested and perhaps benefited by reading it? Pass on your read copies of the magazine.

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

Important Notice Nautilus Subscribers

If you find an expiration notice attached to this space it means that your subscription expires with this issue, UNLESS your renewal has crossed this notice in the mail. Please renew at once so as to avoid missing an issue and save the expense of removing and replacing your name on the list. IF YOU WILL RETURN THE 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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**WILFRID LAY
WRITES ON CHILD
PSYCHOLOGY
FOR NAUTILUS.**

YEARS OF LIFE. It has been thoroughly proven that the first few years of a child's life determine the trend of his whole future—of his ability in future years to meet and cope successfully with the problems of life. Wilfrid Lay, Ph. D., is a graduate of Columbia, later studying abroad at the University of Bonn. He is the author of many books on applied psychology, including "*The Child's Unconscious Mind*" and "*Man's Unconscious Conflict*." At present he is an instructor in the Flushing High School. Mothers, watch for the first of Mr. Lay's series on child types beginning in *September Nautilus*. Make sure your subscription is paid ahead so you will get the full series.



**MORE FEATURES—
A LOOK AHEAD.**

A U. S. Government psychologist during the World War, has written some new contributions for *Nautilus* the first of which will appear in



September. The title is "*How to Materialize Your Ideas*." This will be followed by "*How to Avoid Being Panic-Stricken and Insure Self-Control*"—the experience of one woman who—divorced—was reunited to her husband and was "happier than ever in her life" through the use of the methods given in this article. Then we have on hand two

unique articles by other writers new to *Nautilus* on visualizing: "*We Can Produce Startling and Beneficial Changes Through Thought Imagery or Mental Visualisation*" and "*Have You Tried Visualising in Color*." Another feature you should not miss is entitled, "*Do You Choose to Be Poor?*"—a unique prosperity article. **BE SURE YOUR SUBSCRIPTION IS PAID AHEAD SO YOU WILL NOT MISS THESE SPLENDID CONTRIBUTIONS.**

"I have been a reader of *NAUTILUS* for the past two years, and what a wonderful blessing it has been to all in our home. May God bless your good work always."—R. D., Ills.

Beginning in September Nautilus: Six articles on child types that will help parents **TO GIVE THEIR CHILDREN THE BEST POSSIBLE START DURING THE FIRST FEW**

Coming

In September NAUTILUS

**How to Materialize Your Ideas
By C. W. Chamberlain, Ph. D.**

Besides affirmation and visualization something else is necessary to change disease to health and failure to success. This article tells you what it is. How a middle-aged man, by following out the new ideas expressed in this contribution was able to change failure to success and find health where he had known disease.

**Your Inner Man, How He Finds the
Answers to Your Problems**

About the Magic Genii who dwells in the shadowy realms beneath the rim of our consciousness, and how he can be made to obey our commands.

**Sensation Type Children.
By Wilfrid Lay, Ph. D.**

The first of a series of six splendid articles on child types. These articles will help parents to know and understand *why* their children exhibit certain traits peculiar to themselves and different, perhaps, from others of the family. To help insure the future happiness and well-being of your child you must know how to deal with him during the first few years of his life. When he is a little older it will be too late. The knowledge this series will offer to parents is of inestimable value.

How I Cured a Paralyzed Arm

Doctors did not know the cause and could not give any relief. Persistent mental visualizing to which was added daily attempts to use the arm effected a complete and permanent cure.

**Tithing, An Unfailing Source of
Supply**

A personal and practical experience with the law of tithing, which brought the author prosperity to such an extent that she says: "So it has gone on from month to month, each one being a gain over the previous one."

**Watch For
September Nautilus**

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

After 7 Years, THIS is the LAST Announcement of Landone's Service In Hidden Causes

At the Cash Cost Basis of \$13.45

Each seven years Landone gives his Services free to some one great need. This is the seventh year of this service, so now Landone will change his Service Work next November to help meet another human need, and this work will no longer be given on the cash cost basis of \$13.45.

Hence, after this announcement, this work will be changed and will be handled as such work is handled by other experts, and the fee will then be \$50.00.

**In YOUR Case, WHAT is the HIDDEN CAUSE?
If you knew, you'd get rid of it, wouldn't you?**



THE NATURE OF THE SERVICE.

First, this is **INDIVIDUAL HELP** by **CONFIDENTIAL CORRESPONDENCE** with Mr. Landone himself.

Second, its **PURPOSE** is to reveal your *unused capacities*, or to uncover the *subconscious causes*—attitudes, and feelings—which have prevented you from realizing results.

Third, it is the service Mr. Landone most wishes to render, whether it pays expenses or not.

Fourth, it is **NOT** a course of general lessons, and it is **NOT** "treatment".

Fifth, since it is individual work by Mr. Landone, he cannot accept many registrants.

THIS SERVICE INCLUDES

FIRST, 10 PERSONAL AND CONFIDENTIAL LETTERS from Mr. Landone himself;

SECOND, 10 "Studies" of Basic Causes to help you understand what prevents attainment;

THIRD, 30 "Daily Helps" for you:

FOURTH, Mr. Landone's personal study of 24-page Study Sheet Chart questionnaire (sent you when you register) and especially prepared to **REVEAL SUBCONSCIOUS** conditions, as well as those which you already know. No work is done without this because most causes affecting you are hidden subconsciously,—otherwise you would have known them long ago, and remedied them yourself.

NOT SOLD FOR PROFIT.

First, the work of the 24-page Study Sheet Chart—"IF" it were handled as correspondence analysis for profit—would itself cost \$50!

Second, any business man knows that *ten letters* devoted to *personal problems*, will of themselves cost as much as, or more than, the registration fee.

Third, since the work is individual and the number limited, the complete cash cost of mere registration by means of this announcement in *Nautilus* is \$6.52 for each person accepted.

Fourth, this help is a *privilege given*, and not work sold for profit.

This Page Costs \$310

(It's Worth More)

And it would cost us \$193,440 to secure enough advertising space in *Nautilus* to print the commendations received since this work in *Hidden Causes* was begun.

BASIS OF COST: The fee covers only the CASH COST. Mr. Brown Landone does this work without compensation for time or service. For two years the cost has averaged \$13.45 per person.

The fee may be likened to express CHARGES on goods sent you. The GOODS are Mr. Landone's Services for which he charges nothing—that is, the fee merely covers the actual cash which Mr. Landone pays out in rendering the service.

NUMBER LIMITED: As this is personal work, NOT done for profit, hundreds can NOT be accepted—hence THIS month only 50 will be registered for health and 45 for personal problems.

REGISTRATION FOR THE PRIVILEGE: To be accepted for work in the August-September group, mail \$13.45 before September 15. Work will be begun in the order in which applications are received. ADDRESS AND SEND FEE TO

CEPHAS BRAINERD, Personal Secretary, Box 6, Newton, New Jersey

Since this is the last announcement of this work, **NINETY-FIVE REGISTRANTS** (instead of the usual 70) will be accepted for the group—that is, Mr. Landone will work "more than usual" even for him, to help all those he can, **BEFORE** this work is discontinued as *Service Work*, and before the fee is increased to \$50. For this announcement, the fee is still \$13.45.

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Startling Realization Lecture, Now Sent Entirely Free, Explains How to Master Your Little Self and Do the Things You Want to Do.

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Your **Little Self** derides your splendid visions, sneers at your ambitions, doubts your ability in everything you attempt and ridicules your noble acts. It tugs and nags and drags at you to keep you from all the abundance, success and happiness in life that otherwise you might easily obtain.

Your **Little Self** is your temporal, quibbling mind, that tries to keep you from being the broad-minded, capable, admired, successful man or woman whom you otherwise would be.

It is your **GREATER SELF** that occupies four-fifths of your brain. It built your body from the beginning and still repairs, renews and sustains it. It never sleeps. It is timeless, changeless and deathless. It would abundantly give you every desire of your heart, if it were not held back, discouraged and defeated at every turn by your doubting, fearing, hating **Little Self** that makes you think and say and do the things that make you unattractive and common and unpopular and a half-success or failure.

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The attached coupon will bring you free of charge and without any obligation whatsoever the remarkable Realization Lecture by Judge Daniel A. Simmons, educator, psychologist, author of many notable scientific works, and judge of the highest trial court of his state.

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The Lecture, in plain, easily understandable language, explains how to quickly break loose from your **Little Self's** harmful ridicule, procrastination, doubts, fears and worries, and be anything you want to be, have anything you desire and accomplish anything not in violation of natural law that you wish to accomplish. Your **Little Self** tells you this is impossible, but we have a huge mass of documentary evidence from people in every walk of life that absolutely proves it true.



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THE NAUTILUS

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- BRIDGEPORT, Conn.**—The Unity Psychology Club, c/o Y. W. C. A., Golden Hill St. L. von Tobel Roberts, Pres.
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—Mr. H. W. Tiers, 234 South Michigan Ave.
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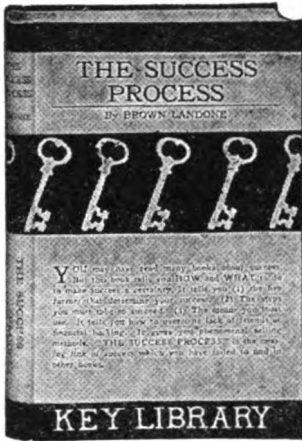
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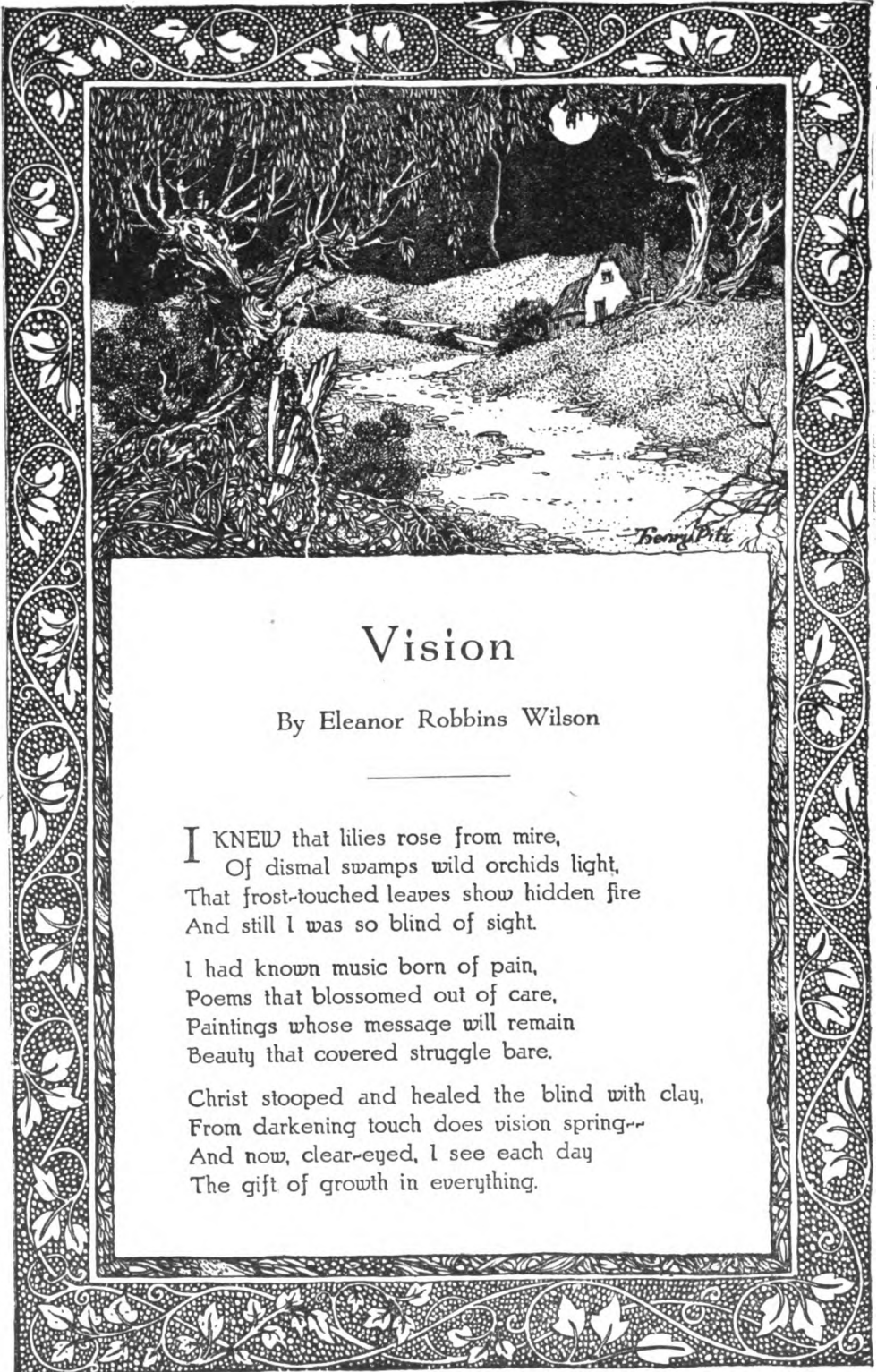
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- How Can I Really Do What I Want To Do?

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



Vision

By Eleanor Robbins Wilson

I KNEW that lilies rose from mire,
 Of dismal swamps wild orchids light,
 That frost-touched leaves show hidden fire
 And still I was so blind of sight.

I had known music born of pain,
 Poems that blossomed out of care,
 Paintings whose message will remain
 Beauty that covered struggle bare.

Christ stooped and healed the blind with clay,
 From darkening touch does vision spring--
 And now, clear-eyed, I see each day
 The gift of growth in everything.



NAUTILUS MAGAZINE

Self-Help Through Self-Knowledge



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No. 10

EDITORIALS

by Elizabeth Towne

*"Build thee more stately mansions, oh, my soul,
As the swift seasons roll!
Leave thy low vaulted past!
Let each new temple nobler than the last,
Shut thee from heaven with a dome more vast,
'Til thou at length art free,
Leaving thine outgrown shell by Life's unresting
sea."
—Holmes' "The Chambered Nautilus."*

Good Cheer Treatment for Women— and Men.

THIS ONE THING I do NOW to the glory of God and the Good Cheer of those whose lives touch mine. Thus do I work out the things of Divine Spirit within me, according to the pattern of what I desire.

This one thing at hand I do now to the glory of God and the Good Cheer of all the world.

I have all the time there is in eternity. I do one thing at a time in leisure and love to God and to all mankind.

NOW is the moment of my salvation from sin, sickness, unhappiness, poverty.

NOW I inherit from my Father within, His fullness of peace, joy, wisdom, health, happiness and material success.

I acknowledge Him in all my ways and He *does* direct my paths, day by day and hour by hour. Every day in every way, I am doing better and better. I let patience have her perfect work in me and through me in the world.

(Use this treatment the first thing every morning, the last thing at night and as many times during the day as you *happen* to find yourself needing it. Memorize it and *sing* it to yourself softly, or hum it while you are

at work. Let the Spirit give you your melodies as you sing.)

▽ ▽ ▽

Selling Property.

ANYONE who has bought and sold property knows what a difference there is in those two words, buying and selling.


How glowingly the house we want to buy is described by the enthusiastic salesman. All its advantages are mentioned in superlatives, all its defects carefully hidden. We are given the feeling that we must buy this great bargain as otherwise it will be immediately snapped up by one of a dozen waiting purchasers.

But when it comes time to sell, what a different story. It is still the same house. Even the salesman may be the same. Since buying it we may have added many improvements. We naturally want to get back the money we put into it plus a fair return on our investment, and the salesman's commission. We know the house is a good one. We still remember some of the adjectives the salesman used when selling it to us, but now, as he talks it over with us he is skeptical. He will do the best he can, but, as he carefully points out, this is wrong and that is wrong, and something else should be different. The market is poor. The neighborhood has changed. It is very discouraging, especially if we need our money and have to sell.


▽

Knowing the Truth Brings the Right Buyer.

REALIZE that God's Loving Presence in all of us brings NOW the Right Buyer, a buyer who really wants the property and wants to pay a right and fair price for it.



EDITORIALS by Elizabeth Towne



Affirm this Truth Treatment for selling your property:

God's Loving Presence in all of us brings the Right Buyer, who wants this property to use to the glory of God and the upbuilding of the community in which it lies. Divine Love brings the right buyer NOW, who will pay the Right Price for the property and who will make money on the deal, while at the same time I will make money, God's money, in the selling. Divine Love NOW multiplies God's money and His Good to both seller and buyer, so that all shall be satisfied. All things NOW work *together* for good to me and to the new buyer of this property. We are the open channels through which Divine Love is now flowing to this property and through it to all the world. All the barriers are dissolved NOW by Divine Love and my customer comes quickly and gloriously. God is our life. God is our health. God is our prosperity here and now. In God I trust and I know that all things work together to manifest the good we desire.

Use the above Truth Treatment every morning and again every night just before you go to sleep, and every time during the day that you *happen* to think about that piece of land. Do not try to think about it during the day, just act as if it were already sold and glorify God for His loving power to accomplish all that you desire. But whenever you do *happen* to think about it, be sure to use the Truth Treatment over again, going into the silence and thanking God for His power through you realizing the things you desire.

▽ ▽ ▽

On Being Too Temperamental For Anything.

ONE of our good friends of long standing writes us a bit of information about a certain "Dr." so and so who recently announced a series of lectures in his city. The audiences and classes were not very large, and several of them were quite small. When the lecturer appeared before one of those quite small audiences he would refuse to fulfil his engagement to speak to them. On being asked why he did not speak to the small groups, his answer was, "I am too temperamental to give my ideas to a small group."

This would be amusing, if it were not tragic for the lecturer himself. Any man who announces a lecture and then fails to appear, is breaking faith with his public and himself. The public can stand a few disappointments in such matters, but the lecturer himself cannot. "Unstable as water, thou shalt not excel"—was said to just that kind of people *who do not fulfil their promises.*

Which reminds me by antithesis of the aged Methodist preacher, an humble itinerant who had never preached to more than a score or so of persons at any one time during his life, and who was at the time of this incident that pathetic person, a broken-down preacher who had served his life out in the backwoods districts, and who was now attending what might be his last district conference. This old man was introduced to a visiting bishop, who upon mention of the old man's name immediately became interested and inquired if he was the man who served a certain country district some twenty years before. On being answered in the affirmative the bishop said, "Do you remember the Sunday when you went to the school house to preach on a very stormy Sunday, and you had just one listener? Well, I was that hearer of your message, and it was your sermon that converted me to the church and started me on the way to be a preacher. If it had not been for your faithfulness to your trust on that Sunday—if you had decided that one person was not enough of an audience to bring forth the best that was in you, I would have continued on the downward path where my feet were set. God bless you for making me a preacher of the gospel, and a bishop!"

And that old minister felt that after all, his life had been fully justified even though his congregations had numbered so few. For the bishop was a very great man and had done wonderful work in the world.

How does this lecturer know he too is not missing his opportunity, when he turns his back upon a small audience? Of course, it is much easier to talk intelligently and in faith believing to a thousand people, than to one or half a dozen. But who can say that the smaller audiences are not far more pregnant for good works?

To be "too temperamental" to meet a

EDITORIALS by Elizabeth Towne

small audience means a lack of faithfulness in paying the vow which the lecturer has made to his public; and it means lack of vision, lack of imagination, lack of courage to put through that thing which he has set his hand to.

Also it is likely to mean that the lecturer holds an entirely false ideal about genius and temperament. He hopes he is a genius and he thinks that the mark of genius is to be temperamental. Being temperamental does not insure that one is a genius! And no matter how much genius may be in any human being, it is of no value whatever to himself nor to the world unless it can be harnessed to steady performance.

Being "too temperamental" for anything is simply being too bad tempered to put through to completion the thing that one has promised himself and others that he would perform.

To repeat quite frequently this act of bad temper under the guise of "temperament" is to set a *habit* of breaking one's word to the public and to himself, which establishes within himself that unstableness which bars him from excelling in any line which he undertakes.

Jesus said in effect, "If you make a promise KEEP IT, but be very careful how you make promises; for, out of the heart issues the kind of habit which you set therein by repetition; and as you *think in your heart*, so are you."

Only once in my thirty years of public life have I failed to keep a promise to speak, and that time there were eight speakers on the program. I was to have only five minutes and I had to travel about 300 miles to do it. When I found who the headliner was, a perfectly competent and glittering personality, I felt justified in letting my home affairs keep me in Holyoke.

But I have never got over feeling mean about that one time when I failed to appear as promised! That was over 20 years ago, and I have never repeated.

He who has faith as a grain of mustard seed, living and growing by faithful use, will never be unfaithful to his audience and himself. Being faithful is literally being FULL OF FAITH in the divine power within him to perform that whereunto he has set himself.

In this connection I am reminded of one of

our best known New Thought leaders who, in the beginning of her work, hired a store, furnished it as a little auditorium, and held four or five meetings every day for a whole month before anybody came. She had taken a vacant store in the heart of the city, she put posters in the window, hired a typewriter and kept her meeting hours and her office hours faithfully for a month before the first person entered the store to hear her! And then the numbers grew steadily. This was the beginning of her wonderful work. She was the lecturer, and she herself was the audience for thirty days. She was faith-FULL.

There is nothing desirable that cannot be worked out if you *want to, try to* and KEEP AT IT. But this means being faithful to one's program of action until that program is FULFILLED.

THE world today is discovering the old truth, that "man cannot live unto himself alone," no matter if he *is* connected up with the Infinite Source of all life. God's divine loving abundance must flow forth from Himself, into the individual, and on *through* the individual to other human beings, in loving thoughts and loving service; in a divine circulation of loving kindness.

THE only way for us to be renewed in the image of that perfect being in a perfect heaven on earth, as God created us in the beginning, is by renewing our minds: renewing our minds by contemplating the spiritual side of life, the principle of life, the absolute.



Understanding Affirmations and Using Them

By Adina Daire

How I Have Used Affirmations Successfully in Making Personal Demonstrations for Health, Improved Memory, Etc.

MANY, many articles have been written on affirmations and affirmative treatments, and no doubt many more will be written. Their importance cannot be over estimated and, when applied and properly used, affirmations become as habitual as three meals a day.

Affirmations were always a bugaboo to me. I could never seem to grasp their full significance nor use them with satisfying results. I knew I must understand them to make them work. But how? I had read and read and studied and studied until I grew weary trying to get the thing through my brain. Then one day I picked up a stray copy of *Nautilus*. I found its pages so interesting I became a subscriber. I studied Mrs. Towne's editorials in *Nautilus* as well as her Solar Plexus and Concentration Books and "How to Grow Success." Suddenly I awakened to the fact that the study had brought me a clear understanding of affirmations.

This understanding meant nothing, unless I could apply the knowledge I had gained. I knew dozens of affirmations. However with my new knowledge I wanted to begin with a clean slate. Two affirmations found in a magazine served my purpose well. I am sorry I cannot give here the exact affirmations, as the magazine does not permit other publications to quote from its pages. However, I can give the substance of these two affirmations as the thought contained therein has been used extensively by all psychologists. The acknowledgment of God's Omniscience at all times, my heirship to this omniscience and my right to use it at any needed time was the first and God's love as a protective power the second.

How Affirmation Improved My Memory.

As my greatest failings were misplacing things and forgetting names, places etc., I

began using the first affirmation at once. I worked with it for several weeks however, without a show of success, until the following revelation came to me:

"Affirm, believe and have faith in the thing you utter verbally, or in silent thought, and you stamp it indelibly in the chambers of your soul or inner consciousness and cause it to work for your benefit."

When I realized the above statement with understanding feeling my affirmation began to work. But results did not come in a minute. It very often took hours and sometimes days. In one well remembered instance it took me one whole week before I could recall a name I wanted and locate a misplaced article.

In the case of recalling the name, I affirmed for a week but still it would not come. On the afternoon of the seventh day I found myself repeating "England, Ireland, Scotland and Wales." After the third repetition, it came in a flash: "Wales" was the name I wanted.

Finally My Memory Worked Automatically and Correctly.

The more I used this affirmation the easier it became for me and it worked automatically without any visible effort on my part. The affirmation would come and persist in coming unless I made a determined conscious effort to inhibit it. Now I am able to locate a misplaced object or recall a name or place or anything else I want, within a few minutes. And not once since have I had to try and remember the affirmation. It comes when needed and as habitually as breakfast, dinner and supper.

Moreover, by understanding and applying this first affirmation, it became easy for me to assimilate and use successfully the second affirmation to protect me from a vicious dog that seemed determined to get a bite of my

flesh. And it also paved a way for the use of all my affirmations.

Protection from a Vicious Dog by Affirmation.

At this particular time it became necessary for me to do six miles on foot in order to reach home and to return to my place of employment. To escape a meeting with the animal was impossible. There was no other way to go and I had narrowly escaped injury on two previous occasions, so I began to dread passing the house where that dog was kept. Then came the thought that I need not fear. I had Divine protection for this the same as for anything else, so I covered myself with God's Love and declared that nothing of a vicious nature could come to me because of God's omnipotence. I did this when approaching the house and I also imagined myself surrounded by a great circle of God's Love, which nothing could penetrate. Sometimes the dog would rush out, then turn and run back as swiftly as he had come. Each time his onslaughts became less violent and frequent, until finally he ceased to appear at all.

These two affirmations have worked successfully over a period of three years, without any change whatsoever. Yet they are ever new to me. Away down deep in my heart, there is a warmth and glow whenever I concentrate upon them. Not for the purpose of using them for anything definite, but just because I love them as my faithful workers. I can find a deeper meaning in them the longer I use them, and as long as I can do this they will never become old.

This Is The Key To My Success In Using Affirmations.

To me this is the key to my successful affirming, and is the answer to the question of why affirmations so often fail to work after they have been utilized for a length of time. The affirmer has allowed his faithful allies to become old and stale and then complains because they are good no longer. Seek for the hidden meaning in every affirmation adopted, no matter how long you use it and always you will find it as fragrant and exhilarating as a spring flower.

Of course these are not the only affirmations I use. I have many, many more; and, as I showed in my previous article in *Nautilus* on "How to Demonstrate a Lover," sometimes

I do not use any. It all depends upon what I am trying to demonstrate, and in this as in everything else, I follow the leading of the Spirit.

An unusual call from a neighbor lead me into a household where husband, wife and two children were dangerously ill with influenza. During the influenza epidemic some years previous, I had miraculously escaped the disease and had no desire to get it now. At this time I had been able to overcome the ills of my body, except for a proneness to colds. I had a very bad cold when the call came but did not consider it and went to nurse the sick family.

The attending physician, noting my condition and temperature, quietly informed me that I might as well prepare myself for the influenza, for I would surely have it. I did not answer him, but inwardly declared I would *not* have it.

My second day in the home I grew worse. My throat, head and body seemed to be burning up and I did feel as if I must give up and creep into bed. However I hung on to myself for dear life and got through the day, I never knew how.

Influenza Overcome by Affirmation.

That night, after I had retired, I got myself as quiet as my throbbing head would permit and concentrated on the following affirmation. It was the only one I could seem to remember but proved a great comfort.

"I am *now* success. I *am* well and strong. I am not afraid of anything. I am sending out my thought to the Universal forces and it is bringing to me what I *now* ask for—Success."

Bit by bit I took the affirmation apart and meditated on it like this: "I am *now* success." If I am success in every department of my life, I am well and strong now. I can *not* be sick. If I am well and strong in its greater sense, I cannot fear. Therefore I am not afraid of this influenza or anything else, and if I am sending out my thought to the Universal forces, it will bring me back what I ask for—success. What success? Why, success in escaping this disease."

The next morning when I arose, my sore throat was gone, although the temperature and congestion in my head remained. The next night when I went to bed I repeated this treatment and arose the following morn-

ing with my temperature normal. The third night I repeated again the same treatment and the morning after when I arose all signs of my cold had disappeared completely, and I did not contract the influenza.

While I originally used the affirmation for success in my regular work, by analyzing it, it worked miraculously for me at a time when I could not have needed it more. The doctor never has quite understood why I did not contract the influenza and has called me an iron woman; but I know the real reason and my only reply was that mind and faith did it. Of course he looked dubious.

(For further help in making your affirmations effective, read "How to Materialize Your Ideas," by C. W. Chamberlain, in September Nautilus.)

While in all truthfulness I must confess that I have used the first two mentioned affirmations more than any others, solely because they proved a great help in the problems with which I met in everyday life, the fact does not lessen the usefulness and importance of any other affirmations.

As time advances I shall not weary of using these affirmations or, in fact, any others that may fit my case or need. By following this rule I always hope to be successful. My method has been tried and proven, and I know that any person may do the same and more if he cares enough to try.

Do You Want Health? Youthfulness? Tell It to Your Subconscious Mind

By M. Law

The Subconscious Mind "Trains" the Body for Health or Disease, for Youth or Old Age; and the Subconscious Mind is Controlled by Suggestion

WHAT, in truth, is "the temple of God?" Christ said, if we may accept the record: "Destroy this temple, and in three days I will raise it up;" and the narrator adds, apparently for the benefit of those who did not grasp the significance of the Master's words, "But he spake of the temple of his body."

If, therefore, man's body is the true temple of God, how are we to meet the objections of those who condemn the body as a tempter and a betrayer? "Are not the senses constantly leading us into wrongdoing?" they ask. "What is it, if not the body, that craves liquor, tobacco, narcotics, sex sensation?"

Well, that it is *not* the body may be easily demonstrated. For example, what are the facts in connection with a "dead" body? Materially speaking, that body is complete. But does it feel, does it fear, does it crave? No; for despite the fact that the organs of sense are still intact, they have ceased to function. That which had those appetites, desires and fears has departed.

Obviously, then, the body of itself is wholly innocent of any evil aims or inclinations. It is, in reality, merely an instrument played upon, a machine pulled this way and that—directed, incited, *trained*—impelled to the heights of redemption or to the depths of ruin by a non-material entity, an intelligence, whose home is within this instrument we call "body." That non-material entity is the subconscious mind. And the subconscious mind, if we choose to exercise our volition, may be ruled absolutely by the superconscious, by Spirit, Infinite Life, the real self, which also resides within the body.

We Have the Power to Guide the Subconscious in Any Desired Direction.

We have the power to guide this subconscious intelligence into any channel, good or bad; we can compel it to advance in any direction, and it in turn will train the body in that same direction. Whether or not we are aware of this momentous truth, nevertheless it is a law with which, knowingly or un-

knowingly, we are working throughout every hour of our waking existence.

If thoughts of ill-health are dropped into the subconscious often enough or, lacking the element of time, powerfully enough, that complaisant intelligence proceeds automatically to stamp a concept of disease upon the implement it controls—that is, the body. The same with apprehensions of accident, disaster, unhappiness, poverty, old age and, finally, death. These impulses of error are called “suggestions,” although suggestions may be either good or bad.

Primarily, error suggestions are brought to the attention of the subconscious through the physical senses, which act as agents of the intellect; otherwise the subconscious mind could never have known of the suppositional existence of evil. It does not follow, however, that we as individuals must necessarily have conveyed any particular impression of error to the subconscious mind. We are all subject, more or less, depending upon temperament and education, to what are termed “race thoughts” of error: delusions that have been implanted in the ego during those millions of years which have elapsed since the inception of life on this planet.

In reality, all error suggestions are grounded in fear—past or present, individual or race. The senses report sickness as prevalent in a certain environment—an epidemic, say—and a poignant fear of disease and subsequent death is transferred to the subconscious, to be passed on by it to the body. As a result, the body quite often assumes an appearance of disease. I say “appearance,” and that exactly describes the circumstance, even though the condition indicated seems real enough to the individual who presents this aspect of error.

How Poverty is Created by Suggestion.

Again, the senses contact poverty; and a fear of poverty engendered in the subconscious induces a state of lack in the body's affairs. Does this conclusion seem far-fetched? Consider. Have we not been harangued for years by the medical fraternity and others on the dangerous effects of fear in connection with pestilence? Is there any essential difference between the psychological effect of widespread sickness and widespread poverty? Both are mental contagions; both are errors to be renounced.

At present, without doubt, there are com-

paratively few persons who recognize the inherent relationship between dread of disease and dread of penury. Even so, you will admit that a truth is not affected one way or the other by the number of individuals who accept or deny its verity. A truth is a fact, eternally existent regardless of opinion or con and it is a fact that thinking about and fearing poverty and lack will introduce those undesirable visitors into the life of the thinker. An effective method of proving this statement conversely is to deny lack and think habitually of abundance.

Disease, Old Age, Death, Are the Result of Body Training.

I have said that the subconscious “trains” the body. And disease, poverty, old age and death are just as much a consequence of body training, are just as surely habits, as is the artificially induced appetite for tobacco, alcohol, narcotics, gambling, gluttony or sex perversions; and these practices in turn are brought about by precisely the same process that results in the accomplishment of piano playing or the dexterous manipulation of a typewriter. More explicitly, disease, the use of tobacco, and the skillful playing of a musical instrument are body habits emanating from one and the same source. They are children of the subconscious mind.

Have you ever asked yourself why, given sufficient time and practice, one arrives at length at the point where piano playing, for example, is done without conscious effort? The body of itself could not possibly achieve this result. The fingers are merely the mechanism by which the actual work is performed, and they have been educated to do that work by an intelligence which, when properly incited, functions automatically. In other words, by an intelligence that does and keeps on doing just what it is inspired to do by higher authority.

Direct the subconscious to learn to play a musical instrument, and forthwith it impresses that art upon its executant, the body, until eventually the executant performs with ease that which at the first attempt seemingly presented insuperable difficulties. Perhaps you will say that the intellect is responsible for this state of affairs. But has the intellect anything to do with your ordinary breathing, the beating of your heart, or your walking after once you have learned to walk?

The preliminary stages in the business of learning to like tobacco present a similar phase of apparently insuperable difficulty. Does the body crave tobacco? Yes, after it has been trained to tolerate tobacco. No, most emphatically, where the initial trial is concerned. Give tobacco to the body for the first time and it is rejected with nausea. Persevere, and the body is taught to love what previously it loathed. Further, why do men and women contract the tobacco habit? For no other reason than that they see others using tobacco and hear them say that such use gives pleasure. Eyes and ears report to the intellect that the sense of touch (feeling) will derive gratification if tobacco is habitually introduced into the body. The intellect impresses this information upon the subconscious, and that entity immediately sets out to train the body to endure something which normally it detests.

Body Habits Created by the Subconscious.

This particular class of body habits is the outcome of a more or less cognizant direction of the subconscious by or through the intellect, but there is another group of habitual reactions, of great antiquity, which closely resembles those unreasoning motivations known as "instincts." Let us consider this aspect of subconscious causation, as here we shall find an explanation of the rise of the body habits of old age and death.

When on this planet Life first formed an objective vehicle, the structure we call body (and by body is meant all living forms, whether a slender blade of grass or the huge bulk of an elephant), that vehicle required, then as now, certain elementary substances—food—with which to build up and maintain itself. The vegetable kingdom drew its sustenance from inorganic sources, but after a movable body had been evolved and animals appeared upon the earthly scene, those animal bodies ate both the vegetables and each other, as they continue to do. Every form of animal life supports its body by eating other bodies, directly or indirectly.

In the beginning, therefore, no living thing died of old age. It was killed and eaten by some other form of life, that form sooner or later to meet a like fate; or it perished under the pressure of a peculiarly hostile environment against which the individual organism had not yet developed the defenses of cun-

ning, rapid locomotion or acute sense faculties. This condition obtained for uncounted ages, hundreds of millions of years, during which objectified life was given no opportunity to achieve perpetual existence in one particular body.

Accordingly, the subconscious mind was early and forcibly imbued with a firm belief in the certain ultimate loss of its earthly home; for, be it remembered, the subconscious functions solely on the basis of information received. That information may be true or false, but whether true or false is none of its affair. It does not think, it does not reason, it acts—and with automatic precision. Hence, once having accepted death as seemingly inevitable, the subconscious made death a body habit; and a body habit it remains to this day.

Much later in the struggle for existence, inconceivably later as we measure the passage of time, when at last death by violence was being occasionally evaded, the habit of senility, of growing old, commenced to show its face. The subconscious mind, long accustomed to uphold its vehicle for a certain average term only, the length of which depended upon the form of life involved and the nature and multiplicity of the perils normally surrounding that form, was suddenly confronted with a new and strange experience.

Conformable to all precedent, the hour had come when the body should die. Such being the case, the inner automatic intelligence acted characteristically and in accordance with its limited knowledge. Because heretofore the body had always died, it must continue to follow that ancient custom; and, to enforce this edict, the subconscious proceeded to withdraw its support. As a result, the body, no longer upheld by its highly efficient director, began to deteriorate, yielding itself gradually to a condition which it did not understand and for which it was not accountable. Thus arose the phenomenon we refer to as old age, that degrading preliminary step in the death habit which, long ago, the subconscious mind ignorantly fixed upon its earthly vehicle, the body.

Demonstrating More Abundant Life Here and Now.

The extreme significance of these inferences will not be underestimated by those interested in demonstrating more abundant life here and now, for it is self-evident that we cannot achieve while we continue to humor the sub-

conscious in its erroneous conclusions. We cannot have our cake and eat it too; we cannot cater to error and, at the same time, evade the consequences of that indulgent attitude; we cannot defy old age while persisting in the belief that senility is an immutable law of nature or of God.

Over and over again during recent years, eminent biologists have declared that there is no apparent reason why the body should not live forever. The demonstration of youth is merely a question of overcoming the contrary view held (as a result of conditions previously explained) by a quite friendly and very potent, although unreasoning and mechanical, intelligence.

Another interesting article on the subconscious will appear in September Nautilus, entitled "Your Inner Man: How He Solves Your Problems."

The temple of God is the habitation of Infinite Life. Shall we keep the life fires burning brightly—or shall we let them grow cold? In other words, shall we be healthy, happy, prosperous, youthful—or the reverse? We can compel the subconscious mind to train the body and bend the environment in any direction. We do this by the quality of our *habitual* thought. We can, if we will, think continuously of love, health, abundance, youth and beauty—or we can just as continuously think evil: hate, disease, poverty, old age, selfishness; and upon our *habit* of thought depends the result. Ours is the choice, ours, also, is the reward—or the penalty.

What the Fourth Dimensional Age Means to You

By Myrtis Hodges

This is Article II in the Series of Four Articles on "The Fourth Dimensional Age" is Here and Now

IN THE fourth dimension, man perceives that the universe and all experience is nothing at all but mind, and that mind is nothing for spirit is all there IS.

This statement is usually quite a shock when it is first heard. But you shall be master of yourself, of your experiences and of your environment, when you grasp that truth in its entirety. Such a man was Jesus. He shocked the world of his age and generation when he said: "The Father and I are one." But thank goodness, there have always been great spiritual leaders, masters along the pathway of life in experience, who can and do shock us out of our atrophy.

Jesus lived mostly in the fourth dimension. It has always been here. Heaven has always been here. "For I myself am heaven and I myself am hell." I AM ALL THERE IS—SPIRIT IS ALL THERE IS. GOD IS ALL

THERE IS. "THE FATHER AND I ARE ONE."

There have been a good many men who have shocked us out of our smugness from time to time. Emerson was one of our great Americans, and you know the Church fathers dismissed him for his abstract and far-advanced ideas. When he said: "The world is nothing,"—he shocked people dreadfully. I am sure that the people of his day must have been dreadfully shocked, too, when Pythagoras stated that the universe was a universe of law and order based upon mathematics. Then he proceeded to give to his disciples the science of mathematics which astounded and shocked the wise men of his day. Columbus and Newton shocked us along the pathway of progress too and we have also had some shocks in this day and generation. When humanity gets enough "shocks" it will realize

that heaven IS here and now and that we ARE living in the long-predicted fourth dimension.

Now I do not wish to decry practical psychology, for it is doing and has done much good, but psychology is a *method* which teaches you to heal yourself and recognizes mind as the motive power. In the fourth dimensional world man *lives* that which he *is*, always will be and this truth is to be established in the fourth dimension. This truth is already established for millions of people in the world today. Psychology teaches the power of mind and the tools of thought. Good; we need the teaching. But we need knowledge of something far greater than that which this alone could give us—and that is KNOWLEDGE OF THE TRUTH OF BEING. *This* knowledge automatically heals you of the third dimensional ideas.

In the fourth dimension—in heaven—there are no sick; there are no poor; there are no hungry; there are no unhappy people.

Jesus said, "When you know the truth, the truth will set you free." And what is truth? Truth is Reality—that which always IS. In the fourth dimension we shall "appear" as we really are. We shall show forth that glory which was ours in the beginning. "Father, glorify me with glory which I had with Thee in the beginning, before the world was." The world is the past of experience. And we are to have the glory, the raiment of health and strength, of love and the beauty of the spirit. That is the raiment of the fourth dimensional world, your mind. You are your mind and yet you are *more* than your mind. You are your body and yet you are more than your body. You are your every condition in life, and yet you are more than any condition in life. For you are "I AM THAT I AM" and that Truth changes not. THAT MIND OF TRUTH SHALL BE ESTABLISHED FOR YOU, AND IN THAT MIND (THE CHRIST MIND) WE SHALL EXPRESS IN THE FOURTH DIMENSION.

This is the "new heaven and the new earth which shall be established;" this is the promise and this promise is being fulfilled in this present great spiritual age, which is the age of the fourth dimension. The entire world is alight with the LIGHT OF TRUTH. There has never been such a wonderful spiritual influx into the human consciousness as permeates us today.

In the fourth dimension we are glorified with that "glory which was ours in the beginning." This glory is the Truth. It is the "Light that lighteth all men"—the light of Spirit, the light of God, the light of omnipresence. And this omnipresence is omnipotent INTELLIGENCE. IT IS THE SPIRIT OF TRUTH WHICH IS YOU, IN WHICH YOU "LIVE AND MOVE AND HAVE YOUR BEING."

Man can walk through all dimensions, from the first to the last. All is yours. Walk where you will, the world is yours. But those who consciously walk in the fourth dimension, see through and understand. Therefore they walk through experience instead of allowing experience to rule them in mind, body and purse. Even now, I know that you who are reading this paper will feel a new light, the glory of the Presence, like a waft of a tender sweet wind bringing illumination to lift you into that fourth dimensional consciousness—the Christ consciousness.

The cause of all sickness, disease and disorder of any and every kind, lies in ignorance. Remove the ignorance and the result is sure. Knowledge then, is the cure. It is not that you "will" anything; it is not that you are to use the power of thought to create anything, or change any condition; it is to come into the realization of the truth of your being. In this truth, we make no effort; we use no power; we fight no condition and we envy not for that which we desire, for we KNOW THAT WE ARE.

The fourth dimension is the Christ consciousness, and in this consciousness, this *knowledge*, we bring not forth "through thorns and thistles" or by the "sweat of the brow." We "travail not." We know the OMNIPRESENCE; we know the LORD and we KNOW that the Lord is here. We know that the Lord provides. It is living in that oneness, in that perfect unity with God, that brings our supply into this world of manifestation.

The remedy for ignorance is knowledge. Knowledge is like a lamp—a light. The light reveals THAT WHICH IS. The lamp that is knowledge does not change the conditions, it simply reveals THAT WHICH IS—THE ETERNAL TRUTH. Ignorance exiles us from the truth; exiles us from heaven in which we are really living all the time. Heaven is here.

"For heaven is but the soul's content withal,
Safe in at-one-ment with the SOUL of ALL,
And hell the despair of those who roam,
Blind to the LIGHT that leads, fearing to
fall."

"For as a man thinketh in his heart, so is he."

Listen to the voice of truth in your own soul. Look at the eternal truth of being; it is revealed all about you and through you in its beauty, its strength, its life that is your health, its intelligence and its power. This is living life in the fourth dimension. The heaven that is here and now. The heaven that is unfolding upon the earth and being "proved" by the scientists, spiritual as well as material.

Dispel your ignorance with the LIGHT of the TRUTH of BEING.

The truth of your being is that YOU are omnipresent. Oh, yes, you have been in the habit of thinking that you were born or made or created just a few years ago. Well, contemplate the truth. You are omnipresent—always present—and you are also omnipotent in your own self and power, for you are omniscience—intelligence itself. So you KNOW far more than you have been in the habit

of thinking that you know, and you are really a powerful being, although you have been thinking that you are weak and poor and don't know very much. But the truth is that YOU ARE A SPIRITUAL BEING, LIVING LIFE, LOVING AND INTELLIGENT, ABLE TO DO ALL THINGS, AFRAID OF NOTHING; THEREFORE YOU ARE SUBSTANTIAL, NEVER WERE BORN AND WILL NEVER DIE. It will give you a new sense of the power and glory that you are. YOU, John Smith, are one with God. You are living that life which is God and full of LOVE, for God is Love.

Put that eternal truth of being into practice by living it. I AM THAT. You can prove it for yourself—YOU ARE THE LIVING PROOF. Thus will you KNOW the TRUTH that is knowledge. Jesus had this knowledge. When he spoke this truth, the manifestation was sure. It was this absolute knowledge that Jesus had that illumined the sick man "and he took up his bed and walked."

Open your soul to the truth of being; arise in the strength of your being and BE WHOLE. Be in the fourth dimension—heaven here and now. "No harm shall come nigh thee, for I, the Lord, am with thee always."

(Next in this series is: "Put Forth Your Spiritual Powers—Now.")

The Real Secret of Demonstrating Successfully Through New Thought Methods

By S. Vaidianathan

If Your Prayers are Not Answered Read this Article and It Will Show You Why

THE PURPOSE of prayer is to unify right cause and right effect and since this unification of both cause and effect through prayer constitutes the basis of all fulfilments, you should understand that this unification should be achieved by linking your personal "I" consciousness with the consciousness of all power in you. Through the interior journey to the infinite realms of power and wisdom within you, you are able to accomplish this.

This is no doubt an arduous task and may require time. Unless you are enthusiastic in the endeavor you are not likely to succeed, but when once you accomplish it, you become a very different individual altogether with vast resources at your command for all legitimate fulfilments.

The process underlying the application of the principles of scientific prayer to your requirements is what is called in other words

“the process of interior journey through the realms of your finite, personal, limited consciousness to the deepest part of your divine self,” where you become acquainted with the fountain of wisdom, power and abundance of your loving Father. *This infinite, unlimited Divine Consciousness, which is eternal, all manifesting and all radiant is in the deepest part of your dynamic self.*

How to reach it, how to become attuned to it and how to know that it is within you and you are within it? Well,—these are the most vital problems in this connection for which solutions must be sought. Your personal, limited “I” consciousness is an outgrowth of this infinite, dynamic Divine Consciousness in you and since the former is full of imperfections, imperfect ideals, erroneous thoughts, ideas and concepts of life, it does not reflect the true dynamic quality of the eternal radiant spirit of your Heavenly Father within you. Your personal consciousness, i. e., your “I” consciousness is a reflector and it serves this purpose best, when it is rightly attuned to the Divine Spirit within you and when your inherent nature has partaken of the essential quality of Christ, the perfect Son of God.

So you now see that the purposes to be achieved or fulfilled through prayer and also those to be fulfilled through the process of interior journey are identically the same. Both mean one and the same thing—the fulfilment of one central purpose for which all righteous individuals are striving. When the fulfilment of this central purpose, i. e., the unification of your personal “I” consciousness and the dynamic spiritual consciousness becomes possible for you through the processes of prayer and interior journey, then all other fulfilments become possible for you because the latter are the by products of the former. In the chain of material and spiritual realizations, all are linked together and they are all part and parcel of a whole. So, when one kind of realizations becomes possible for you through a particular process or method, all the other kinds of realizations become possible for you too, because by your particular constructive mental attitude you cause the universal law of attraction to work for you.

The Secret of Achievement In Any Field.

This is one of the fundamental secrets of achievement in any field of endeavor. If your prayer expresses your right mental attitude, then achievement of any kind is possible for you, but if your prayer does not

express the spirit with which you ought to pray for results, then no matter how often, how long or how arduously you pray you are not expected to succeed. But perhaps you may be occasionally successful to a limited extent. This is no proof that you are succeeding through prayer.

Again you see that the purpose of interior journey is not merely to link up your personal “I” consciousness with the dynamic spiritual consciousness in you, or what is called the Christ Consciousness, but also to enable you to get the right attitude for prayer. *Realizations, both physical and spiritual, follow as a natural result of this linking up process.* Prayer with the right mental attitude enables you to associate *the right cause with the right effect*; the association of the right cause with the right effect means in other words, getting acquainted with the fountain of spiritual power in you, or feeling your dynamic existence in your all potent Heavenly Father. It is only then when you rise to this state, I say the dynamic state in your consciousness, feeling your inseparableness from your Father who is the source of your abundance, strength, power, prosperity, health and harmony, that you get the key or the practical working process of all realizations, because all realizations—whatever they are, whether health or harmony or freedom from disease and poverty or business achievements or harmony in human relations, are possible for you through faith and understanding.

So faith and understanding must constitute the basis of efficient prayer for realizations of any kind. But faith without understanding is unproductive. It is understanding that should express faith and bring out the best in you. “You should pray with faith” is meaningless. This should be interpreted as “you should pray for understanding and for realizations through faith-understanding. This is how you should learn to interpret and understand the vital significance of the basic law governing prayer and the purposes to be fulfilled through prayer.

Failure to realize anything through prayer in the majority of cases should be attributed not to lack of faith on the part of the individuals but to lack of understanding of the fundamental truths and the spiritual laws governing their relation with their Heavenly father,—the source of health, wealth, prosperity, harmony and abundance. Lack of faith means always lack of understanding or absence

of understanding and faith, because, since faith should grow out of and express through understanding, in the absence of understanding there cannot exist any real faith. There cannot be lack of faith because there should be absolute or whole faith or there should be no faith at all; faith cannot be partial, just as understanding cannot be partial although there may be differences in the intensity of faith and understanding. It is not the superficial, intellectual, vapory understanding to which I refer in this connection but that kind of understanding of the vital truths by the aspiring individual, which enables him to subconsciously assimilate the truths and practically use the knowledge of truths in several ways. So, if you feel that you lack understanding or that you are deficient in understanding, that means that you have not subconsciously assimilated the truths, and that your personal "I" consciousness does not reflect the ideals and principles that you have learned. This is because your personal consciousness is not linked up with the unity Christ consciousness or cosmic consciousness in you. You can see what a great hindrance this is in your way, for so long as you live in your personal "I" consciousness which is finite limited and full of imperfect ideas, thoughts and concepts, your understanding must also be imperfect and it will reflect not the true dynamic quality of your father-spirit within you, but the quality of your personal consciousness. Under this circumstance you cannot fulfil the purpose of interior journey. So long as you live in your personal consciousness, it is utterly impossible for you to realize in an adequate measure your eternal relation with your Creator and His abundance.

Pray in The Dynamic Attitude in Which Jesus Prayed.

Now, what is the nature of interior journey? What is the process for practical application in it? How to start this interior journey to the realms of the infinite cosmic consciousness in you,—to the source of unlimited power, so that you may get the acquaintance of your Heavenly Father and obtain the master key for all realizations and achievements, be they material or spiritual. You know that if you want to succeed through your prayer, the latter should reflect your strength of understanding. Faith is the dynamic quality of the human soul which expresses through understanding, and the intensity of faith is according to or in proportion to understanding.

Faith materializes your choices, desires, ideals and objects. Whatsoever you desire to achieve or accomplish, desire to achieve it with faith,—with perfect certainty of your achieving it through the grace of your Heavenly Father who is eternally within you; Your soul is His habitation, your mind is His mind; His desire for a particular achievement is yours and yours is His; it is His will you are accomplishing, His mandates that you are working out and fulfilling for a legitimate, constructive purpose. God's consciousness is yours because you are centered in it and the moment you feel your unity with Him—your inseparableness from Him, that very moment you get into that dynamic state of harmony with your Omnipotent Creator and this in other words means freedom from a personal limiting consciousness; freedom from ignorance, sin and bondage and errors in thoughts and actions. The attitude of Jesus while he prayed reflects the quality of freedom from a personal limiting consciousness, i. e., "I and My Father in Heaven are one. Father, not mine but Your will be done." While he prayed, he did not differentiate himself from his Heavenly Father for he lived in the consciousness of eternal unity and harmony with Him. So the prayers of Jesus were fulfilled. In the name of his Heavenly Father Jesus was able to perform miracles, raise the dead, cure chronic and incurable diseases, feed thousands with a few loaves and perform similar wonderful feats, testifying to the power of Almighty God in him. It is for this reason that you are asked to pray always for understanding and *not for realizations directly*; it is for this reason that you are asked to get into that dynamic attitude of Jesus while you pray, that is to say, you should endeavor to get into the spirit of Christ and pray like Jesus, imagining yourself to be Jesus himself.

"I and My Loving Father in Heaven are one,—one in thought, one in feeling, one in action. He is shaping my destiny for all eternity. I now feel His dynamic existence in me. I now feel His spirit guiding me. He is within me and I am within Him. I am constantly radiating His love, His good will, strength, power, prosperity and abundance. Not mine but His will I am working out; not my desire but His desire I am endeavoring to fulfill because His Mind is my mind and His consciousness is my consciousness. I have no individuality of my own because I am free,—eternally free from a limiting personal consciousness." Now perhaps some of the New

Thought Students may feel inclined to take these statements without showing any seriousness in the task imposed on them or perhaps they may read them superficially because they might have on several previous occasions read similar truth-statements. They should bear in mind that it is not the mere intellectual assimilation of these truths that creates a vital basis for their achievements but it is the way or manner in which they cause their subconscious minds to become impressed with the truths. Now this means that they should learn to intelligently analyze and interpret the truth-statements by *constantly thinking over them*. Yes, their minds should revolve every time they use the affirmations and truth-statements. Revolution of mind simply means the intelligent and systematic exercise of the thinking faculty; and every time you revolve your mind centering your attention upon a particular subject, *your subconscious becomes impressed with your thoughts and ideas pertaining to that subject*; your subconscious is active. And in this way it stores up all good thoughts, ideas and useful constructive impressions for your eternal good. But the hindrances in your way should be removed. There is certainly no good to be achieved through the mere parrot like repetition of truth-statements, without at all endeavoring to know their inner significance.

Activity of Mind an Essential Factor.

The quality of the Divine Spirit is active, not static; the quality of the Divine Mind is active; for your Heavenly Father is eternally active, without any beginning and without any end. Activity is the symbol of eternal life,—eternal joy. So, since your Heavenly Father is manifesting and radiating through you and, since His dynamic ever active mind is within you, you should keep your mind active, so it may always reflect the activity and quality of the dynamic soul of your Father within you. Applying this fundamental law to your prayer and daily affirmations you should understand that your affirmations would work splendidly for you, if you would just reflect over them every time you use them instead of using them mechanically in a parrot like way. Just learn to exercise your thinking faculty. Thinking produces results—astonishing results. The master minds are creative thinkers. In every field of human endeavor and for every kind of success, thinking is essential, thinking for results, thinking for constructive achievement. Do not keep

your mind static or inactive when engaged in your work, especially when you pray or use affirmations for a particular achievement. Remember this while you pray, "I am going to express the constructive dynamic mind of my loving Father within me through all my activities."

God never does any work for you, while you sit idle and ruminate over your problems doubting His dynamic presence in you. You should intelligently and constructively use His resources within you, for success in all endeavors without asserting your finite and imperfect personality or individuality but asserting the eternal presence of your Father in you and His light of wisdom radiating through every one of your thoughts, feeling and actions.

The Law of Radiation Expressed Through Activity And Soul Attitude.

The first and fundamental law or realization is RADIATION—free radiation of the God-Soul or the dynamic infinite Mind of your creator through activity (let this activity relate to any kind of realization, be it physical, mental or spiritual.) Success, health, wealth, harmony, prosperity and mental efficiency for large achievements—these are a few of the several fundamental kinds of realizations but all the other kinds are included in the above six. *Radiation*: Every form of activity for some vital gain in which you indulge is an expression of eternal activity of the infinite, dynamic God Mind within you. Try to root this ideal deep in your subconscious mind. If you want success through your undertaking, then radiate success through your activity; if you want prosperity, then radiate prosperity through your activity; if you want health or harmony then radiate health or harmony through your activity. This means that for every kind of realization, there is a corresponding quality in the dynamic mind of the Creator in you, which should be expressed through your activity and soul-attitude. Your soul attitude should reflect the ideal which you want to practically achieve or the condition which you want to attain or the desire that you want to fulfill. This is the law of radiation of the Divine Mind through activity and soul-attitude for a particular gain provided it is legitimate and in perfect agreement with the creative purposes of the great Architect. Every human soul reflects the great Architect; every human soul is always either directly or indirectly fulfilling the mighty,

infinite purpose of the Architect. So you are asked to hold the radiant attitude always instead of the expectant attitude or if you prefer to hold both expectant-radiant attitude. The mere expectant attitude will not help you in any way because such an attitude if it does not reflect the quality of the Divine mind in you (which means radiation) is inimical to your

progress and further it cannot free you from the limitations of a personal consciousness. Again there is also another reason, i. e., ordinarily the expectant attitude for some achievement implies doubt, uncertainty and painful anticipations at least to a little extent. Usually those who hold the expectant attitude occupy a plane of inferiority in consciousness.

What "Stage" of LIFE Consciousness Do You NEED MOST?

By Brown Landone

AT THE TIME one person writes, "*Landone, you must be a reincarnated High Priest to be able to make me know myself better than I have ever known myself before,*" another is writing, "*Mr. Landone, you are stupid in suggesting that I have always centered attention on myself. It is not true; instead, I have always thought of others first. All my life I have been misunderstood, and when I wrote you for help, I turned to you with faith that you at least had the spiritual insight to understand me. What a disappointment you are to me.*"

There is a reason for such extremely opposing opinions—one as mistaken as the other.

Each person writing of what he thinks is the cause of his trouble, writes what his *conscious* mind thinks; but when I write him, I try to reveal the causes existing in his *sub-consciousness*; and since the conscious mind does *not* at once recognize subconscious causes even when it is told what they are, it may at first resent the truth.

For instance, the lady who wrote me that I was stupid and that she was disappointed in me, resented the truth, although she herself had provided the proof—for she had written me 57 single spaced typewritten pages—incident after incident—blaming others for misunderstanding her. She even mentioned a remark a relative had made to her when she was four years old—something which had "just ruined her entire life."

If she had not centered attention on her-

self, she would not even have remembered the supposed slur for 37 years! If she had not been self-centered, she would have found something vastly more important to think about. Her conscious mind resented the truth because she did not wish to believe that she *was* so selfishly self-centered.

* * * * *

This is the last year of my Service Work in discovering Hidden Causes. So now I am going to reveal to you whatever I can of my method of determining the *basic* subconscious cause of a person's trouble.

The first thing I do is to discover in *what* stage of "life" consciousness the person lives. The next is to determine what stage of *life* consciousness the person *most* needs.

But, what *ARE* the "stages" of life consciousness—sometimes called ages of man?

The seven stages are: (1) babyhood; (2) childhood; (3) adolescence; (4) youth; (5) maturity; (6) middle age; and (7) old age.

Of course, each stage blends into the next, and yet a soul sometimes becomes *subconsciously obsessed* with the consciousness of one particular stage, and then that stage persists to such an extent that the person cannot be well, cannot be happy, cannot even succeed.

Understand first of all, that *NO* one stage is limited by years. In one individual, babyhood may continue until one is 30 or even 50 years old; while another individual at 18 may adopt the life consciousness of maturity,

or even of middle age. So, recognize first of all, that the seven stages of life are *NOT* limited by *years*.

BABYHOOD is always concerned with its "*own body*" and its bodily needs. It wants to bring everything it sees or perceives *toward its body*. A baby will demand the moon, and even reach out for it, hoping to get hold of it to pull it nearer to itself.

CHILDHOOD wants companionship and play centered around its "*own self love*."

ADOLESCENCE is the period of awakening power—with either great shyness or great bluffing! The boy changing to manhood is either so shy of his own power that he is afraid to use it, or else he bluffs that he knows everything that man or woman has ever known.

YOUTHFULNESS is the stage of daring visioning of things to be done, and confident consciousness of power to do them.

MATURITY is the stage of the beginning of *doubt*, when the soul is not so certain that it can do all that youth hoped to do.

MIDDLE AGE is the stage of *fear-of-failure*, when the soul is certain it will not attain all it desires.

OLD AGE is the period of *giving up*, when the soul thinks backward of what might have been.

At this moment some one of you are saying to yourselves: "Landone is mistaken. I know many a middle-aged person fifty years old, who is *not* filled with doubts of himself but who is just as enthusiastic in planning work to be done and just as conscious of his power to do it, as any young man of twenty."

And to you, I reply, "I also know scores of such people—but they are *not* in the middle-age stage of life even though they are fifty or sixty years old; instead, they are still in the youthful stage—for (let me repeat) "*The stages of life are determined by consciousness, NOT by years.*"

I know a man of thirty who in his attitude of life toward his "*own body*" is still in the babyhood stage. Most of his thought is given to what he eats and how he eats; to exercising his body and bathing it; to thinking about it and worrying about it. And, of course, his subconscious, babyhood attitude *makes* his body ill, and *keeps it ill*—no matter how much his conscious mind tries to attain health.

And here is a woman, mature in years, who is still motivated by the Childhood Love of the child of four or five. Everything which

she sees she wants and she thinks she should have it, whether or not she has done anything to earn it or deserve it.

And here is a young fellow who is so afraid he won't succeed in life and so doubtful of his capacity, that (from a spiritual standpoint) he has already reached the middle-age stage although he is only 19 years old.

Which one of these stages of life consciousness hinders you most, and which do you most *need*? Do you need more of the maturity's doubt? More of middle-age's fear of failure? Or more of childhood's self love?

Or, is it *youthfulness* you need—the hopeful vision of things to be done, and the confident faith that dares to do them?

In studying yourself from the standpoint of stages of life consciousness, what *is* the basic cause of most of your troubles? When you think of it, what *is* your ideal of perfect health? Is it not the ideal of the vitally radiant health of youth? What is your ideal of happiness? Is it not the youthfully expectant attitude of man and maid who never doubt that all the joy of life will be given them? And, what is your ideal of the successful man? Is it not the ideal of youthful vision, which perceives what it wants to do, and has daring to do it with the confidence of power which carries it on to rich abundance?

Do you not see that when you come to search deeply—deep down within yourself—for your most perfect ideal of health or happiness or success, you discover in each a quality of *youthfulness*?

And, how does lack of it work out in life? How do the ills of life come about?

Ills of the body are nothing but lacks of spirituality in expression.

And *what* is spirituality? Spirituality is nothing more nor less than *the expression of the consciousness of the eternal youthfulness of God*.

If you are thirty-four years of age and are still in the Babyhood Stage, giving your major attention to your body—to its feelings and impulses, and to feeding it and caring for it—certainly, your thought is held in *toward* your body and will react on your body, and produce ill health.

And if your mind is in the Middle-Age stage—fearing failure, you will *hold* back so much of the joy of life deep within your consciousness, that the failure to radiate it will react on your body and *deprive* your body of the

life energy necessary to keep the body well, and you will be afflicted with ills of the body.

It is expression of the consciousness of youthfulness which heals. If you remain babyish, your body will be too flabby to walk, and if you permit your mind to be old aged, your body will be so stiff you can't walk. Now, instead, of the word "walk," substitute the word *activity*, and apply the truth to every organ of the body. Then you will perceive that the secret of healing is the youthfully expectant vision of health plus the daring to express it radiantly. Can you imagine a toothless Healing Christ, with a gray-beard, with bent-back and rheumatic knees?

Youthfulness is the secret of all healing. Likewise it is the key to all happiness. And the pathway to success.

About fourteen months ago, a forty year old manufacturer—who had been quite successful from twenty-four to thirty-five—came to see me. He wanted to know just what had been the cause of his failure since his thirty-fifth year, for little by little he had lost out between the ages of thirty-five and forty. He was not even making expenses, although he was working more earnestly and more hours a day than he had ever worked before. Because of his years of experience, he was doing his work more efficiently. And, since he had come into Truth three years before coming to me, he could not understand why his knowledge of Truth and the help of practitioners had not even maintained his previous success.

And I also could not understand what was the matter, although I had talked with him for forty-five minutes. But at that moment I heard joyful barks at my study door, scratchings, and whining begging to be let in. I opened the door and in rushed three of my dogs. They leaped on me with joy; and of course my own face showed the joy I felt.

But, as I turned to the man, I saw not a trace of interest in his face. (Remember he was paying for a conference and my attention to my dogs seemed to him a great waste of time.) Yet, their entrance and his attitude toward them, gave me the first direct clue. That lack of youthful joy in his face—even in the presence of joyous, yelping, hopping, happy dogs—told me that he had lost his consciousness of youthfulness—for you know as well as I do, that no normal boy can be indifferent to a joyful, playful dog.

To this day, I believe the Spirit itself sent

those dogs to my study door at that moment, to awaken my mind so that I would see in that man's face, the *lack* of what he most needed.

Without any direct mention of what it revealed to me, I began testing his interest on a score of things. I could not hold his interest nor secure more than a monosyllable "No" or "Yes" to any question or subject which necessitated a *youthful* interest. He was so middle-aged—even old-aged—that he had no time for anything that partook of the joy of youth.

I talked with him a half hour longer; and then, I said, "I must close your conference now by giving you *the* prescription which *will* remedy your business problem."

I had previously asked what his factory men did at noon, and had learned that some of them played ball. So this was the triple-dose prescription I gave him.

"First, *EVERY NOON*, get out with your men and play ball, and keep at it until your engineer blows the whistle."

"Second, *EVERY EVENING* from Monday till Saturday go to a musical comedy or to a dance which only young people attend."

"And third, for *THREE MONTHS*, spend not one hour with any person more than twenty-five years of age."

"But," he said, "my business will go on the rocks if I follow such advice. I *must* give each evening to studying business problems, working out costs, determining where I can buy raw materials cheapest, working on the sales problem. If I should waste time in playing ball and dancing, I'd be bankrupt in a month. Your advice, Mr. Landone, is silly. It shows that you have not found the cause of my trouble and so you are talking "bunk" about playing ball and dancing. Of course, you have my check to pay for the conference, and I presume you are satisfied."

* * * * *

Now, let us go back to the basic thought of the introduction of this article to understand this man's attitude. His criticism was due to his *conscious* mind thinking in ideas of what his conscious mind had thought of the causes and possible remedies for his lack of success. But, I had been trying to look beneath his conscious mind to find out what existed deep within his *subconsciousness* to affect his life and affect those with whom he came in contact. To me it was quite clear that so long as he completely lacked the consciousness of youthfulness, he carried with

him such a consciousness of old age, that every one with whom he dealt, including the bankers from whom he wished loans to help him in his business, subconsciously thought of him as an old man and hence subconsciously doubted his ability to make good and therefore hesitated to loan him as much as he needed.

In reply to his tirade, I said, "You came to me for what help I could give you. Since your conscious mind wants to *continue to work in the same old way you have worked in the past*, since it wants to believe that your thought which has led to partial failure during the last five years can be continued and now bring you success, you cannot see the truth of what I am telling you now. Don't you see that the first thing necessary to change any failure to success is to change yourself. And, unless you are *willing* to do so, there is nothing but failure for you.

"Since you have tried your old attitude to such an extent that you make people doubt you and doubt your capacity—even make bankers feel that you are so old that they subconsciously fear you lack the youthful capacity to carry your ideas to success—why continue it?"

"When you change yourself as I have advised you to do, you will succeed."

Of course, he went away disgusted, but the positiveness with which I had given my prescription did stick in his mind. And, without writing me, he *did* begin using it, just as I knew he would.

(Next month we shall have a splendid article by Mizanna Wolff telling How Health and Peace Were Demonstrated In One Home.)

Two months later he wrote, "Well, you have not done a thing to help me in making my business more successful, but I will admit that I am a changed man physically. I feel ten years younger, and I am really enjoying life. I do not seem to worry as to whether my business will succeed or fail. I begin to feel that even if it should fail, I can make good in something else even though I am now on the way to my forty-first birthday."

And, forty-five days later, came another letter, "Well, the miracle has happened. Last night I danced till one o'clock—and danced most of the dances with an angel of a woman I met two months ago—a woman more wonderful than any I had ever expected to find in all the world. And, well, she has consented to be my wife."

"It was two o'clock when I reached home, and then I sat up till four working on a new plan of financing my business, determining just how much I would need to put my business on an absolutely safe basis for the rest of my life. *As I worked on the plan I began to feel as I used to feel when I was twenty-four. I knew I could make it go.* And so this morning I went to the banks, and demanded a loan of \$10,000. And I got it. This with the new change within myself will completely save the situation."

Spirituality is the cure of all ills.

And spirituality is nothing more or less than the expression of the consciousness of the eternal youthfulness of God.

The Use of the Will

By Rev. George C. Golden

Lesson X on How the Truth Heals

THE DAILY waste of intelligence is appalling. Someone really ought to write to the papers about it. If you doubt me, just sit down at night and make a list of the opportunities you "didn't see" until too late, of the brilliant remarks you thought of after

you had left your friend and the entree for business that you hadn't realized until the conference was closed.

Of course, there are innumerable factors that keep us from being as intelligent as we might be. There may be, for instance, a

sense of injustice done us—a grudge that absorbs energy like a sponge drinks up water. There may also be the foolish, futile practice of “making plans for the past,” where people are wont to deposit time and energy in a bank that makes no claim to pay. But nearly all of us are guilty of an inertia of the will which we can destroy if we but take the trouble. The excuse we give ourselves for not doing it is that it is unnecessary—if “something happens” we feel that we can rise to the occasion. And we usually do!

Instead of waiting for life to thrust upon him the stimulus that will arouse more of his latent power and energy, the wise man will go out and, of his own free will, initiative and daring, make the demand upon life. He will deliberately thrust the responsibility upon himself and commit himself to daring exploits, knowing that in nonchalant but unswerving security, he can depend upon himself. The result will be that he draws from his unconscious ten times the energy that the average man uses if he is content to just let things “do.”

How To Train The Unconscious For Success.

I was talking along these lines one evening in the office to a clever young fellow who was “eating up” the work, when he suddenly exclaimed:

“I see what you’re after now. It’s as plain as a goldfish. Our unconscious mind is just like our muscles—if we don’t use them, they grow lazy, they become weak and flabby; but if we use them every day until they are tired out, every night they are replenished with more strength than they had before. If I make things easy for my unconscious, he’ll fall down on me, but if I make bigger demands on him, he’ll come through all right. Isn’t that it?”

He’d caught the idea. The teaching of the masters is that the unconscious is like a well. The only way to spoil a good spring is not to use it. It can’t be pumped dry for more than a few hours. The same with the unconscious: being infinite, it can’t be used up.

“What are you going to do about it?” I asked the energetic young man.

“Get myself into a pickle and make my unconscious get me out,” he laughed. “But seriously—well, that’s just what I’m going to do. I haven’t been using all my intelligence. I’m going to put myself where I can use more

of it and, because it is infinite, it won’t fail me.”

And This Is How A Young Man Trained His Subconscious For Success.

He bought a place that people said was beyond his means. It took nearly every cent that he was making to keep up his payments. Without a protest, he ceased going to concerts he had been attending, he deprived himself of a luxury here and an entertainment there. I kept waiting for him to become discouraged. I was watching for the first signs of weakening but none came. Instead, he seemed to be looking upon himself with quite a detached, curious and amused eye.

“I’ve had lots of fun watching myself,” he explained. “I haven’t taken my unconscious to a good concert for months and I haven’t let him play bridge for quite a while. He’s getting pretty restive but I want him to understand that he’s got to get down to business and show me how to get these things, not by investing less in my house, but by bringing in more to the firm.”

He had attained a phase of mind where he could look upon himself as almost another person, manipulating, inspecting and watching his own mental life as carefully and skillfully as he might the affairs of a younger brother.

“I’ve done it,” he announced one day.

“Tell me about it,” I requested.

“I heard that Brandon’s wanted a new superintendent and a new foreman,” he drawled in his pleasing Southern accent. “Their foreman draws down fifteen more than I’ve been making and just now that fifteen per looks mighty good to Mr. Unconscious. When I was on the way to Brandon’s, my silent partner got busy. The thought flashed through my mind, ‘Why not apply for the position of superintendent?’ You see, it was my boy friend! Then came the thought, ‘They’ll never consider me—I’m way too young.’ I went into the park to think it over and Mr. Unconscious reminded me of a few wires that I might pull. He assured me that I had the ability to do the work. Well, to make a long story snappy, I went next day down to Brandon’s and today I have the honor to introduce myself as your student and Brandon’s new superintendent.

“Now—here’s the killing part,” he laughed. “The only objection my friends had when I asked them for influence was my age. The

only thing I feared that might stand between me and the position was my innocent youth. Experience, training, qualifications—they were all right, I was simply lacking in *anno domini's*. And what do you think I discovered? The former superintendent, who had been promoted into the firm, confessed to me that he is two years—my junior!”

“Truth works,” I affirmed.

“Where there’s a will, there’s a way”—always, he declared.

Metaphysics has the neatest bit of technique about revealing to us that “way.” It is so simple a child can apply it, so plain that after it is revealed to us, we wonder how we have ever overlooked it.

In describing certain types of minds, Roland, the French novelist, writing in “Summer,” says:

“Whoever has formed the habit, finds it easy to lead two lives at a time; one on a level with the ground, with other men, the other in the depths of the dream that is bathed by the inner sun.”

Cut The Day Dreams If You Want Success.

Metaphysics has designs on this “depths of a dream.” It reminds us that dreams eat up time but yield no revenue. They dangle before our wide, surprised eyes mansions, but they can’t even provide us with a flat. They picture Packards but they don’t pay for gas enough for a Ford. They wave at us the olive branch of eternal fame, but they bring home no bacon. They are luxuries that even a millionaire can’t afford. They poison the springs of man’s life with discontent, impracticability and vagueness. To indulge in dreams is only less foolish than harboring revenge. They take energy which should be used to make the wheels go around and let it pass off in amber-tinted, azure incense while the engine stands still.

Metaphysics reminds us of the common sense statement that it takes just as much effort to harbor an idea of a dream of success as it does to hold the idea of success itself. The dream of success is, by its very nature, removed many times from us; it contains in its quality the suggestion of futurity, generally improbability.

The idea of success, on the contrary, is “a note at sight” drawn on a sound bank. In other words, we have found that by assuming ourselves to be what we desire to be, acting, dramatizing and living it, we start

new centers of ideas into activity in the unconscious which usher a new actor on the stage.

The best affirmation we have so far discovered, as far as I know, is this; I’m the owner of my own mental universe.

This affirmation, in spite of its startling form, has the very best ecclesiastical authority. It is St. Augustine who declares that God is center everywhere. He has a center in you, and when you are making that statement, you are simply speaking from the Cosmic center—your own individuality.

You Must Be Your Own Self-Starter.

The right of any individual to enter into the executive position is just a matter of assumption. No one has any power to keep you from it and no one but yourself can place you there. You must be your own self-starter. You will make greater progress if you have a back-bone instead of a wish-bone, nerve instead of nerves. You must cultivate self-respect instead of indulging in morbid self-condemnation.

“I wish,” sighed one student, “that someone would come to me wanting dancing lessons.”

“Why should they come to you for lessons,” I asked her, “when you are just dying to coach them for nothing.”

She was looking forward to a career herself as a professional dancer. In the meantime, lessons, lessons and more lessons must be paid for.

“You don’t use any ownership,” I scolded her. “When a girl comes to you for coaching, you almost apologize for giving her training that will make her absorb in two lessons what would take five without your help. You act like you are a hired girl—just tickled to death to be noticed. You may be the supreme executive if you’ll only assume it. Already you have good technical foundation. (I’m quoting your teacher.) You have spirit and atmosphere. Assume that you are a professional and you’ll become one. Fees for your coaching will be the first recompense, but your greatest compensation will be the discovery of the artist in yourself.”

It was amusing to watch the girls she had been coaching. When she had previously showed them a step, just to be a “good fellow,” they had talked and laughed and paid

(Continued on Page 42.)

DUTY

By Chester H. Struble

THE dictionary says that duty is "that which one is bound by any natural, legal, or moral obligation, to perform."

There is the duty of child to parent. In the slums a large family is cash capital and it is no uncommon thing for the parents to become permanently fatigued just as soon as the children can be made constant contributors to their life of voluntary rest.

But as a matter of fact, it is no child's duty to support in idleness a healthy parent of fifty. For this condition Captain John Smith's ruling of "those who will not work shall not eat" fully covers the case.

Equally unreasonable is the boy of 18 or 20 years who has declared himself graduated into the business world. He is earning enough to be self-supporting and he spends every cent on himself. He will take no orders or advice from his parents, but gladly takes three meals a day and a lot of clean sheets, for which he pays nothing. He has contrived to sell himself and his parents to the idea that it is their duty to provide a home for him until he is twenty-one. Such a young man should be nudged from the nest. He should either dig-up and stay or pick-up and go!

There is also the mother who comes to live with her married daughter, and immediately dominates the family. She orders the meals, manages the servants, puts in her five cents' worth every time a child is corrected, and makes it definitely understood that she is no third party that makes the crowd, but the first party to be considered about pleasure, recreation and vacation. She does all this because she knows she has thoroughly sold her daughter to the duty-to-parents idea. Such a mother should be put in her place as a permanent and welcome guest in the house. She has had her day and you may be sure she made good use of it. Consider her, in her place, which is after husband and children.

China is cursed with ancestor worship, which is nothing more or less than the duty idea oversold. Honor thy father and thy mother is all well enough if they have something in them to honor. But if they are healthy but lazy, sound-minded but mean-minded, or old but unimproved by age, they should be taken in hand gently but none the less firmly.

In all the world there is nothing more wonderful than a person who has grown old gracefully. Such a person is kind, gentle, and understanding. His smile is a benediction, his wisdom priceless, his presence an endless source of joy. But to be with him, to help him, to serve him, is more than duty, it is a joy that the passing years cannot too long prolong.

True duty is equal partnership; dictionary duty is a master and slave arrangement.



Views and Reviews by William E. Towne



WHEN YOUR DREAM FAILS.

HAS all your thought been centered in some beautiful dream that has failed? Does it seem, for the time being, that the bottom has dropped out of your world?

There is a way of escape from your unhappiness, if you are willing to take it. It lies in what psychologists call re-symbolism and sublimation.

In other words you substitute a new ideal for the old one. But you must first turn away from the past. This is all-important. You must at least be willing to let go of the past.

William A. White, M. D., in his "*Mechanisms of Character Formation*," gives as a fundamental principle of the resolution of any mental conflict that it can never be resolved at its own level. I quote Dr. White's words: "Two naturally opposed tendencies can never unite their forces except at a higher level, in an all-inclusive synthesis which lifts the whole situation to a level above that upon which the conflict arose."

If you have met with some great disappointment, there are two powerfully conflicting tendencies within yourself. One is expressed by the desire that has been thwarted. The other is the force of circumstances which seems to compel you to go in another direction than your desire dictates.

How can you reconcile these conflicting tendencies? By beginning anew, as Dr. White intimates. Give yourself a new deal. Find a substitute desire or ideal for the one that has been thwarted. Find a new outlet for all the repressed energy that has been forced back into your subconscious mind. Give it expression in new undertakings, new interests. Put the emphasis of your *choice* upon these new activities. Concentrate your thought upon them. Keep active in such ways as will favor the realization of the new ideals, the new objectives. Forget yourself, your conscious, hurt self, by absorption in

your work, and in the interests of other people.

Wilfrid Lay, speaking to the disappointed lover, says: "The intense desire, directed by chance toward one of the opposite sex, may still be utilized as an enormous power for the attainment of an end which eventually will give as great a spiritual satisfaction as would have been given by the attainment of the end first proposed. In other words, it has been proved over and over that humans can get interested in anything, especially anything human, the only requisite being the same as that for the love of men for women and women for men; that is a complete devotion to and absorption in the work that they are doing, to the utter forgetfulness of self."

And Wilhelm Stekel, the great Austrian authority upon psychology, says: "Nothing in itself is unfortunate; it all depends upon the attitude we take. Every one can have luck if he looks for it. Luck means, as I have already mentioned before, to make other people's interests one's own. Luck means to adapt oneself to reality, and to make the most of all the possibilities the day brings. Luck means to live in others for oneself, and to live for others in oneself."

IF YOU ARE DISAPPOINTED IN YOUR AIM IN LIFE.

WE ARE bound by our past disappointments.

Without enthusiasm, joy, faith, courage, little is accomplished. And the remembrance of past disappointments binds many to the paths of failure.

In many, many of these cases it is not the actual factors in the situation, *but the individual's interpretation of the factors*, that keeps him from succeeding.

One man will lose courage and refuse to go forward in new adventures toward success, while another with even less ability, and in precisely the same environment, will drive forward to victory.



VIEWS and REVIEWS by WILLIAM E. TOWNE



In each man the cause for success or failure was within the individual *himself*. In each case the battle was fought and won or lost *in the individual's own consciousness*.

In one case the mighty force of the IMAGINATION was used to FREE the individual from the binding power of memories of past failures. In the other the imagination and the visualizing power became the slaves of memories of the past.

One has held, perhaps, to visions of great success. When failure came, he could not adjust his plan of action to a more easily attainable goal and try again. Instead he allowed the bitterness of his disappointment to rule him, to control his field of consciousness and paralyze his imagination.

But the one who went forward to success modified his aim, shifted his goal and made his past failures stepping stones to ultimate success.

If you are a golf player you know that many men sacrifice their game to an impotent desire for long drives. They have visions of making a phenomenal distance with their drives and as a result find themselves frequently in the rough, and lose the game to an opponent who piles up his score by a series of drives that are not spectacular as regards distance but which are accurate in direction because the player is willing to modify his ambition for distance to such an extent as to insure accuracy of direction. The winner under such circumstances builds his final success upon a series of lesser successes. He sets before himself goals which are possible of attainment and thus establishes the habit of succeeding, with all its cumulative psychological value. Instead of setting his goal so far ahead that he never gets beyond the dream of success, he keeps his dreams and his ability as a player reasonably adjusted to each other.

Has your ambition to succeed met largely with disappointment in the past?

Perhaps you have kept your habit of self-criticism too strictly in subjection and exalted the dream faculty instead. You have possibly mistaken the shadow for the sub-

stance. Dreams are essential, truly. But dreams too long divorced from reality are futile—unless it be as a means of bringing comfort and relief of an abnormal sort, as in the case of an opiate. And dreams should be linked with constructive imagination if they are not to result in futility.

THE CAUSE OF NERVOUS BREAKDOWNS.

A NERVOUS breakdown is the refuge of one who does not feel that he can longer face an unpleasant situation.

Dr. Wilhelm Stekel expresses it in very poetical language as follows: "Neurosis is the dirge of a broken down ambition, illuminated only by the pale moon of envy."

The basis for future nervous breakdowns is generally established before a child reaches the age of six years, according to many authorities. If a child is not taught a reasonable amount of self-denial and self-control before that age, he is going to have a difficult time of it in adjusting to the demands of civilized society when he becomes an adult. This is the reason that the "only" child preponderates among those who visit the nerve specialist.

If parents realized the full extent of the future trouble in store for those children who are allowed to drift along through the early years of their lives with little or no discipline, there would be fewer spoiled children and fewer nervous wrecks in the future.

The spoiled child and the "only" child reach the age of maturity entirely unfitted to fulfil the demands which life is about to make upon them. Lacking in self-control and not being disciplined to habits of work, their chances of failure and disappointment in their aims are greatly multiplied. Such a child is very apt to turn out to be of an "impractical" nature. He prefers to dream about doing things instead of actually doing them. He drifts about instead of working steadily toward a goal. Often he is gifted, but erratic.

Only a complete re-education of the individual as regards his mental habits can offset the effects of early lack of training.



International Sunday School Lessons

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

Class Work Conducted by Rev. GEORGE C. GOLDEN

August 12. THE COUNCIL AT JERUSALEM or THE EVER-PRESENT NOW. Acts 15, 1-36.

Bible Readings: Acts 15, Galatians 5, S. John 8.

GOLDEN TEXT: *If therefore the Son shall make you free, ye shall be free indeed.* S. John 8, 36.

NEW THOUGHT GOLDEN TEXT: *Now is the accepted time.* 2 Cor. 6, 2.

IN THE council at Jerusalem, St. Paul proved to the world that truth does not lie in ceremonies or rites, in prolonged preparation and involved training, but it is a fact to be assumed, applied and used immediately.

The Master informed us that the most difficult feature of truth was its simplicity. He described it as hiding from the wise and prudent but revealing itself directly to the babe.

The most startling feature about the mentality of a child is his directness. He perceives much more quickly than the average adult the real motive behind action. He expects the world to be understandable while the older person looks for it to be complex.

The faction holding out for an involved ceremonial at Jerusalem looked upon revelation as a gift given them if they made themselves worthy. To prove their qualification, they endeavored to fulfill a code of discipline which, St. Paul tells the, "neither we nor our fathers were able to bear." The Master informed them that God sends his rain on the just and the unjust, meaning that revelation is a matter of assumption.

"You," says Burnell, "instead of being a fragment of existence, are the totality of it. You, instead of being an incomplete portion, instead of being a changeable subject and object, are an absolute eternal, unchangeable, free, infinite, omnipotent, omniscient, perfect being. You are all there is yourself."

When this realization comes to a person, when he understands that he doesn't live in the world but the universe exists in him, when he perceives that reality is everpresent and there is no time but the ever-present now, there is mastery and salvation.

Silent Affirmation.

I live in the ever-present now.

August 19. PAUL CARRIES THE GOSPEL INTO EUROPE or PERSONAL CONTACT. Acts 15, 36-16, 15.

Bible Readings: Acts 15 and 16, Isaiah 60.

GOLDEN TEXT: *Come over into Macedonia and help us.* Acts 16, 9.

NEW THOUGHT GOLDEN TEXT: *Deep calleth unto deep.* Ps. 42, 7.

ONE wonders how it is that some people seem to have things "break just right" for them in business and society while others, who work just as industriously, seem to meet eternal frustration.

How was it that St. Paul, for instance, sensed so correctly the truth in his vision of the man from Macedonia while many of us, following our revelation, have only been plunged deeper into confusion.

I think this little bit of philosophy, taken from D. H. Lawrence's "Mornings in Mexico" will be illuminating.

"To buy and to sell, but above all, to commingle. In the old world, men made themselves two great excuses for coming together to a center and commingling freely in a mixed, unsuspecting host. Market and religion. These alone bring men, unarmed, together since time began. . . . To buy, to sell, to barter, to exchange. To exchange, above all things, human contact."

The soul of us, the great unconscious, is little concerned with much that men are wont to make a great deal of. Had St. Paul, been interested in figures, in large totals for reports, he might have suggested to his unconscious again and again but he would have had little response. His real self, like a child, is bored with statistics. But the apostle realized that the deep of him was calling to the deep of his fellowmen. He was reaching out for human contact. Then he struck the right note and in his unconscious found revelation.

Too often we are interested in things and we wonder why living is so difficult and so colorless.

An automobile salesman came into my office with the complaint, "Something is wrong with me. I outline but I don't demonstrate." I had him show me how he treated. He saw invoices of cars. There was nothing about the picture to make anyone enthusiastic. No wonder his unconscious had gone to sleep. It just wasn't interested. When he outlined his patrons going to

picnics in "their cars," then he felt he was reaching them.

Havelock Ellis realized this principle in life when he gives the commandment: Cultivate an erotic personality.

Silent Affirmation.

I delight in all that makes human contact possible.

August 26. PAUL IN A ROMAN PRISON or TRUE DEMONSTRATION. Acts 16, 16-40.

Bible Readings: Acts 16, Isaiah 55.

GOLDEN TEXT: *Rejoice in the Lord always; again I will say, rejoice.* Phil. 4, 4.

NEW THOUGHT GOLDEN TEXT: *His work is honorable.* Ps. 111, 3.

ST. PAUL and Silas were in a Roman prison. During the night, there came an earthquake which so shook the building that the men were liberated. The working of their faith, one might cry. Even the earth conspires to set them free! But not so did St. Paul look on it, especially when he saw the jailer about to commit suicide because he thought he had lost his prisoners. To escape in the dark, St. Paul felt, was not good enough for him. He wanted honorable freedom. He won it through the conversion of the guard.

Truth can well be compared with mathematics. It, if understood, works under any condition. If we cannot demonstrate it at will, it simply means that we have no comprehension of it.

A tramp stands on the street corner. He is without bed and dinner. Let someone drop a dollar bill and he will call it a demonstration. I call it luck. He may stand there a month and the same experience will not repeat. But let an idea rise up in his mind that he can pay for a night's lodging washing automobiles, and he will have a principle that will work for him at all times and all places.

Silent Affirmation.

Truth works eternally, at all times and in all places.

Sept. 2. PAUL IN THESSALONICA or MEASUREMENTS OF TRUTH. Acts 17, 1-15.

Bible Readings: Acts 17, Romans 15, 1 Thess. 5.

GOLDEN TEXT: *The opening of thy words giveth light.* Ps. 119, 130.

NEW THOUGHT GOLDEN TEXT: *Ye shall know them by their fruits.* Matt. 7, 16.

IF THE reader will place himself in the mind of those people to whom the message of Christianity was first presented, he will perhaps wonder what was the test by which they rated it superior to the religions they already possessed.

Tarbell gives this significant paragraph, "Mary Queen of Scots once cried out to John Knox, "You teach one thing, the Church of Rome teaches another, which shall I believe?" Knox's answer is memorable, "You shall believe neither, madam, you shall believe God who speaketh his

word and save as we agree thereto, you shall believe neither of us."

The teaching that strikes the right note in us is the one that announces the coming of our illumination. Its fruit is more of God, that is, more demonstration of life, love and intelligence.

It is not true that we are miserable sinners, living in the midst of a miserable and helter-skelter world. The truth is that we are perfect spiritual beings, living and moving in a harmonious, brilliant and clever universe. But, by some mystery, we have come under the delusion that we are separated from our good and thrown out of our place. Truth does not usher us into a new world, it only opens our eyes to the immediate life that is inseparable from us here and now.

Truth does its work by waking us from this mesmeric state of belief in matter, sin, sickness, failure and death.

Truth, then, is progressive and individual. What arouses one person may not affect another and what awakens us today may be mere bromide to us a year from now.

Silent Affirmation.

All that increases my self-confidence is truth to me.

Sept. 9. PAUL IN ATHENS AND CORINTH or THEORY AND LIVING. Acts 17, 6-18, 17.

Bible Readings: Acts 17 and 18, 1 Cor. 2.

GOLDEN TEXT: *For I determined not to know anything among you save Jesus Christ and Him crucified.* 1 Cor. 2, 2.

PAUL and his followers found in Corinth a people that were ready to listen to their teachings. Yes, they were even eager to have the men come with the new message. But they did not seek to try out any of the truth by experience. They were looking for no teaching to help them with their problems of living. They evidently had no problems at all for they were idle, like retired gentlemen who frequent our public parks today and are well versed in politics, etc. For them religion meant a new bone for squabbling, not a method to make living more efficient.

Too much living in dreams and visions makes a sort of physical and mental inertia in us. We become too lazy to get out to explore our own kingdom, the world. It's much more comfortable to read about doing our adventuring and winning, sitting before a comfortable fire and listening to the radio.

The cure is a direct plunge back into reality. There is power and satisfaction in creating a row boat that he never knows who only dreams of building ocean floating palaces. Five dollars in the hand is worth more than five millions that only exist in dreams.

Silent Affirmation.

I am a man of action as well as of vision.

Parents And Children

Helps that
will bring



them closer
together

How Truth Treatments Healed Willie of Nervousness and Self-Consciousness

By Mizanna Wolff

THEY called him "Silly Willie," because he sucked his thumb and would hold one eye in a "squint," and when he smiled or grinned, as folks said, he did it on one side of his face only. This gave him a very peculiar expression which did not improve as he grew older. At the age of twelve, he felt himself an outcast with the children of the neighborhood, and so began to go backward instead of forward. He became careless in dress, manner and speech. When his mother tried to arouse him to take an interest in those things that make for betterment he would say, "Oh, what's the use, I never can look nice like anyone else so why try?"

After trying in vain, the mother, in great depression, came to me for help, saying, "I know that God will help me, but somehow I just don't seem to get away from the worry about his attitude, and don't seem to make much headway alone.

I told her that we would ask for the help we

wanted and we would accept the gift. We would then affirm his perfection and know that it had to be so. It was agreed that Willie was to come and help me with the flowers each day after school. This was done to have him with me a part of the time, without his knowing anything about our plans.

At first I didn't say one thing to him about anything other than flowers, but soon we became better friends and each of us used to tell the other about the funny little things which we had heard, or about experiences which we ourselves had encountered.

In about two weeks, as I was showing him how I wanted a flower bed made, I called him "William." No one had ever called him that before, and it was such a shock to him, that he drew up at least two inches taller that he naturally stood. He looked straight into my eyes and smiled, although the smile was on one side of his face only. He inquired, "How did you know my name was William?" In answer I said, "My gracious, boy, how could any one look at a fine, big boy like you and not know at once that you had some manly name? From this moment on don't you allow anyone to insult you by calling you any other name than 'William'. Why, boy, the name alone is enough to make a man out of a mouse, make you smile out of both corners of your mouth and open wide those beautiful eyes." I took hold of his arm and touched the muscles leading from the corner of his mouth to his eye and said, "I want you also to rub this side of your face several times every day, and say each time you rub it or even think of it say, 'I AM PERFECT'. Before this summer is spent we will make all of these people 'sit-up-and-take-notice' of the great improvement that has taken place in 'William'; he helping me and I helping him."

He stopped still and smiled but without an attempt to pull away from my grasp. He didn't seem to quite understand the full meaning of what I was talking about, but stood there with eyes transfixed.

Questions Answered

On Child Problems

We have arranged with Mrs. Carter to answer (through this Department) questions from parents and teachers regarding problems of the conduct, training, teaching, etc., of children. We will donate at least a page in each issue of *Nautilus* to these answers. No charge whatever. Write a separate letter for your question and address Mrs. Alberta M. Carter, c/o *Nautilus Magazine*, Holyoke, Mass.



I added, "I wouldn't be surprised but that allowing people to call you 'Willie' is what has made these muscles in your face stand still, caused your pretty eye to stay closed so much and kept this side of your mouth closed. From now on, I want you to tell your folks and friends that your name is 'William' and tell them to please call you by that name."

I made it a point to call him "William" many times each day, and it always had the same magic effect. He would smile and I would say, "There, that is better, draw up that corner a little bit more." I asked his mother to call him by that name and to see that each member of the family did likewise. In a very short time I could notice he was changing from the old to the new. And with each improvement I THANKED OUR FATHER. Then his chums for fun, began to call him "Mr. William G—."

When school opened in the fall, he gave his name as "William." I invited the teacher over to lunch and explained to her the situation and asked her as a personal favor to please call him "William" and to speak to the children about it. The children began to call him "Mr. William G—," and each time he heard the name he smiled, the teacher said.

He told me at Christmas time, when I spoke of how much he had improved, that his eye stayed open all of the time, and he had responded in every way. Needless to say, I was very proud of him. He said that each time he smiled he made it a point to bring the drawn side up, and also to cast his eye upward, and that it just came natural to him now.

I praised God for our victory!

Later on in the winter, "William" was called to the phone, and as I was near I could not help but hear part of the conversation, which ran thus: "No, this is not 'Willie', this is 'William' talking if you please. No, it isn't necessary for you to add the 'Mr.' to it unless you so desire, but as I like the name 'William' better than I do 'Willie', and as it is my name I much prefer to be called by it."

I guessed that someone had called him "Willie", and he had called them to task for it. He was radiantly happy as he heard some one call for "Mr. William G—," at the door. And now "William" is what would be termed as a "hand-some well-bred young man."

PRAISE GOD!

"THE DESIRE OF THE RIGHTEOUS SHALL BE GRANTED. Prov. 10:24."

(Next month we begin publication of a splendid series on child psychology, by Wilfrid Lay, Ph. D., author of "Man's Unconscious Conflict.")

MRS. CARTER'S ANSWERS TO QUESTIONS.

Musical Mother—The following message taken from a talk given by Charles Wakefield Cadman to Hollywood parents will answer your question far better than anything I can say.

"Rear your son or daughter in an atmosphere of sweet sounds, and his or her success will be increased tenfold. Train the child early to appreciate the soft harmonies of Beethoven, Mozart,

Chopin, Wagner and its soul will be lifted beyond the range of temptation. Teach every youth in the country to play the piano, cello, violin or some wind instrument, and you will reduce juvenile delinquency to the vanishing point.

"It is found with practically no exceptions, that those who get off to a bad start in life are those who had been denied the ecstasies of musical appreciation. Musicians in the penitentiaries and reform schools are practically unknown, except for those who turn to melody after their incarceration.

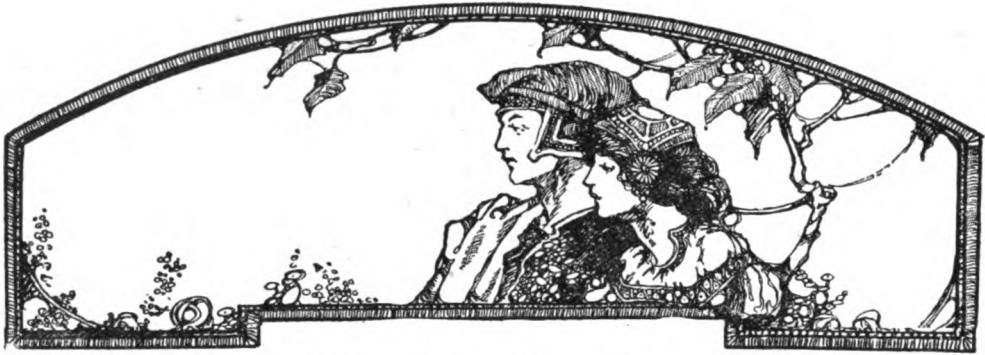
"The influence of jazz? That is different. Jazz is exhilarating, but it does not reach the depths of the soul. It has no message to give. It sends out its call only to the body."

C. C.—Since it is over a year since you were bitten by the red ant and you cannot walk even now, although you say that you do not suffer much pain, it looks to me, little girl, as if you were afraid to try to walk. Forget all about that hungry little ant. It could not have harmed you, had your blood been pure. Do not repeat the incident again but spend your time telling yourself that, "Since you are God's child, with the blood of His Being coursing through your veins, your body is clean and pure. God's power in you gives you strength to walk."

Don't be afraid to try. Tell your leg that you are its master and that it must obey you. It will complain (pain) at first, I know, for I have been on crutches three different times in my life, but it will finally be ruled by your will.

R. N.—We hear much of "balanced diets" these days, and just what one should and should not eat. Use your best judgement about feeding your children and seek in every way to give them the food that is the most nourishing for them. Many children form notions of dislike for certain foods by hearing their parents express their dislike for them. I once knew a little girl who always asked upon being served a different kind of food from which she was accustomed, "Mother, do I like this?" And upon the mother's reply, depended her acceptance.

A. L.—Upon careful investigation and talks with young mothers, I find that many have been advised to let their young babies (from six to eight weeks of age) cry from two to four hours each day. One physician claimed that it made the babies stronger. Well, perhaps. But the babies with sweet dispositions that I contact, all have loving mothers who talk and play with them and divert them from desire to cry. One mother told me before her babe was born that she did not believe that you could suggest one thing to them. The other day she told me that she could talk her little babe out of crying. She is a natural mother and knows nothing of New Thought teaching, but is practicing it, nevertheless. Habits are formed when very young, and children should be encouraged to overcome unpleasantness as early as possible. The nerves of the mother and the family are also to be considered if you desire a spirit of harmony in your home.



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.

1914-1930

To Correspondents

Prizes for the Best Letters to This Department.

Have you discovered something that makes for success?

Tell us about it and perhaps you will win a prize. To the writer of the most helpful success letter published in this department each month we will send NAUTILUS for 3 years. Or 3 yearly subscriptions to separate addresses if preferred.

To the writer of the most helpful letter printed in each 6 months' period, we will send \$5 in cash, in addition to the subscriptions. Prize winners announced each month for the preceding month.

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. 1132.

HOW I GAINED SELF-CONFIDENCE AND DEVELOPED PERSONALITY.

FOR several years I had held a routine position, and had made good. That is, I had the reputation of being a painstaking, conscientious worker. But, being ambitious, I hoped for advancement to a more responsible position. At last I was refused pointblank, on the score of lacking "personality and pep."

I realized vaguely what was the trouble. I lacked self-confidence. I was too much afraid of my superiors. A slight criticism meant too much. But this refusal of advancement made me angry. That afternoon, being sent out on an errand, I was unable to find the address. After having walked until I was tired, I deliberately returned to the office, resolved to make no further effort, and to risk any criticism that might be in store for me. That slight rebellion was the beginning of my emancipation. I then resolved to resign my position, which I did.

My next position was also a disappointment. I again resigned. I then attended a summer school, hoping in that way I might get in touch with the

kind of a place I wanted. But here I was again a slave to my old weakness. Because of the fact that I needed a recommend from the school so much, I became too anxious to make a good impression on the director. I was, therefore, very nervous and ill at ease in his presence.

One day we had a class in public speaking. When I was through with my speech, the director said, "Stage fright. Lack of self-control." I happen to have a very good speaking voice, and, in spite of my nervousness, the part was very well done, according to the testimony of my teacher. I felt, therefore, he was unjust in commenting merely on my weakness and giving me no credit for my strong points.

Nevertheless, he had done me an invaluable service by giving me the keynote of my trouble, "lack of self-control."

I had read some New Thought literature, and had been helped by it. I now resolved that when the time came again for this public speaking class I would be ready. I therefore sat down and wrote out several statements calculated to give me self-confidence in this particular situation, such as:

It is acknowledged that I have some ability along this line.

There is nothing to fear except that I may forget, and that does not matter much. I shall be able to remember and go on.

Self-control is power.

I have a right to my own personality, and the same right to make mistakes as other people.

"In quietness and in confidence shall be your strength."

"I am the captain of my soul."

"I am the master of my fate."

The quotations from the Bible and other sources were especially helpful. Then I sat down at my typewriter and copied each one ten times. All the time I pictured myself as standing before a large audience, very calm and confident. Before the time of the next class I had repeated this exercise about three times. But I did not once go

over my speech. Between times I forgot myself in my other work.

The experiment was entirely successful. I had perfect self-control when the test came again.

I did not get just the kind of a position I had hoped for. But I have one which gives me the opportunity for initiative, and one in which I am testing myself out and finding just what my abilities are. I have used the above method several times with even greater success than the first time.—By B. J.

Success Letter No. 1133.

WITHIN TWO WEEKS I WAS MAKING GOOD MONEY, WHILE 3,000 IN MY LINE WERE OUT OF EMPLOYMENT IN THE CITY.

WORDS are absolutely inadequate to express the marvelous change that has taken place in my life since I became acquainted with New Thought through *Nautilus* several months ago.

My previous position in the Great Scheme of Things can only be likened unto a ship without a rudder or an automobile without a steering wheel. I had plenty of motive power, a good car, and an excellent engine, but I was unable to hold it in a straight course.

I am a professional musician. I came into Chicago seeking employment and found to my dismay that over 3,000 musicians were out of work. I didn't see how it could be humanly possible to overcome such overwhelming odds until I happened to purchase a copy of *Nautilus* and read it thoughtfully. I then began to understand the Real Meaning of Life and how to call on that Great Creative Intelligence and cause It to produce the things we desire to make us happy.

Within two weeks, I was working steadily, making good money and perfectly happy.

My desires are materializing as if by magic, and life, which is a development of the soul, has taken on a deep, rich and fascinating aspect. What a tremendous thought that I, (the I AM) am the individualized personality, expressed through matter, of the Creative Intelligence, which includes all matter and all mind, and that nothing is in reality of a negative quality, existing only in the Abstract.

I and the ALL are One, and I already possess It before I desire It. If we will direct our bodies to go through the routine as our Super Mind (not Conscious or Subconscious) directs, nothing is impossible to accomplish.—D. S. P., III.

Success Letter No. 1134.

FAITH AIDS ME IN THE RECOVERY OF LOST ARTICLES.

NEW THOUGHT, as taught by *Nautilus*, has been an unqualified success to me.

It has brought me from wretched illness to perfect health; from tears and misery to laughter and glorious happiness; from poverty to a well-established business. I have proven it in many ways, but in one small thing have I proven its efficiency over and over. Whenever anything is lost or

misplaced through *Divine Guidance* I am always able to locate it.

A few days ago, while shopping, I purchased a dainty silk gown as a gift for my daughter. I was quite delighted with my purchase, although I had paid more than I anticipated. I took the parcel with me and was entering another store in the same block when, to my dismay, I discovered I had lost my gift. I retraced my steps and inquired of several, who had been standing in the doorways as I passed, if they had seen a parcel or seen anyone pick one up. No one had. One kind soul, on learning what I had lost, ventured to add: "You'll never see that again." That was all I needed, for instantly I replied: "Oh, I'm sure it will come back to me." And I repeated the affirmation that never fails me: "In God's kingdom nothing is lost." I pictured the gown just as the clerk had shown it to me and in perfect faith went on my way. I had to. I was in the midst of a throng of passing people and could give no more time then.

I finished my shopping and was ready to return home, intending to advertise for a lost package. Imagine my surprise to find the lost parcel on the seat of my car when I entered it. I have never learned who put it there, how the person who did, knew it was mine or which car was mine. The result was all I had asked. That which I lost had come back to me. I could give a score of instances just as unusual as that above. The affirmation has never failed me. I repeat: "All that is mine comes to me. In God's Kingdom nothing is ever lost."

I then picture the article as I last saw it and in perfect faith leave it with Divine Mind. The answer is not always so prompt, but always comes.

In all cases where I visualize the most clearly, have the greatest faith, and so the least scattered thinking, the result is the quickest.—A. B. A., Nevada.

THE PRIZE WINNER for July, 1928, NAUTILUS MAGAZINE, Success Letter Department, is M. E. W., Pa., who wrote Success Letter No. 1129. We shall be glad to send the prize of three subscriptions as soon as we hear from the winner.

THE \$5.00 PRIZE WINNER for the best Success Letter published in NAUTILUS MAGAZINE from January, 1928 to June, 1928 is H. Y., who wrote Success Letter No. 1107 that appeared in the January, 1928 issue. We shall be glad to send our check as soon as we hear from the winner.

Faith and Knowledge

By Marchesa Alli Maccarani

EVER towards the East we turn
When "I believe" we say,
Only when we "I know" affirm, we yearn
No longer for the Day.

Gently of Knowledge breaks the light
When Faith doth lead the Way.
Knowledge alone, lacks power to pierce Earth's
night,
And Faith, alone, would stray.

The Family Counsel

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 others 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. Correspondents desiring a personal reply by mail are referred to our ELTO SHEVION, which includes a service fee of \$5. We would answer every letter gratis if it were humanly possible. We MUST curtail, hence the charge for querists 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.—THE EDITORS.

A. S. P.—Use your *imagination* and your *faith* to the end that you may see the eternal Reality which IS Health, Abundance, Love, etc. In the words of Prof. Glenn Clark, "Do not pray to bring things to pass; pray to see things that are already in the Kingdom." To your finite sense it may seem that you need \$50 more than almost anything else. In the light of the Infinite Reality you may need something else much more than the \$50. So long as your attention is hypnotized by the need for the \$50 you limit the manifestation of the greater Abundance. There are infinite ways in which your good may come to you. But so long as you center your thought upon a *thing*, a particular demonstration, you limit your good to that one particular channel of manifestation.

G. L. S. Probably you have some deep-seated mental complex the existence of which is threatened by your becoming more familiar with New Thought. In other words your subconscious is afraid of being deprived of something, afraid of some change which you might make in your habits of life, if you were to go on with your study of Truth. Nervousness usually means that somewhere in the individual's contact with life there is a condition which he intensely resents. The mental resistance to this condition, the mental conflict engendered, results in the symptoms of nervousness. The mental conflict may be carried on entirely in the subconscious mind. Often the individual is unaware of the conflict, so far as his conscious mind is concerned, except as the symptoms of inharmony develop. It would be well to analyze your present relation to your environment carefully, with the idea of finding the particular cause of your mental resistance. If you do not find the cause in any present condition, it may be due to some deep emotional experience in the past—some experience which you do not like to recall and which has been crowded back into the subconscious. Ask yourself *what it is*

that you are afraid of losing and be honest in forming your reply. If you can find the cause of the resistance it will then be possible to make a better adjustment to it, and just to hold it up before your conscious mind and examine it frankly in all its relations to yourself will help to relieve the inharmony.

MRS. G. C. H.—You need first, I should say, to set yourself straight on an important point in your thinking. You say you are "tied" to your present environment. But you are tied only by your own *choice* in the matter. Do not deceive yourself in your thought. There is nothing to prevent your walking right out of the house today. If you do not do so, it is because the circumstances are such that you *choose* to remain rather than face the conditions which a change would bring to you. It is most important that you face the truth in this matter, because so long as you deceive yourself about it you are bound to be filled with resentment and with resistance against your present environment. This causes a great waste of energy on your part, and acts to prevent your finding a solution of your problem. You would be warranted, it would seem, in asking a regular allowance. If this seems impractical, or you do not care to make the attempt, you may still accomplish much by indirect methods. The first thing essential is to put away all resentment toward your husband and remind yourself that those habits of his which arouse your opposition are due to a lack of understanding on his part, to a mistaken view point of life. Turn him over, in your thought, to that One Life which lives through you both, and through all other individuals, and try to see him in the clear light of that One Life which IS health, love, harmony, truth. By doing this in the spirit of love, by holding him close in your thought to the TRUTH of his own being, you can accomplish far more than in any other way to help him to work clear of those habits. I would also try suggestion during sleep, which often produces really startling results in such cases. Remind yourself daily that the only real and permanent source of your happiness is WITHIN YOURSELF—the One Life which lives and expresses through you. In the white light of this truth, obstacles will melt away and petty irritations will be dissolved into nothingness.

(Continued from Page 32.)

very little attention to what she was saying. The evening she started collecting a fair recompense for her instruction, to them her lightest word became a pearl of great price and her slightest movement was now a "most graceful gesture." However, the really satisfactory development was her mental maturity. Since she "had got down to business," she discovered in herself an authority that she had always envied in others, and a poise that gave the spectator the impression that here was an artist who knew and who could do.

(Next month comes a wonderful Lesson on "Self Reliance," by Dr. Golden.)

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Now all this is changed. First, she found the way to health. "In less than a month I was in perfect health, was doing all the housework and taking care of mother."

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In this department we notice as many cloth bound books as we can find room for. Lack of space forbids reviewing music. Publishers please give selling price and address when sending books for review. Reviews are written by William E. Towne unless otherwise signed.

—"The Conquest of Illusion," by J. J. Van Der Leeuw, LL. D. The "illusion" referred to in the title is the belief in an absolute space and time and matter. The author builds upon Einstein's theory of relativity and Ouspensky's philosophy as outlined in "Tertium Organum." Dr. Van Der Leeuw claims, however, that his own deductions are the result of experience—experience in contacting the Absolute, the cosmic consciousness of Bucke—which is the only true way to knowing truth. Some of the conclusions arrived at by the author are: That time and space have nothing to do with reality. That what we see is only our *conception* of reality—a shadow picture by which we strive to interpret to ourselves the quality of that with which we come in contact. That it is only through *intuition* that we come to recognize truth. Intellectual processes alone never lead to truth. That science and philosophy have each their respective fields, but that neither one can to any extent whatever fulfill the functions of the other. That problems are never really "solved"—because in the light of Reality there are no problems—but that when one has conquered illusion he *experiences* Reality, the UNITY OF ALL—TRUTH. We do not "solve" our problems but are *delivered from them*, by this process. The most significant book of its kind since "Tertium Organum." Price, \$3.50. Published by Alfred A. Knopf, New York.

—"Understanding Human Nature," by Alfred Adler. This book will prove a great help in understanding oneself, and thus in understanding all other human beings. Dr. Adler finds that everyone is largely dominated by a "behavior pattern" which is fixed in early childhood. All the later experiences of life are interpreted in the light of this behavior pattern. If they fit in with it, they are accepted as good. If they oppose it, they are rejected as bad. Most people need a better adjustment to their environment and to society. The reforming and modifying of the behavior pattern is the first step in this direction. Dr. Adler is one of the most constructive of that group of psychoanalysts who originally derived their inspiration from Freud. Price \$3.50. Published by Greenberg, Publisher, 112 East 19th St., New York

—"Omar and the Rabbi," by Frederick Le-Roy Sargent. Fitzgerald's translation of "The Rubaiyat of Omar Khayyam" and Browning's "Rabbi Ben Ezra" arranged in dramatic form. Price not given. The Four Seas Company, Boston.

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

\$351⁰⁰ CLEARED ~ IN ONE DAY

So writes W. H. Adams of Ohio. Letter from California man reports \$11275 sales in three months; New Jersey \$4000 profits in two months; Pennsylvania \$3000 profits in four months. Ira Shook \$365 sales in one day. Bram bought one outfit April 5 and 7 more by August. Iwata bought one outfit and 10 more within a year. J. R. Bert says "only thing I ever bought that equaled advertisement." John Culp says: "Everything going lovely. Crispette wrappers all over town. It's a good old world after all". Kellog, \$700 ahead end of second week.



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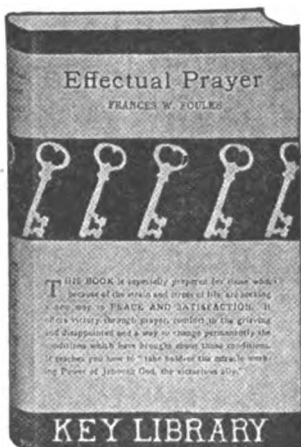
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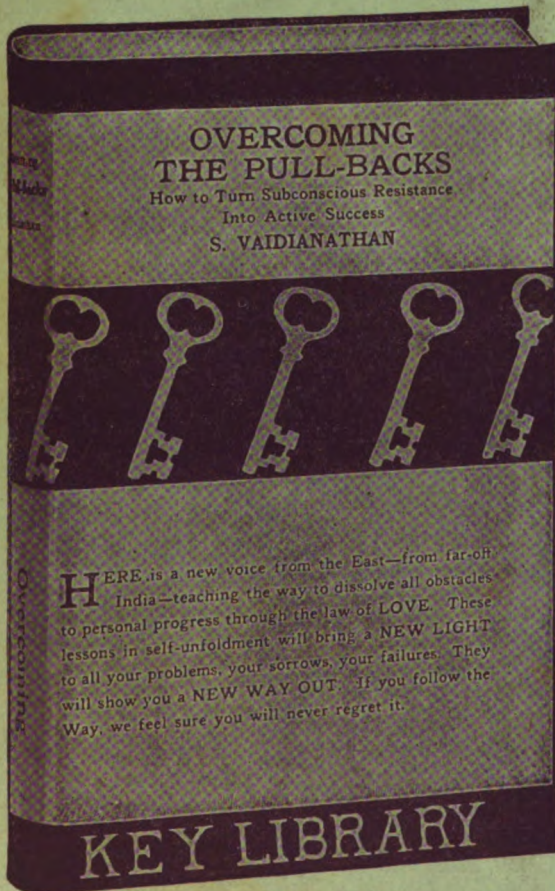
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