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*Magazine of New Thought*

*Edited by Elizabeth Towne  
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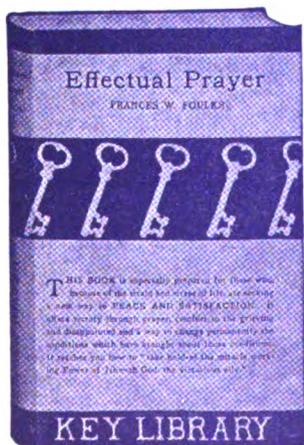
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# NAUTILUS NEWS

BY THE EDITORS

*NAUTILUS makes plain the Truth that frees, heals and prospers mankind. We believe that every established method of healing is good in its place, including medical practice, and that Truth can be applied in co-operation with any other healing method to the advantage of the individual. We co-operate with each sect and religion. We support 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.

**\$50 In Cash Prizes**

Did you read our offers  
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**WHAT TO READ FIRST.**

We suggest this month, "How to Apply New Thought in Your Daily Life," page 21. Then follow with "Joyful Creation the Key to Prosperity," page 16, and "Is There Something You Are Trying to Do?" page 17. Don't overlook the numerous poems in this number, which bring to you the spirit of Easter in the music of words.

**"I AM DOING THE WORK OF TWO WOMEN."**

"Since practicing New Thought I am in better health than for years, and still improving, even though I am doing the work of two women. I have almost dropped worry and fretting. Our finances have improved, too, in unexpected ways. Your publications have strengthened my faith, increased my hope and given me a saner, broader outlook on life."—A. J. B., Wash.

At this Easter season *Nautilus* will prove a helpful gift. Why not use the Subscription Blank enclosed to each regular subscriber in sending in one new subscription?

**HAVE YOU ANY OF THESE BOOKLETS ON BODY BUILDING?**

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**A NEW YORK BUSINESS MAN WRITES ON NEW THOUGHT.**

Mr. Henry S. Haskins, whose article entitled "To Change Your Condition Change Your Consciousness" will be printed in May *Nautilus*, was formerly a member of the New York Stock Exchange, and of the Chicago Board of Trade. He graduated from Lafayette College, class of 1898, is a member of three clubs and many patriotic societies. After five years' practice of New Thought, Mr. Haskins will give his experience in this article, which he refers to as "a chronicle of what has happened and is happening to me."

**"THE ONE THING NECESSARY."**

"I should like at Thanksgiving time to tell you of the infinite happiness and increasing harmony I am finding with my dear husband. The relationship with his family is serene and quietly growing deeper with mutual understanding. Our personal love is beautiful and influences those who see and share it. I have the one thing that was necessary to bring my life into correct perspective and make me free and happy." Mrs. R. L. K., Pa. A year's subscription to *Nautilus* is sometimes the means of bringing harmony to a distraught family. Do you know of some one who might be benefitted by *Nautilus* this year?

# IN MAY NAUTILUS

**"I Am Affirmations,"** by Marguerite Wright. How to make affirmation effective in all your affairs. If you have not heretofore secured good results in the use of affirmation, read this article and follow the directions.

**"He Applied Psychology to His Business and it Increased 300%,"** by C. W. Chamberlain, Ph.D. This is the second of the series of actual incidents in Mr. Chamberlain's experience, showing how psychology can be of great practical aid in business.

**"When I Buried the Hatchet—Handle and All—I Found Happiness and Prosperity."** How a hidden resentment kept the writer from happiness and success. And how her life was changed to happiness and prosperity when she really forgave.

**"How to Train Your Mind to Overcome Wool Gathering."** If you are troubled by mind wandering and lack of concentration, here is a way to overcome the difficulty.

**"Prayer Healed Me of a Serious Physical Condition."** The author was healed of a serious condition caused by fallen muscles of the abdomen. She could not stand or walk, and suffered with chills and fever. Through prayer she was healed almost overnight. Read about it in May *Nautilus*.

**"Love in the Court Room."** A trial lawyer with 23 years' experience tells how he used the law of Love in trying a Federal case and the remarkable results secured.

## All These in May Nautilus

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# CHRISTIAN PSYCHOLOGY



For nineteen hundred years the world has sought a better understanding of the teachings of Jesus, which would enable men and women to have the more abundant life and happiness which He promised.

He said to some of His followers (Mark 11:24): "What things soever ye desire, when ye pray, believe that ye receive them and ye shall have them." It is a promise that *anyone* may get *anything* he wants, by praying for it—that is, by praying for it in a *certain* way.

Again Jesus said to certain followers who were worrying about their physical and financial affairs (Luke 12:31): "But rather seek ye the Kingdom of God; and all these things shall be added unto you." There can be no doubt about what this promise means—especially if we read the context beginning at verse 22. It clearly and simply means that if one can find the Kingdom of God, his physical and financial problems will solve themselves—that there will be "added" unto him the things necessary to his happiness.

The tragedy of it is that these promises are not generally fulfilled in the lives and affairs of Christian people. Millions have diligently sought the Kingdom of God for years without finding it—without having anything much added to them. They have prayed earnestly for things and conditions they desired, without getting them. Millions of these good people, in the churches and out of them, are cramped and hampered by poverty, limitations, lack, sickness, worry and disappointment.

But there is nothing wrong with these promises of Jesus. The trouble is that men and women have failed to understand and use them correctly. They have thought the Kingdom of God is a place or condition outside of themselves, whereas Jesus said (Luke 17:21): "The Kingdom of God is within you." They have understood Him to say, in reference to praying for the things they want: "Believe that ye shall receive them," and that is not what He said, nor will such belief get what Jesus promised they should.

**CHRISTIAN PSYCHOLOGY** now comes forward with a great flood of the white light of simple scientific truth. Under the illumination of this light men and women are finding the Kingdom of God and having added unto them the things necessary to their happiness—they are learning how to pray for the things and conditions they want in such a way as to get them, as Jesus promised they should.

**CHRISTIAN PSYCHOLOGY** is a simple scientific system of Christian life and thought which gives Christianity the power of godliness as well as the form, and puts into it the living, vibrant force which brings prosperity, love, achievement, health, happiness, peace and more abundant life. It is not a religion, nor a sect, but a movement within the churches, loyal to their work and ministry, and based squarely upon the teachings of Jesus as verified, explained, simplified and practically applied by modern scientific Psychology.

**CHRISTIAN PSYCHOLOGY** is given to the world by Judge Daniel A. Simmons, whose gifts to the world are already so rich and full. He is widely known as a psychologist, author, teacher and lecturer. He is now, and for more than fifteen years has been, one of the judges of the highest trial court in his state. He is the founder of The American Institute of Psychology, with its thousands of students all over the world, and highly prizes the great mass of

Leads Men and Women to the Kingdom of God and adds unto them the Things and Conditions necessary to their Happiness, as Jesus promised. It teaches them to pray for the things they want in such a way as to get them, as Jesus said they should.

marvelously happy achievements that these students have reported as results of his teachings.

**CHRISTIAN PSYCHOLOGY** is Judge Simmons' crowning work—a work in which the Christ-light shines forth as the true light of the world, leading men and women on to higher, nobler, happier and more abundant life. He has set forth its fundamental principles in a marvelous soul-thrilling lecture of 6,000 words entitled "The Kingdom of God," in which he tells just what the Kingdom of God is, where it is, and how to set out to find it and enjoy its rich rewards. A manuscript copy of "The Kingdom of God" will be

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## CONTENTS

Lift the Easter Paean High (Page Poem) . . . . .	Louis Schneider . . . . .	12
Editorials . . . . .	Elizabeth Towne . . . . .	13
Joyful Creation the Key to Prosperity . . . . .	Marguerite Eldred Wright . . . . .	16
Is There Something You Are Trying to Do? . . . . .	Ada Marshall . . . . .	17
The Reason (Poem) . . . . .	Susie M. Best . . . . .	18
Applying Psychology to Money Making . . . . .	C. W. Chamberlain, Ph. D. . . . .	19
How to Apply New Thought Daily in Your Life . . . . .	Theodore Wilcox Putnam . . . . .	21
How I Found Peace . . . . .	Marion B. Shoen . . . . .	23
Truth Healed When Hope Was Gone . . . . .	Mizanna Wolff . . . . .	25
Dramatizing Healing as an Aid to Cure . . . . .	S. Valdianathan . . . . .	26
His Presence (Poem) . . . . .	Marion B. Shoen . . . . .	28
The Easter Resurrection of an Ex-Convict's Life . . . . .	Brown Landone . . . . .	29
The Hills Beyond (Poem) . . . . .	L. N. Watkins . . . . .	31
Have You Tried Visualizing Your Problems in Color? . . . . .	Gene Dorant . . . . .	32
My Birthright of Abundance . . . . .	Frances W. Foulks . . . . .	34
Laughter and Friendship . . . . .	Chester H. Struble . . . . .	35
Views and Reviews . . . . .	William E. Towne . . . . .	36
Sunday School Department . . . . .	Rev. George C. Golden . . . . .	38
Parents' and Children's Department: Mrs. Carter's Answers to Questions . . . . .	Alberta M. Carter . . . . .	40
Family Counsel . . . . .		41
Things That Make for Success . . . . .		42
Anent Books and Things . . . . .		44
NAUTILUS NEWS . . . . .		1

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## THE NAUTILUS

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WILLIAM E. TOWNE

} The Editors

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# The Inner Breath of the Lungs Is the Youth Breath of the Soul

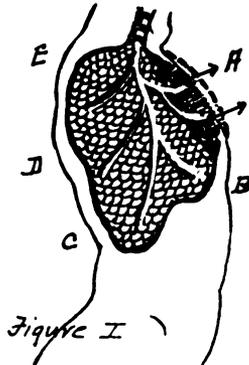


Figure I

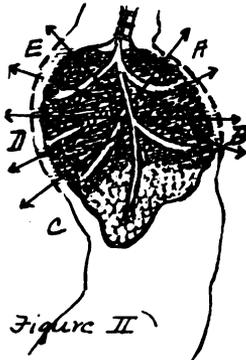


Figure II

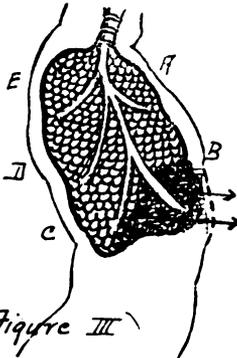


Figure III

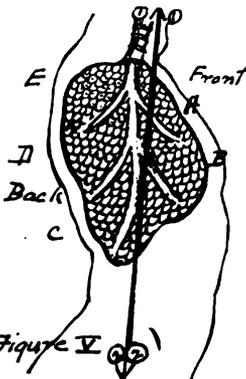


Figure V

And YOU, dear friend, are a "SHELL" breather! You breathe only with the *outside layers* of your lungs. It's like living on the *outside* of your home. (See Fig I and III.) Your torso is about 8 inches *through* from front to back, but with "shell" breathing, you use only a **ONE** inch outer layer. **ALL** the chest breathing YOU have ever used—**PLUS** all your diaphragmatic breathing, **PLUS** all *deep* breathing, **PLUS** all *Hindu* breathing—has **NOT** functioned **EVEN ONE-TENTH** of your **INNER** lung capacity!

But the **YOUTH BREATH** makes you breathe *all the way through your lungs*. (See Fig II). That's what gives me energy, life power, vitality.

**FOR MYSELF**, I've never "taken" a breath or a breathing exercise for thirty-one years, yet my breathing gives me energy to work 20 hours a day. And I never think of breathing air. Instead, whenever my body needs air or I need energy, my torso—*without any thought on my part*—breathes of itself, just as my legs walk when I wish to walk across the room. Such breathing is the *Inner Breathing* directed by subconscious brain functioning—the **YOUTH BREATH**. With it, I am always using *about 500% MORE* lung capacity, than teachers of breathing use, and never even know that I'm breathing!

No matter what your method, I've tried it. In the last 50 years I've read 600 books and courses on breathing, and every one teaches "shell" breathing of one kind or another. Also, I have studied the breathing of 5460 adults and 8220 babies. They breathe differently. The baby breathes *all the way through its lungs*. The adult is a "shell" breather; he *ages*!

There is a reason: as youth becomes an adult, day by day, *years of repression stops the free activity* of large torso muscles. So when you breathe with your chest, you expand merely a little **LAYER** of the front lobes. When you take a "deep" breath, you expand only the bottom of lower lobes. Adult breath is the *aging* breath. Child breath is the **BREATH OF YOUTH!**

**CORRECTING SOME IDEAS:** You can **NOT** breathe with lungs. That's stupid! Lungs are made of *very thin rubber tissue*—not a muscle fibre in it. Lungs cannot breathe any more than a hot water bottle can breathe. "Something else" has to operate them. You should **NEVER** "take" a breath! Never **THINK** of breathing **AIR!** **NEVER** take a breathing "**EXERCISE!**"

Air can *not* flow through the lungs! There are *five* lung rooms. Each is separate from all others. *NO* air can pass from *one* to *another*. Each room has millions of air tight closets. *NO* air can pass from one to another. Air flows through *tubes*, and only where a place is made for it. When you breathe with *one* room of your lungs, air does *not* flow into the other rooms, any more than water flows into your kitchen sink when you turn on the faucet in the bathroom upstairs.

When you take a "deep breath," air flows in a tube to the *lower part* of bottom lobes, but *most of the lungs are unused*. When you breathe with your "chest," air flows *only* to outer upper front lobes, and *most of the lungs are unused*. With each such breath, air flows through **CLOSED TUBES** to the portion you use; but no air flows to the other portions.

FIG I, at **LEFT TOP**, shows extraordinary chest breathing, yet it uses only a small "outer layer," of the upper front lungs.

**BUT FIG II**, shows upper **YOUTH BREATH**, using lungs *all the way through*. This **ONE** change alone *increases* used lung capacity *about 400%*! There are also *middle* Youth Breath, and *lower* Youth Breath!

FIG III shows lung capacity used in extraordinary chest breathing, yet just a little of front bottom lobes is used. Air flows only in the **TUBE** to the portion used, and the other lung lobes remain unused.

FIG V, at **BOTTOM LEFT**, with its **LINE 1-1 to 2-2**, divides body in half, from front and back, **MORE THAN HALF OF THE LUNGS ARE IN THE BACK**, and all chest breathing, diaphragmatic breathing, and deep breathing practically **NEVER** use these parts. Even back breathing as taught does **NOT** use even *one-seventh* of the back lungs.

Of course, with "shell breathing," you **ARE** growing **OLD**, but why continue to do so! If you breathe with the **INNER** lungs, you can grow youthful just as a baby grows youthful—just as you do when you sleep.

**YOU DON'T REMEMBER**, but in childhood you **DID** train your leg muscles to walk. Since that time, they work together, directed by your divine subconsciousness, and you never have to think of them when you walk.

With the **Inner Breath of Youth**—when you train torso muscles to breathe *all the way through your body*—you will *always* use **ALL** of your lungs **ALL** of the time, just as you breathe when asleep. They will work, just as all the 800 muscles you use in walking, *without any thought on your part*. The **BREATH OF YOUTH** is the **Breath of "Sleep."** It is the *only* breath you have *ever* breathed which has helped you to **KEEP YOUNG**. And you never think of "taking" a breath while asleep. (See opposite page).

# The Breath of Youth

(See Opposite Page Also)

"I THOUGHT: there is NOTHING NEW in breathing, but these FACTS of scientists are so REVOLUTIONARY, I'M GASPING!" Do lungs "work like a pair of bellows!" It's ridiculous! Bellows can not work. Lay a pair on your table, and watch them! They can't breathe any more than a paper bag can breathe. They must be worked by "something else."

Will air rush into lungs of its own pressure? It will not! It won't move, until "something else" makes space for it. Lungs can NOT breathe, and air will not move of itself. Lung action and air movement are merely RESULTS of "something else" which breathes.

Scientists have known these facts for half a century. You have read them. But no one before has thought of using ALL of them together to lead to the perfect inner breath of youth.

WITH SIDE TORSO BREATHING, you suck-in air to bloat out lungs to swell out muscles—a strange performance for an intelligent (!) soul! With "deep breathing," you push intestines down—although they already hang too loose and too low. In trying back breathing you strain and yet use less than an inch of the outside back lung layer. With the Mind Breath as taught, you breathe high, "High chest" breathing is not Intellectual breathing; it's Ash breathing! Low abdominal breathing is kangaroo breathing.

MOREOVER, THE PURPOSE of breathing is to energize the body. But how tired you would be if you continued any breathing exercise for ten hours without stopping to rest! That's PROOF that it is entirely wrong! And, if you should "hold your breath" as taught, and keep up such breathing for ten hours, you'd have a nervous collapse. EVERY breathing "exercise" I have ever known exhausts the nerve centers. That's why you cannot use one even for an hour. BUT, inner breathing—the YOUTH BREATH—rests you, just as breathing rests you when you sleep.

THIS IS A COMPOSITE COURSE: the only "composite" Course on breathing. It gives the CON-VINCING TRUTHS—pro and con—about eighteen methods: Mind Breath, Life Breath, Love Breath, Healing Breath, Sacred "OM" Breath, "Spiral" Breathing, Deep Breathing, Diaphragm Breathing, Alternate Nostril Breathing, Solar and Sacral Plexus Breathing, "Mazdanan" Breathing, "Hindu" Breathing, "Pituitary Gland" Breath, et cetera.

True breathing is so simple that this Course does NOT contain even one breathing exercise. Instead, it teaches you how to train YOUR torso muscles so that they will act of themselves, with no effort in breathing, so that you will use ALL your lung capacity ALL of the time, and will never have to think of breathing again.

Gives Abundant Energy: Most people exist on 10% energy basis. Increased breathing increases energy. Energy gives health, courage, and abundant vitality! As you quadruple lung space you now use, you quadruple energy.

Awakens Brain Centers: Every muscle cell is a living individual. FOUR HUNDRED MILLION muscle cells will work intelligently, IF your torso muscles have been trained. And every time muscle cells work more intelligently, MILLIONS OF BRAIN CELLS are awakened to greater intelligent activity.



Keeps Youth: All methods as usually taught lead to "shell" breathing, and AGE the body. The INNER YOUTH Breath is the GROWING BREATH; it keeps the body YOUTHFUL!

And gain FREEDOM! You now use one-tenth of your lungs, are burdened with "exercises," and growing old at that! The Inner Youth Breath frees you of repression, makes all your lungs work all the time, and you never have to think of breathing again—any more than you have to think of 800 muscles when you walk.

GIVES CONTINUOUS COURAGE: Co-relating brain motor areas with torso action makes chest muscles stable. This gives CONSCIOUSNESS OF POWER—and a PERMANENT consciousness of power. In ordinary chest breathing, you SUCK in air, PUFF up your chest like a pigeon, trying to "feel" courageous. But the Inner Breath trains chest muscles so that you ARE ALWAYS courageous.

*Of all I've done for Youthfulness, no one thing has helped so much as this breathing—  
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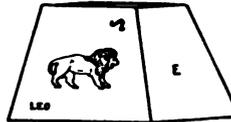
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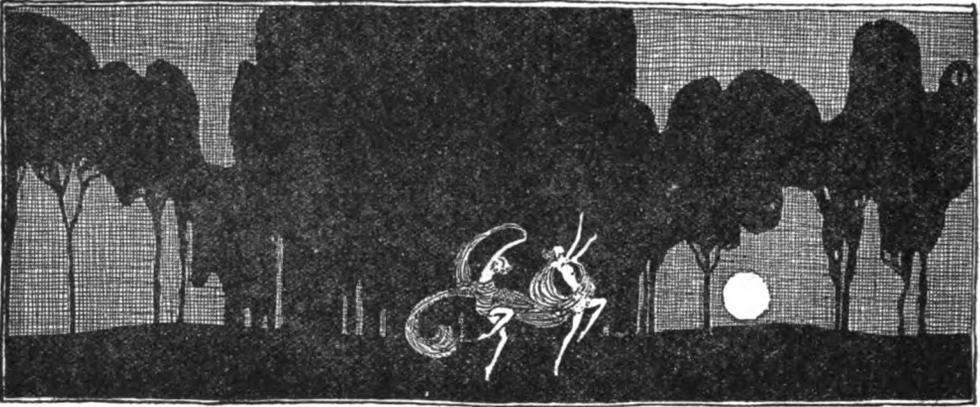
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## Lift the Easter Paeon High!

By LOUIS SCHNEIDER

*Lift the Easter paeon high,  
"Whom Life has touched, can never die!"*

**W**E are the souls where shines the fire  
Of God's own living, high desire,  
And what shall clouding shadow lend  
To keep us from His destined end?

We are the forms that perfect stand  
New-molded ever by His hand;  
And what of nothingness shall mar  
The image where His pulsings are?

We are the breath of Him who Is,  
Deathless through all eternities,  
And shall the thing that men call Death  
Rob God of one immortal breath?

*Lift the Easter paeon high,  
"Whom Life has touched, shall never die!"*



# NAUTILUS MAGAZINE

*Self-Help Through Self-Knowledge*



MONTHLY  
\$1.50 A Year

APRIL, 1929

Vol. XXXI  
No. 6

## EDITORIALS

*by Elizabeth Towne*

*"Build ye 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."

*Einstein's New Theory Agrees With, New  
Thought and Jesus of Nazareth.*

ALL THE searchings of science, like all the searchings of religion, lead the individual deeper and deeper within, to the *INFINITE ONE* behind the many: unity behind diversity.

Scientists call it substance, law. Religionists have always called it God, the one Wisdom—Power—Presence.

Professor Reichenbach of the University of Berlin interprets the new Einstein theory more clearly than any other writer, to my knowledge. He says:

"According to the new Einstein theory there is now only a single substance, which he calls 'the field' and one single world law. This substance, or field, consists of electricity and gravitation, and all its constituent parts are bound together in one single formula. The new theory also asserts that gravitation influences electricity and electricity influences gravitation. What this influence is physically, cannot yet be seen."

It has taken science a long time to catch up with religion in its faith in the one Infinite Substance which is God, and out of which all things are created. To know this God by

faith is to feel that "His law" is simply His *habit or method of creating*.

Those who *believe* in One Power soon come to feel His law as love creating and recreating ever after His will and wisdom.

Intuitively we can know God as One Substance loving to create infinitely.

Relativity? Of course! Electricity? Of Course! Gravitation? Of course! All modes of motion of The One. "Faith steps out on seeming void and finds the solid rock beneath."

And science follows faith with scalpel and mathematics—proving that the rock was there before we stepped out!

As the religionist steps out on faith, and afterwards finds science proving that he was right in doing it—the religionist finds his faith growing, so that next time he will not wait so long before stepping out.

All this reminds me of a wonderful book which I read 35 years ago, "The Impregnable Rock of Holy Scripture," by William E. Gladstone—a book which gave me the science that backed what was then my new faith in God.

Professor Einstein is hailed by the German scientists as the "Moses of science," and they say he "furnishes for the first time in the history of human knowledge a single world law by which all natural phenomena may be explained."

Note that expression "*human knowledge*"—it furnishes for the first time in the history of *human knowledge*. By faith and in spirit we have known the one God for lo these many millenniums.

All of which should remind us that there is something higher than reason, that unless we can rise above the material world we shall

## *EDITORIALS* by *Elizabeth Towne*

miss that One "law" (of love) which rules every equation.

That law is *LIFE*, God, love. Will Professor Einstein find it by mathematical formula? Will he or any other scientist be able to do more than simply prove that it is there?—the One behind all phenomena.

v

*Professor Einstein Finds Gravitation and Electricity Go Hand in Hand.*

**T**HE head of the Einstein institute of Potsdam, Prof. Freundlich, is a clear exponent of Prof. Einstein's work, as follows:

"There are two basic laws in science today. One deals with gravitation and the other with electricity. Prof. Einstein has formulated a basic law for gravitation in his former work and Maxwell, the English scientist, established the basic law for electricity.

"Science has hitherto been unable to find the connection between gravitation and electricity, and has come to a blind alley in each of these fields. Physicists have declared: 'We cannot go ahead in our search for the fundamental nature of things because we have no formulæ—no key.'

"The same is true in the field of electricity. Remember, that though we harness electricity, we do not know what it really is. And how can we bridge these two forces—electricity and gravitation? Do these forces meet somewhere, and cross, as two rivers do?

"Science has been unable so far to find out. But Prof. Einstein's new formula gives us a new place to stand. He has, figuratively speaking, climbed a taller mountain and looked down on the world from a height at which he can see where these two great forces—gravitation and electricity—cross and how they influence each other. He has taken his vision and expressed it in a formula, in a single law from which all laws may be derived."

▽ ▽ ▽

*A Canadian Wit Makes Us ...*

**S**AID Jesus, "The kingdom of heaven is at hand."

He told us that the kingdom of heaven is

within All of Us and He gave us the law of association in that kingdom of heaven: "*WHATSOEVER* ye would that another should do unto you, do ye even so unto him; *LOVE* one another as I have loved you; *BE* ye perfect even as your Father which is in heaven is perfect."

Recognizing God as Love, who is in His kingdom of heaven within us and within all human beings, and trying day by day to express His love to those with whom we come into association directly and indirectly and to everybody in the world, we find ourselves so often failing to express brotherly love, and we find others at times so apparently hard hearted and regardless: we ask ourselves, is the brotherhood of man an attainable ideal?

We know that the human race is one solid brotherhood of man. No man rises in business by himself alone, no man falls by himself alone. We rise or fall, we prosper or fail together with many, many other human beings. Some of them we can see our connection with, but beyond that horizon there is an infinitely wider one in which are all the millions of the earth whose connection with ourselves we are not yet able to SEE.

The young Prince of Wales, trying to express his brotherhood with all the people of England, went traveling through the coal mining districts of Wales and Northern England. What he finds there must make him almost hopeless that the kingdom of heaven ever can come on that bright little, tight little isle. For even he, with all his power, may not be able to move those other human beings who are the coal barons of England, from time immemorial. They who no doubt think they are justified in maintaining their "property rights."

In spite of the fact that we *SEE* the few powerful brothers exploiting the many weak ones—in large areas all over the earth—we still go on believing in the kingdom of heaven at hand. We walk by faith in God as the one power and wisdom and presence, and in man as the one brotherhood.

Thinking of these things I came across an article by William Hard which made me laugh—in spite of the coal mining and other industrial situations in this country as well as England. Mr. Hard says that the Honorable Vincent Massey, the Canadian Minis-

 EDITORIALS by Elizabeth Towne 

ter is responsible for passing on this clever characterization.

Mr. Massey "has a long, narrow, solemn face, with which he begins an epigram, and a luminous smile, with which he ends it." His latest quotation from some deep wag is:

"The brotherhood of man is not an attainable ideal. *It is a humiliating reality.*"

We are brothers, children of one father, God. But we certainly don't act like it all the time, and some of us seem to act otherwise most of the time.

But the world is getting onto itself: all of us together are beginning to be ashamed of some of us, who are responsible for such conditions in industry. A little more advertising of our humiliation over the un-Christlike conditions in industry, a little more use of the Golden Rule all round, a little more faith in the Infinite God who is love, and we shall have material prosperity spreading to wider and wider areas, in time including All of Us.

God speed the time and give me wisdom to do my part in the speeding, and do it aright.

▽ ▽ ▽

*The Business World Does Move.*

JESUS of Nazareth taught that God intends that All of Us shall have our daily bread—not some of us.

In spite of that long line of unemployed, and a still larger 90 per cent of all the people who do not own stocks, bonds nor even homes—in spite of the appearances to the contrary, the world of big business is moving in the right direction. Prosperity is spreading to a larger percentage of people every year.

As an evidence that big business is moving in the right direction, even though slowly, I want to print here those "Ten Rules to Make Prosperity Permanent," which Charles M. Schwab announced recently. He is the Chairman of the Board of the Bethlehem Steel Corporation. At least nine of his "Ten Rules" are very good New Thought, and I rejoice that they are given out by one of the leaders of big business. This is what Mr. Schwab says:

We have reached in this country an amazing degree of general prosperity. American

business on the whole no longer faces an up-hill climb. The problem today is an entirely new one. It is what to do to make prosperity permanent. No one, of course, has any patent rights to continuing business success. But I venture to suggest a few fundamental considerations which all of us may find helpful to keep in mind. These ten rules seem to me to hold the key to lasting prosperity.

1. Pay labor the highest possible wage. Prosperity is intimately related to a liberal wage scale.

2. Treat labor as a business partner. Successful industry depends more on human relations than upon the organization of money and machines.

3. Conduct business in the full light of day. Public confidence and public suspicion may be separated only by a door.

4. Remember that the law of supply and demand is inexorable. And it also would be well to remember that there is no necessity for producing an excess.

5. Live and help live. Even prosperous industries cannot afford to have the backward industries too far behind the procession—prosperity to be permanent must be equally distributed.

6. Welcome new ideas. To establish permanent institutions we must always be prepared for change.

7. Never be satisfied that what has been achieved is sufficient. Smugness and complacency do not promote progress.

8. Operate business on the most economical basis. Price cutting, over-expansion, uneconomical methods of distribution are just as harmful to business and to the public as price fixing, monopolies and rebates.

9. Look ahead and think ahead. It is easier to avoid depressions than it is to cure them.

10. Smile, be cheerful and work upon the basis that the fundamental purpose of business is to promote the happiness of human beings.

▽ ▽ ▽

IN THE cultivation of quietness and confidence lies the self-healing of nervous prostration.



# Joyful Creation the Key to Prosperity

By Marguerite Eldred Wright

**J**OYFUL creation is the key to lasting and abundant prosperity, because it is God's direct channel for recompense. We are told in the Bible to give if we would receive; nay, more, if we expect to receive abundantly of every good thing, we must become lovers of the art of gracious giving. What is a more perfect expression of giving than the creation of an idea, an entity or a new art? God Himself is the great creator of all things. A poet once exclaimed feelingly, "What an imagination God has!"

The psychology of creation explains its success as a guide to prosperity. Creation depends upon imagination—a God given quality, exactly the same as the spiritual qualities of poise, power, love, purity are God given. I like to think of imagination as a giant key given to me by God to unlock the door which leads to my fulfilling supply. After all, suppose that I only black boots for a living; must I not exercise imagination in finding and in using the kinds of polish which I think will be best fitted for the shoes I am working on? The key then is given to me. But God does not dictate to me which door I shall open with it. I may open the door to misery, or I may open the door to opulence. Imagination is the foundation of all the arts and sciences. It is also the foundation of suspicion, envy, hatred, greed, jealousy.

No work can succeed if it does not task the energies and abilities of some one to the utmost. There is that in the process of creation which accomplishes this. The secret of creation as allied to prosperity can be stated thus:—the art of creating brings prosperity because it gives out in service to society that which God has endowed us with, namely, our talents.

"Let your light shine," Jesus said.

The reward of the faithful servant is commensurate with his labors.

The average person believes the process of creation to be limited to the arts. Music, the dance, literature, poetry, drama and art draw upon the deeps of being for their maintenance. God, the Great Artist, commends the good workman who built our culture. But beneath and behind this obvious meaning of

creation, is the spiritual meaning, the interpretation that mightily concerns you and me.

I pity the man or woman who complains that his or her life is futile, petty, narrow. I know that there is no life which cannot have grandness and utility. The woman who fusses at the "narrow" confines of her home, the man who growls that he never had a chance, continually miss happiness because they are not aware of their powers as creators.

"I love to go to Mrs. B—'s house," a friend said to me, "it's so attractive; everything radiates love."

Do not think that Mrs. B— is not a creator. She never wrote a book, painted a picture, or composed an opera, but by constant communion with God, she has developed the love side of her nature and created in her home an aura that radiates out in glory to all who know her. She delights in service to her family and her community. The greatest creation of all is the creation of happiness. There is no human soul that does not work toward the perfecting of this creation.

The man in the shop is a creator. He creates satisfaction and pleasant relations for his customers.

The executive is a creator. It is he who determines the relations between employer and employee.

The humblest laborer is a creator of things, situations, ideas.

Without the creations of the farmer we would starve.

God works through each and all to will and to do His works.

"And God saw everything that He had made and behold it was very good."

The SPIRIT in which creation is accomplished determines the degree of prosperity which accompanies it. Reluctant or forced creation means little recompense. Joyful building means glorious prosperity. The spirit of the joyful making of things is easily gotten when we realize how important we are in the light of the service we give.

Home maker, rejoice and sing when you sweep and dust and bake. You are making something. You are sharing your activity with God. Shopkeeper, love your customer.

Take God as your partner in buying and selling.

Learn to recognize and praise your creation. Become at-one with the spirit of joyous

service. Don't think about getting with your giving. After a while you will find that even if you would, you can no longer hold prosperity away from you.

(Next Month Mrs. Wright will explain "I Am Affirmations.")

## Is There Something You are Trying to Do?

By Ada Marshall

VERY recently a sufferer wrote concerning her condition that "it becomes increasingly difficult to hold my pen and my hand appears to be curling up into a ball, but I am *hoping and trying*."

Hoping and trying! Don't we all make the same mistake at times after we have asked God to give us health, to bring us happiness and peace, or love, or friendship, or prosperity? Hoping and trying are not enough. What we need is to know and do.

God is as able to do what we require today as He was yesterday; He will be as able tomorrow. He is always willing. There is no doubt about this. But we must always *know*—have complete confidence in Him; hope isn't strong enough.

Then having *asked* Him for what is needed, and *knowing* that He can and will give us that for which we have asked, we must *do*, and *receive*. Trying—attempting—endeavoring—is too feeble. This is the time to know—to be certain of. After we once know there can be no trying. The outcome is not in doubt; there is no attempting, endeavoring, necessary, only straight-forward doing and accepting.

What is it that we need to do? Whatever the Holy Spirit within us guides us to do. If there seems to be no guidance, we should go about our ordinary duties, paying careful attention to their performance, but with a new alertness. We now expect beneficial changes to manifest, and they will manifest, in ordinary ways.

We must be ready to have them manifest. We should see God—our Good—coming to us along every street, in every person, in every circumstance of our lives. Manifestation will be just as wonderful and just as rapid as our recognition of our Good, which is everywhere

around us. We have been thinking a great deal of ill-health; we have been thinking of enemies, unhappiness, neglect, poverty. Now we must see their opposites: They are right at hand wherever we may be. If they are so little in evidence that we do not find them, that does not mean they are not there. And immediately we recognize their presence, and are glad to recognize it, we are accepting the Good waiting at our door.

God or Good comes to us in the air we breathe, the food we eat, the rest we take, from the sunshine and the soil, from man's provision for our requirements, and from man. Everywhere we go there is God or Good for us. When we are in any sort of difficulty we have been closing our ears and our eyes and our hearts to the avenues through which God has been sending to us that which we need. Our Good can come to us, and often does, through someone we scorn, and because of our scorn we refuse the Good.

Most of us have at some time or other been offended by one with whom we have been on the best of terms, shut that one out of our lives temporarily, and, after a while, become reconciled. Didn't it seem as though all that had been dammed up in us was suddenly free in that hour of reconciliation? Didn't life seem at once full of joy? We went to our work and to our fun with renewed zest. The world was made for us that day. We had opened a door, and joy coming in met good will going out.

We have been shutting our Good out of our lives in a similar way, frustrating many of God's answers to our prayers, just as that needy acquaintance we have such a great desire to help pushes that help away by his or her attitude. We feel and know that an offer of assistance from us would result in even

more distress for that one. And yet when we had the impulse to help, to bring some pleasure into that life, God was seeking through us to bring an answer to that one's prayers. So we must keep no doors locked in that way when we have given a matter to Him for attention. His part is done at once. Our part takes longer usually, because some doors have been shut a long time and are hard for us to open. We do not at first recognize Him in the cheery greeting of a friend; other people's happiness; a store clerk's efforts to please us. And yet there He is.

But must we then be aware of God on every hand before we can receive? To see only God in every service rendered us, in the words spoken to us, in every face about us, in the wind and the rain, the cold and the heat, men's aspirations and works, would be to have every longing satisfied. Yet we have some doors open, and others are not so tightly closed; there are many more that we can open wide. We can have a measure of satisfaction now.

If it is health we need, we should see health in others instead of looking for similar manifestations to those we have been experiencing. In our own bodies there is a certain amount of health, or we would not be here. When we acknowledge this as God's health in us, a glow of appreciation spreads over us, and where there is appreciation there is progress,

and the greater the appreciation, the more thankful the attitude, the greater the progress.

Whatever we ask He is able and willing to do for us. Our part is to ask, to know, to do, to receive and give thanks.

Should our answer be delayed, we need not worry and begin trying to bring it to us, afraid that we may be a long time finding out which door needs opening. We can proceed to do everything that the Holy Spirit within will surely prompt us to do, and keep our faith fixed by simple denials and affirmations. When we are impatient we can say quietly: "I am not impatient; I know that God is guiding me to the right thing to do at this moment," or, "I am not friendless; God gives me friends;" "I am not poor; God gives me all that I need." We should realize the full meaning as we say the words, but we need not feel that we must keep repeating them. We can use them throughout the day, just when we find ourselves thinking negatively; they will keep us steady and poised.

It is not necessary, or always well, to stick rigidly to the same grouping of words. Express the denials and affirmations in your own words, and in different ways.

We need never go back to hoping and trying. We can ask and know, do whatever the Inner Voice suggests, receive and give thanks. With Him all things are possible.

*(In May Nautilus read: "To Change Yourself Change Your Consciousness," written by a New York Business Man.)*

## The Reason

By Susie M. Best

WHEN Spring comes in the land and earth  
 grows green,  
 When daffodils and violets are seen,  
 When from the south the balmy breeze beguiles,  
 I am convinced it is because God smiles.

# Applying Psychology to Money Making

By C. William Chamberlain, Ph. D.

## How a Photographer Turned Bankruptcy Into Financial Success

**T**HIS happened in an Iowa city and I'm going to call the man Joe Pogoni, because that isn't his name. You might recognize him by his real name, because he has recently become quite well known after some fifty years of being a nonentity.

He came to me, after reading an article of mine in *Nautilus*, and wanted to know if half the things claimed for psychology were true, and if they could be applied to his business.

He explained that he had been a photographer for thirty years and had never been able to make a success of it. He had started studios in several different cities on the west coast, and each time his ventures had failed. Finally his wife had inherited some money and they had moved to Iowa where he had established himself again. Now he had lost his wife's inheritance and had gone into voluntary bankruptcy. He was still operating the studio, but he owned nothing except his equipment and materials.

We talked for several hours and analyzed the situation. He was despondent and could see no way out, but I thought differently.

Here was a man who was an expert in his profession, equipped to do efficient work and with plenty of latent ability. Samples of his work, which he showed me, indicated an unusual artistic sense and studied technique. He was more the artist than the business man.

We studied his competition, which was ordinary. We studied the local situation, the kind of people in the city and what they were in the habit of buying. This was a railroad center and factory city and Joe's competitors were getting most of the business.

Although our friend had struggled along in the one locality for five years, people seemed to go other places to have photographs made.

True, some of the wealthier people in the city had come to Joe for sittings and appreciated his technique, but the bulk of the business, of course, was average folks who could not discriminate between Joe's art and the ordinary work turned out by his business rivals.

"How long can you keep going under present conditions?" I asked him.

"Three months, maybe four," he answered. "My creditors will lay off me for a while and I have plenty of stock on hand and can get more."

I began to outline a plan to Joe which nearly caused him to faint. At first he would not listen to it. Then, as his powers of visualization began to work, he became receptive. A little while later he began to wax almost enthusiastic.

My plan was to take photographs, free of charge, of a considerable part of the populace in the city, giving each person two completed photographs gratuitously.

The idea of giving his work free to stimulate business had never occurred to Joe. It sounded preposterous. Yet when he had thought it over, Joe realized that a large proportion of people would want more than two photographs and would be willing to pay the regular price for them.

"The average person in this city," I explained, "does not care for the extra artistic touches which you add to make your work distinctive. They want only plain photographs such as can be turned out almost mechanically. The occasional discriminating patron can be sold something better, but you have been shooting over the heads of people in this town. Why should they be forced to buy from you what they don't want just because you want to give it to them?"

Joe saw that point, after wrestling with his sense of the artistic, but he couldn't see how people could be induced to accept the free photographs.

"They will think there's some catch in it," he argued.

"Then we must use some more psychology which will free it from suspicion," I said, and went on to outline a common method of placing a psychological value on an article, which has a true value hidden, by a method too unusual to be understood by the average person. This was the old premium system.

I had Joe pay a visit to a printer and order some coupons to be placed with the local merchants. When I suggested twenty thousand to start, he protested.

"Twenty thousand people would swamp me," he complained. "I couldn't begin to take care of the business."

"True enough," I answered. "If twenty thousand people should visit your studio in a short time you would have serious difficulties. But it won't happen. Human nature doesn't work that way."

I went on to explain that all the coupons would not go out at the same time. Many would be lost or mislaid and a definite date had been set for when they would be void. Thousands of people would forget they had coupons or would postpone the use of them until they had become valueless.

When the coupons had been printed, Joe visited various merchants, showed them samples of his work and sold them quantities of the coupons at a price which approximated the actual cost of finishing two photographs for each coupon. To merchants who purchased, samples of photography were left to be displayed on show cases and in windows with a sign announcing that purchasers of merchandise would be given two free photos. Individuals were limited to one coupon.

In a few days Joe had placed all the coupons with a few merchants and things began to look up.

Two weeks later five assistants were working in the studio where one before had been sufficient.

I did not see Joe again for six months. But I learned that he had disposed of 50,000 more coupons, so I knew that the plan was working. This meant that Joe was still functioning and when I called at his studio, I found him so busy that he had difficulty in getting time off to visit with me.

No, Joe had not yet gotten rich by his method of stimulating a dying business. But he had made a little money and he had built up a steady patronage of people who before had not known of his existence. He had ev-

erybody in his city talking about him and discussing his work. The more they talked the steadier his business grew.

At one time Joe thought he must have photographed everybody in the city, but of course it only seemed like it. Many thousands of the coupons had not been redeemed.

A large proportion of the people who brought coupons did not buy extra photographs. But the proportion which did want more of his work was great enough to increase his profits considerably.

But a year later I saw Joe again and asked him how he was progressing. He could hardly wait to tell me.

"I've paid off all my creditors, wiped the slate clean and will soon own the building where I have my studio," he said.

"What's the secret of your success?" I asked.

"You know the secret," he laughed. "You gave it to me and I've been applying it. It's a state of mind and concentration. The state of mind came when I gave my work free to the public. I knew I had nothing to lose and everything to gain so I gave my work ungrudgingly. It made folks like me and they keep coming back for more pictures.

"Concentration on pleasing folks, average folks, rather than myself, which I was doing when I was more interested in higher art instead of what people want—that concentration came hard.

"I got its significance first in my golf game which had been falling off. When I began to focus my attention on the ball and sustained my interest in the technique, I began to improve. I decided that if it would work with golf it would work with business. And it sure did.

"Interesting myself in people and what they like and want, has become quite as fascinating as the selfish interest which threw me into bankruptcy and it pays much better. I was sick in mind and body before I began applying psychology. I feel like a new man and I get a lot of fun out of my work. What more could I ask for?"

(Mr. Chamberlain's next article, (in *May Nautilus*), is: "He Applied Psychology to His Plumbing Business and Increased it 300%.")

**T**HERE IS a music in the deeps of silence,  
 There is a music, sane, serene, and whole:  
 Ah! sweeter far than music heard a mile hence,  
 The music of the silence of the soul!  
 —J. M. STUART-YOUNG.

# How to Apply New Thought Daily in Your Life

By Theodore Wilcox Putnam

**"Reading New Thought and Repeating Affirmations Will Not Solve the Tiniest of Your Problems; but YOU Can Solve Every Problem by the APPLICATION of New Thought Principles," Says Mr. Putnam**

**T**HE average reader of *Nautilus* takes but a one-day-a-month interest in New Thought.

If you are one of these average readers, you will be filled with enthusiasm and inspiration on the day that the current issue of the magazine is placed into your hands. You will resolve to apply some of the principles of New Thought to your own problems, as the authors of some of the articles have successfully done with their problems.

The magazine is read. You lay it aside to resume your regular activities, and then proceed to forget all about New Thought until the next issue of *Nautilus* comes to you. Whereupon the same routine will be carried out, as in the month and months preceding.

Perhaps you are an exception. It may be that you take a more intimate interest in New Thought than the person described above.

You may look forward eagerly to the publication date. You may believe fervently in the principles of metaphysics. You may be greatly inspired by the experiences of the various authors.

But, let me ask you a very personal question: Do you USE New Thought in your daily life?

Do not answer "Yes," if you repeat an affirmation once or twice a day in an idle and indolent way—when you happen to think to do so.

Do not answer "Yes," if you spend a few minutes a day visualizing health, happiness or success, and then spend the other twenty-three hours and some fifty odd minutes of the day in dwelling upon your troubles, or wondering how you can ever possibly achieve the condition which you desire.

## *New Thought Literature.*

The object of New Thought literature is to inspire people to accept the principles out-

lined, and to apply the same to the solving of their personal problems.

Inspiration uplifts. It brings new hopes. It holds out promises for a new life. It shows what wonderful possibilities exist for the individual to grasp, and what he can accomplish with a little study and application.

If your efforts toward achievement have all resulted in abject failure, it is going to inspire you to read the experiences of a man or woman who has turned failure into success by the application of certain fundamental principles.

If you have suffered for some time from a dis-ease, it is going to inspire you to read the experiences of someone who has suffered even more and longer than yourself, but who has regained joyful health by the practice of New Thought principles.

If there have been discords in your home environment, it is going to inspire you to read the experiences of those who have turned these discords into harmony, peace, contentment and happiness.

This inspiration will bring a momentary feeling of self-satisfaction, but it is not going to bring you success, nor health nor happiness.

You know of people, of which you may personally be one, who have read many books on New Thought and who have been subscribers to *Nautilus* for years, who still remain in a rut in their business, who still suffer from many ills, and who still lead lives of discord in their home and social environment.

*The reading of New Thought literature cannot solve even the tiniest of your problems, but YOU can solve every problem by the application of New Thought principles.*

It is an old saying that you cannot get something for nothing. If you spend twenty cents for a copy of *Nautilus* to READ, you get twenty cents worth of READING matter.

If, however, you spend that twenty cents

with the idea in mind that you are purchasing valuable information that has a direct bearing upon your own problems, and then put those principles into use in your daily life, you can MAKE your investment bring you in dividends of 1,000,000 per cent in health, happiness and material success.

### *The Life Magnet.*

Do not expect to achieve your objective by hoping for its attainment. Hoping is not visualizing.

You must expect to earn whatever you receive. You set up a life magnet by the trend of your prevailing mental attitudes, and the conditions that are present in your life are those that you, yourself, have attracted.

Hoping, day dreaming, wanting things, set up too weak a current in your magnet to attract the conditions which you desire.

You must have a detailed mental picture of the thing you want, and that want must become an overwhelming desire that permeates your consciousness hour after hour, day after day. It must be a permanent, soul filling, mind predominating attitude, that you always carry around with you.

The one condition that you most desire must be the predominating thing in your life. Everything else must be subordinated to it. Your desires will never become materialized by your giving an occasional thought to them when you have nothing that you would rather be doing with your time.

You cannot expect to visualize for five or ten minutes a day, and overcome the effects of twenty-four hours of thoughts that are allowed to drift and attract failure, disease and discord, through thinking and discussing those things.

You must actually live your New Thought principles if you are to expect positive results.

You must so permeate your mind with thoughts of success, health and harmony, that every thought, every word, every gesture, every activity which you undertake will be colored by this mental attitude.

Stand for a few minutes on a busy corner and observe the people passing by you. You will be able to pick out the people who are radiating success, health and harmony. You can FEEL the radiation of these thoughts from their minds. You can SEE it in their carriage. You can HEAR it in their words.

You can also see, feel and hear the people who radiate failure, disease and discord.

Between these two extremes you will observe that a large per cent of the people that pass by you do not impress you strongly one way or the other. They are drifters, riding the heights in their inspiration one day, and sinking to the depths in their disappointments the next. Their minds have flitted from one thing to another too often to leave any one predominant mental attitude that will impress people.

### *How To Practice New Thought Daily.*

In order to acquire the permanent consciousness of success, health and harmony, you must practice holding these mental attitudes often enough so that they become habitual. They must eventually act automatically, without conscious thought on your part.

In the meantime it is going to require you to study and practice. At first you must actually act out the part. You must make your mind turn to thoughts of success, health and harmony by an effort of the will. You must simulate the thoughts and simulate the outward expression of these in your carriage and in your speech.

Make a game of it. Carry the expression into every activity of the day, with the idea that you are engaged in a play as an actor, and that your environment is the stage and the people with whom you come in contact is the audience.

### *Start Today.*

There is no better time than right today to make a thorough analysis of yourself. Go into a secluded spot where you can relax. Then pick yourself to pieces, determining what undesirable conditions exist in your life. Then decide what negative qualities you have been harboring in your personality that have been responsible for attracting those conditions.

Proceed then to eliminate the expression in your thought or action of these negative qualities. Replace each negative expression with positive qualities that will attract the desirable conditions that you desire.

Set aside one-half hour of each day for a study period. Read extensively upon New Thought and general psychological subjects, to provide a background of knowledge for your program of self-improvement.

Try to set aside a definite time for your study, such as one-half of your noon hour or directly after supper. Then when circum-

stances compel you to break your schedule, there is always time before retiring.

Get acquainted with your public library. List all of the books on psychology and New Thought. Then get one book at a time, and read every book on the list.

Budget your expenses, if necessary, so that you can periodically buy a good book to add to your own library for frequent review and handy reference.

As you study, make notes in a book kept especially for that purpose. Jot down briefly, but with sufficient description, every valuable idea that you can personally USE.

*("How to Train Your Mind to Overcome Woolgathering"—Read it in May Nautilus.)*

By a systematic program of study, and of daily application of New Thought principles, you will rise out of the class of drifters who take but one day a month interest in New Thought. You will rise out of the class who apply New Thought indifferently and only at intervals, with little, if any, materialization of their desires.

You will acquire the habit of living and expressing New Thought hour after hour, and day after day, thus creating a life magnet that will attract those harmonious conditions which you desire but which today are but hopes and day dreams.

## How I Found Peace

By Marion B. Shoen

"All the Power We Need to Accomplish Our Desires is Within Us"

**I**T WAS a long time before I came to the place where I could say, "Nothing matters except my state of mind."

At first, all manner of material things crowded in upon my thoughts, seeming to nullify my best affirmations and driving me nearly to distraction.

I was like a perfectly good car with lots of power and a defective steering gear. I kept getting off the road.

I spent hours in praying for peace to come to me. I spent months affirming God's peace that passeth all human understanding. I entered the silence each morning thinking only of peaceful relationships with others. Yet, somehow, my life seemed all awry; for try as I would, I simply could not experience an inner consciousness of peace.

*What Was Wrong?*

I began to analyze myself. I knew that my ideas were right. I knew that I was following the most approved way, and using the most effective methods. What, then, was wrong?

Material things have always seemed very real and very desirable to me. But it did not seem possible that my love of nice things

for themselves could be barring my way to the spiritual progress which I desired to achieve.

But now I can see very clearly and I know that all things material have a deadly way of blinding the eyes to all things spiritual *when they are loved for themselves alone.*

It is quite all right and very proper to love material things as a symbol of the spiritual plane one has achieved. But it is wise to realize at the very outset that matter never was and never can become anything but a symbol.

For what profiteth a man if he shall gain a world of symbols, and yet lack the power back of the symbols?

The power is what we want. We think sometimes that mere symbols of power would make us supremely happy. "Oh," I hear you sigh, "If I only had money enough to buy everything I want how happy I would be!" But, when you say that, you are "putting the cart before the horse."

If our United States government did not stand behind our paper dollars, they would be only so much paper. Yet they are symbols of wealth. If you and I have not received the Holy Ghost, the Divine Comforter, the source of all good in our lives, all the

symbols that we may have collected are only so much trash.

That was the reason why Jesus advised the rich young ruler to "sell all that he had and give to the poor." He knew the young seeker after truth must rid himself of all useless symbols of wealth before he would be in a position to get real wealth that cometh only from within.

Have you sometimes felt that you suffered greatly, almost more than you could bear? Have you sometimes felt that God was punishing you more than you could endure?

It sometimes causes pain to tear the shackles from off our eyes.

### *The Change Must Begin Within.*

We sometimes sigh, "Oh, if my material world could only be miraculously put to rights, I know that my spiritual understanding would prosper accordingly."

But God does not work from the outside in; he works from the heart outward.

Jesus, our brother in Christ, said, "Seek ye first the kingdom of God and all these things shall be added unto you."

Seeking after earthly things can never bring us the spirit of satisfaction and happiness, but seeking after spiritual unfoldment, brings its material rewards along with the spiritual ones.

There is a straight and narrow gate; it passes through your care, not around it. It is only by growing that we can experience growth. The flower that hides its face from the sunlight is a poverty-stricken flower.

Materiality has no life of itself, except what life we give it through the medium of our thought. Our deepest spiritual desires, our highest aspirations, these are the real things.

I have read somewhere that "Desire is the voice of God."

I know from my own experience that Desire is an index to the future. Whatever I desire with all my heart does not fail to come to pass in my affairs.

When you read a book you find the story that has been outlined in the index, and the story is always more complete and more interesting than the index could possibly be.

When you glance over the index to a novel, you never doubt but what all the chapters listed are contained in the book proper. Why should we doubt Desire, the voice of God, which is forever forecasting the contents of the book of life for each one of us?

### *Desire is the Moving Power Toward Progress.*

The first step along the path to achievement is a great, all-consuming desire for spiritual understanding. The desire which prompts us all to let go of old, stabilized ideas and to let new ones take their places. It is the law of growth.

With me, this process was a slow one. I did not come into the kingdom of Heaven overnight, but I accounted for each painful step along the way.

One after another my superstitious beliefs were stripped from me; one after another, I threw each of my former fears into the discard.

It was a long stretch of woods that I passed through, and it was a long time before I emerged into the light of understanding. It was only my great desire to emerge free and unshackled that prevented me from sinking my lot in oblivion.

My desire, instead of being an enemy to my future well-being, became my most harmonious companion.

### *How I Decide Between Two Courses.*

Now, when I am confronted with two courses, both seeming to be equally desirable, I stop awhile along the way, and I ask of myself, "What do you want to do most?" And whatever the answer may be, I unhesitatingly take it as my guide.

Spiritual realization is like a cross-word puzzle in one way. It is interesting but not a bit of sense to it until the empty spaces are all correctly filled in.

We all have glimpses of the light beyond, and often it seems so far beyond that we mistake it for a vision of life after death.

We all have expectations of a certain glory in the distance. It is our way of accounting for a world which we do not fully comprehend. But each one of us possesses the power, here and now, to create a heaven on earth.

Only the blaze from a brilliant spiritual experience can light the way to realization and make this life seem worth while.

It has been proven through all ages that the kingdom of Heaven is within us, but we are just beginning to put the pieces of our existence together and see what the puzzle really says.

All the power we need to accomplish our desires is stored within us. We never need to look to externals to find wisdom or guidance.

We do not need another person's advice nor another person's approval.

Jesus once likened the kingdom of Heaven to a mustard seed. Even a little tiny desire for soul betterment when thrown outward upon the soil of everyday existence, will grow and flourish.

*Desire Has Power Only When It Meets Life.*

But a desire is nothing until it meets with life.

Desire is like a dead thing, it is a repression, a pain in my head, unless I make it a part of my vigorous plans. "Nothing really matters except my state of mind."

If I say, "I desire this but I know I cannot have it so I might as well be happy without

*(Mrs. Shoen has written a frank and unusual article for May Nautilus entitled "When Should One Change His Religion?")*

it," I may or may not be happy, but I certainly will be without it.

If I keep my mind happy and receptive and expect all good to come to me, then I place myself in a fair way to receive all of God's manifold blessings.

No author would ruin his reputation by promising things in the index of a volume that he had no intention of carrying out in detail in the remainder of his book. If things were not possible to us, if God did not intend them to be a part of our lives, he would not give us the desire for them.

All we need to do is to keep our hearts an open channel for His Divine love to flow through us, cleansing us and preparing the way for our every wish to be fully realized.

*"For it is the Father's good pleasure to give us the kingdom."*

## Truth Healed When Hope Was Gone

By Mizanna Wolff

### God's Healing Power Saved Her from An Operation

WHEN Mrs. S— came to me for help she was very yellow and thin and was in such pain that I expressed sympathy for her.

This was her story: "I have suffered for over three years with what the doctors (three of them) have diagnosed as enlargement of the liver and gall stones. I have taken so much medicine that I feel I just can't swallow another drop. And this pain! I feel I just can't go on like this. And the doctors have given me a drug for the pain so long that I fear I shall never be able to get along without it again. Of late I have to use so much more of this drug than at first that I do want to be free so I won't have to take it at all. Now the three doctors agree that there is no more they can do for me unless they operate. Of course that may not be a cure, and husband and I are afraid I might die under the an-aesthetic, as I have a very weak heart. I have a five-year-old baby girl and I do not want to leave her. I do want to get well so

much that I am willing to do everything that will help me. I just don't feel like I can go on another day. So I have come to God and you to see if I can get well, strong and happy."

I told her that "of myself I could do nothing," that "the Father dwelling within, He doeth the works" and that I knew He would heal her if she would ask Him and do her part by living right and claiming the promise: "ASK AND YE SHALL RECEIVE," and by holding the affirmation of Truth.

She was anxious to get well, so we started treatment at once. We both asked for the healing, then gave thanks for it, and then we started the affirmation on it's way.

*Affirmation.*

I GIVE THEE THANKS, OH GOD OF LOVE, FOR THY LOVING KINDNESS, AND FOR THY HEALING POWER, WHICH IS NOW CLEANSING, HARMONIZING AND HEALING MY EVERY ATOM RIGHT NOW. MY STOMACH,

LIVER, KIDNEYS, BLADDER, BOWELS AND GALL DUCT ARE EACH DOING THEIR PERFECT WORK IN ME RIGHT NOW, AND I AM IN PERFECT PEACE AND HARMONY. ALL IS WELL.

She began to improve immediately and her color also improved. She also began to take on flesh and her eyes looked better. She said to me, "I never think about taking that medicine for pain any more. I suppose it is because I do not have the pains to remind me of it, and I feel better when I do not take it, and stronger too. I do not even take anything to make me sleep any more. And I am so happy. I do thank God and New Thought and you for helping me to find the way to health and happiness."

After about two months, she met one of the physicians who had said she must be operated on. He looked at her and said, "Well,

Mrs. S——, I see you are looking fine. How are you and who operated on you?"

When she told him that she had not been operated on at all, and that she was feeling fine, he asked, "Who are you treating with now?"

And when she said she was taking God and New Thought into her life and affairs, and that she was better and happy, he commented: "Well, you certainly got just what you went after, for nothing but God and New Thought could do for you what has been done."

She not only got well, but she is still well. Several years have passed since her healing, and she is still telling of God and His wonderful kindness to her.

"MY GRACE IS SUFFICIENT FOR THEE: FOR MY STRENGTH IS MADE PERFECT IN WEAKNESS."—2 Cor. 12:9.

(Don't fail to read: "Prayer Healed Me of a Serious Physical Condition"—Coming in May Nautilus.)

## Dramatizing Healing as An Aid to Cure

By S. Vaidianathan

### How to Get Rid of the Resistance in Consciousness to the Healing Process

EDITORIAL NOTE: Strange as it may seem, the sick person often does not want to be healed. Of course, he may not, and probably seldom is, conscious of that fact, but it is absolutely true. And the reason is, that by means of the illness the individual is gaining something that he deeply desires, or escaping from some situation that he does not feel equal to facing. Health can be realized only when the individual's real goal is health. We earnestly commend to everyone interested in promoting his own health, a careful reading and re-reading of the following article. And do not be content with understanding the ideas presented, but apply them in your own experience, daily.

**W**HEN you consider a disease from the spiritual viewpoint, you know that you have got very little reason to be afraid of it, whether the disease is chronic or organic. *The All-Healing power is centered in the Eternal, Omnipotent, All Pervading Spirit of your Father, who is always within you and whose Intelligence is directing you in all matters and in all ways.*

When you use affirmations, believe in the infinite power of the Lord to heal and to restore you to normalcy. Your belief should

not be blind belief, which lacks force and emotion. It should be *active* belief that I want you to express.

But do not rest with this. Use your visual faculties in the best possible way. Every day use dynamic healing Truth statements, at regular intervals, holding the picture of perfect health in your mind and *believing and feeling* that you are restored to perfect health by the healing love-power of your Father in you. Imagine that you are actually contacting your Heavenly Father deep, deep within you; that

you are contacting Him just as you would physically contact some dear friend of yours on this earth-planet.

I say that you should dramatize the whole healing process in your consciousness, endeavoring to apply yourself as concentratively and devotionally as possible to the task. This you should carry out *every day, systematically*, until you feel that you are perfectly restored to normalcy. Whatever methods in spiritual healing you use, whatever may be your practices, *dramatization is very essential* for many reasons. Such methods or practices should be carried out conjointly with this process.

*Why Dramatizing is Essential and How It Helps You.*

There are many reasons why dramatizing is very essential and why you should regularly carry it out every day if you really desire to get rid of any long standing incurable disease that has resisted all kinds of treatments.

*Because* (1) When you actively work out this process in your consciousness every day, you feel that you are actually contacting your all-radiant Father in you just as you would contact some one dear to you in physical form.

(2) This process helps you to build a very radiant, dynamic and soul-inspiring attitude, free from all limiting beliefs, superstitious and erroneous conceptions and thoughts, free from all fears, doubts, uncertainties, lack of faith, etc., and when it becomes possible for you to acquire that type of an attitude, you will be quickening the healing process because the real healing activity in you begins only after you have thoroughly reformed your attitude.

*"Be ye transformed by the renewing of your own mind."* So healing in whatever form you manifest it is not the result of any particular method you follow, *but the result of a vital transformation you work out in yourself.* Real healing is the effect of your dynamic and inspiring attitude.

(3) When you dramatize the process of healing activity in your consciousness every day, actually believing, feeling and imagining within yourself that the Lord is healing you and restoring you to normalcy, the healing Truth statements that you may use powerfully impress your subconscious, arousing soul inspiring emotions and awakening the subliminal energies. The emotions carry the healing energies. So you see now why you should always dramatize the healing activity in your

consciousness for getting phenomenal results. There are also equally important other reasons why you should acquire the ability to dramatize any process for any realization, because it gives you the mood for realization; it releases sufficient energy for fulfilment; it raises the consciousness from a limited plane of experience to a plane of complete harmony with the omnipotent Mind within.

*Dramatization Prepares the Initial Foundation for Healing.*

Dramatization prepares the initial foundation for healing because you are able to attune your consciousness to the active healing process in you only after you feel that you have secured soul-contact with the omnipotent mind of your Father. *Active healing begins only after soul-contact, that is to say the fundamental point that you should bear in mind in this connection* is the law of spiritual healing that you should apply for curing any disease is one and the same. Whether the disease is incurable or curable, whether the disease is long-standing or of short duration; whether it is complicated or simple, you should apply the same law of healing; the law that promotes the healing activity in consciousness, awakening the subliminal resources. But differences arise only in the application of the spiritual healing law *because cases differ very much.* You don't have to apply any particular healing law to any incurable disease while you apply some other healing law to some other disease. This point you should clearly bear in mind, especially when dealing with incurable diseases.

*How Diseases Yield to the Law of Spiritual Healing and Why They Sometimes Resist all Treatments.*

Your disease will yield to the spiritual law of healing *provided you are changed within*, and provided you apply the active process in the proper way. The same rule holds good in the instance of another individual suffering from a specific ailment, if you are treating him or her.

Whether the disease is curable or incurable from the physical point of view, it will resist any kind of treatment through spiritual or any other methods if the process of application is wrong, that is to say, if the patient fails to attune himself in the proper way to the Healing Spirit within him, getting rid of all limita-

tions and erroneous beliefs in his consciousness and realizing that he is accomplishing the healing process through actual dynamic Soul contact with his Heavenly Father. When he gets into this consciousness and believingly feels within himself that when the Lord is with him he has got nothing to fear and that all conditions are beautifully adjusted by Him, he feels the renewing effects of his own spiritualized consciousness upon his own body and demonstrates healing in a miraculous way.

The Lord can and will heal you of disease, no matter however persistent it is. He will and can heal you, even when you have given up all hopes of recovery through any method. *But you must fulfil the conditions under which alone spiritual healing is possible.* You must endeavor to promote the healing activity in your consciousness through your cooperation with your Father, and such activity will release your subliminal energies which accomplish healing in an actual way.

*God performs the healing of disease in a moment, in a day or in a week or in many days or in many months or even years. Why? Because it is all in the individual who actually works out the healing process in himself.* The person suffering from disease that has become chronic in him, may be able to demon-

strate considerable improvement or even perfect healing within a week, if he has attuned himself in the proper way to the healing consciousness in him through the process.

Another person, suffering from an ordinary ailment, will take several months or even years to demonstrate healing in his case, because he takes so much time to get rid of all his limitations and erroneous beliefs in consciousness, and because it is only after his consciousness becomes free of any resistance that he is able to attune his consciousness to the healing consciousness of the Father.

This is why a disease resists all treatments for years together, even though the processes are good, while the same processes effect *miraculous cures in certain other similar cases.*

Healing that you demonstrate in your case is in proportion to the intensity of active belief you have (intensity of faith power, which arouses the emotional energy). So take time to demonstrate the *condition* of perfect healing in you, no matter how excellent the processes and methods that you may use. You should also take time to turn your belief into *active belief*, for the real healing activity within you commences *only after you turn your belief into active belief.*

## His Presence

By Marion B. Shoen

SOMETIMES my eyes are blind, I cannot see,  
 But with my lips I speak Thy holy word;  
 And then the light arrives. I know I'm free  
 For I behold my glorious, risen Lord.

His brightness washes clay from eyes so blind,  
 Through Him, I see the sunlight o'er the hills;  
 And though my feet, my earthly cares shall bind,  
 The rush of angels' wings my being thrills.

I wait His presence in the dark of night,  
 And with the dawn, I greet each Easter morn;  
 I glimpse my risen Lord, oh, thrilling sight,  
 Oh, wonder of the day my faith was born.

# The Easter Resurrection of An Ex-Convict's Life

By Brown Landone

I SHALL tell you a story—the story of a young man I met a year ago Easter. I shall not tell you his name, because he was in prison for three years from the time he was twenty-one until twenty-four. It was not a serious offense; yet he paid faithfully and dearly without resentment, and because of good conduct was released before his time was up.

In prison he had learned of Truth and something of the consciousness of God. The symbol of Easter meant much to him. It gave him faith, for if Christ could resurrect His body from the dead, certainly he—the young convict—could resurrect the rightness of his soul!

After being freed, he tried to re-establish himself as an honest and honorable, useful citizen. Through recommendation of a few friends, he obtained his first position. But when the story that he was an ex-convict reached the ear of his employer, he was discharged. He obtained another position, telling the employer beforehand that he had been a convict. The employer trusted him, but again the story crept out. This time there was such opposition of the workers that he was forced to leave. This experience was repeated again and again.

Yet the boy held to his consciousness of Truth—as a son of God; now determined to live rightly; a new man, with a divine right to a good position, a right to be respected, even to be honored.

Still he lost positions—one after another—for co-workers refused to work with a "convict."

He wrote me; we had a month's correspondence; and then I asked him to come to see me. After five minutes' talk, I did not doubt his reformation, nor his consciousness of Truth. I had no doubt whatever of his intentions, and no doubt of his ability to stick to his resolution to live aright, and to fight it out—if it took the rest of his life. That was his expression "to fight it out if it takes the rest of my life."

*Landone:* "But since you know that you are a son of God, why do you think you must fight it out?"

*Young Man:* "Well, the experiences I've had prove that I must overcome the prejudices against an ex-convict."

*Landone:* "Is that prejudice in the minds of others, or in your own mind? Did not you—just now label yourself an ex-convict? Why continue to think of yourself as an ex-convict; why not believe that you are a son of God?"

*Young Man:* "But I do believe it!"

*Landone:* "Why, then, don't you live it?"

*Young Man:* "I've tried to; I've freed my mind of all thoughts of resentment against those who would not let me work with them—I've thought of them as loving sons of God—I've freed my mind . . ."

*Landone:* "Your *mind*, your *mind*, . . . . yes! But what about your *face*!"

*Young Man:* "I don't get you,—my face?"

*Landone:* "Yes, your face and your life; what good does it do to think and repeat *laws* of Truth, if you fail to use Truth to *imagine* yourself as you want to be? Why don't you imagine what you want to be, and be it? You've been thinking Truth, instead of *imaging* it."

*Young Man:* "I don't know what you mean—what is the difference? You say, I have been thinking Truth instead of *imaging* it. What's the difference?"

*Landone:* "There is a difference: when you think 'I am a loving son of God,' you *repeat* a Truth which you have previously thought—hence it's a thought of the *past*. A thought cannot be repeated, unless it has previously been thought. So mere repetition takes your mind back to the past.

"Now let your mind follow the images I shall suggest: Look out that window; see that hill over there? *Imagine* a little bungalow there—your own; those maples leaved with green; a grass plot in front, roses, someone in the kitchen getting dinner for you; and a little brown-eyed boy—with eyes like your own.

"Ah, I see your face is alight—you are now *imaging* the Truth of love in manifestation—that takes you into the future.

"When you merely think Truth, you repeat the *past*. When you *imagine* Truth, it leads to the future.

"Your problem is a spiritual problem. It may be a little vague, so let us get down to earth in this matter—to something very concrete—a *stomach*, for instance.

"I'll tell you of a woman who a year ago asked the same question you've asked. She wanted to know how she could image her stomach behaving as it ought to behave. She wrote, 'I have been visualizing the Truth about my stomach for years, holding to the thought that it would behave as a perfect stomach should behave, and still it gives me trouble night and day.'

"I wrote to her: '*What* do you think when you think of your stomach 'behaving?''

"She replied, 'I think of its *doing* what it ought to do.'

"I wrote, '*What* do you think when you think of your stomach *doing* what it should *do*?'

"She replied; 'Oh stop asking questions! If you can help me—tell me how to *image* my stomach behaving properly!'

"I wrote: 'I have been asking questions to lead your mind to see that you have been too lazy to image your stomach doing anything. You have merely repeated statements of Truth without a single idea of *what* the stomach should *do*! Moreover, you've been afraid to image your stomach's action, for fear it would lead you to think of something material; but there is nothing materialistic in knowing how the divine life of the Creator manifests in the marvelous action of the stomach.

"If you saw a human being who could walk in three different directions at one time without any confusion, you would think it was a miracle. Your stomach performs that miracle. Buy any book containing information of how the stomach *acts*—then imagine its action and idealize that action as divine Life manifesting through your stomach. God is not lazy. He imaged every action of everything that manifests. Be like God; image your stomach in action as God imaged it and Truth will manifest in perfection.'

*Young Man*: "Yes, but how does that apply to my case?"

*Landone*: "Well, let's use both methods—then you'll know the difference.

"Sit over there in that quiet corner—the Study is sound proof, you know—close your eyes—meditate on the statements of Truth you have been using and think them aloud, so that I can hear them."

He closed his eyes, clasped his hands in his lap, and soon his body was at rest, his face calm and peaceful.

In a moment, he began: "God is love—infinite love; God loves me; His love manifests through me; no matter what I have been, I am now manifesting as a child of God's righteousness and love. All other men and women in the world are children of God; they are children of love; they love me and I love them. In that love I have a right to work with them; I have a right to succeed; I have a right to the respect of others because of the life I am living now."

And as I listened, I was impressed by his sincerity and loving attitude. But also—as I watched—I saw a *change* in the lines of his face. Moment by moment his face became sadder; and I saw the suffering of subconscious memories of prison life.

In a few minutes, I said, "That will do, my dear man, come over here now."

As he seated himself in the chair near my desk, I said, "Tell me—while you were repeating those truths—did you imagine yourself doing anything?"

*Young Man*: "Why, I thought of myself as loving others and loved by them. . . ."

*Landone*: "No, you are *not* answering my question. You are telling me what you 'thought.' But . . . never mind . . . tell me, how would you *act*—what would you *do*, if I were a sort of magic god who could snap my fingers and make everyone in this world—everyone who knows that you were a convict—*forget all about it*?"

"If I could snap my finger and wipe out that memory from every person's mind—prison officials, people back home, workers with whom you've tried to work—if I could magically wipe out of your mind all memory that you had ever been in jail—how would you act? How would you *feel* and *act*?"

He had heaved a great sigh, his chest came up, his face was alight with joy.

*Young Man*: "Why I would sing and dance and shout for joy!"

*Landone*: "Are you using those words figuratively, or do you mean that you would actually sing and dance?"

*Young Man*: "You bet I would! I'd do a

Charleston right now, even if it shook down your Studio!"

*Landone:* "If you could see your face now, and compare its joy with the sadness that came over it while you were sitting there repeating Truths, you would know just what the trouble is.

"In your case, *repetition* of Truth takes you back to the consciousness that you were a convict, and hence does not lead you forward to *express* the joy you would truly express if you actually *imaged* yourself as a new man! I have led your mind to image what your life will be with use of Truth and your face is joyous, and mirthful, even jolly!

"If you imagine how you would act as a jolly soulbeam of God, the old memories will be wiped out. Such is *New Thought*—the truth of resurrection. In the past you have been thinking Truth, thinking to remedy conditions of the past, and that has made you continue to think of yourself as an ex-convict, and kept others thinking about it.

"I ask you to resurrect your soul and express its joy! You are a soulbeam—joyously shining out from God. So let your *face* manifest the merriment and joy of that consciousness.

"The world doubts the sincerity of (1) false mirth accompanied by dissipation, and (2) professed Truth accompanied by a solemn face. If your face is *not* mirthful and jolly, others will *not* believe that you really believe you are right now. And when they think that you don't believe it, they'll not believe it.

"But all the world will not care a rap about what you have been, if you are now so honest and true that your face is the happiest and merriest face they meet. When your soul is right *and* your face expresses its righteousness in mirth and merriment, others have *proof* that you are a real loving soul of God!

"Co-workers! Why, they will want your company so much that you won't be able to keep them away from you, if your soul is true and your face merry. The hearts of the men and women of the world long for mirth and joy so much, that they will never question the past, if your soul is true *and* your face expresses the joy of your soul's resurrection!"

The Truth of Easter—the Truth of your soul's resurrection is glorious and sure—like the Truth of the lily of which I once wrote:

I see the tender lily stem—  
Adream with glory—make its way  
Through sodden clod and frozen snow,  
In search of light it knows to be its own;

And, my soul *knows*  
That I shall see its dream fulfilled  
In leaf and bud and flower!

I see your fondest dream ideal  
Arise in faith and light its way  
Through chilling doubt and blighting fear,  
In search of what you know to be your own.

And, my soul *knows*  
That soon your aim will be fulfilled  
In life, and love, and power!

## The Hills Beyond

By L. N. Watkins

THE hills beyond that comfort me  
Are veiled in mist.  
I cannot see their lights and shades  
And tall tree-tops, sun kissed.

But never yet the mists have stayed  
Obscuring long from sight  
The hills I love. Again they stand  
Resplendent in the light.

And so when doubt and fear and grief  
Like mists obscure my way,  
Faith sees the hills beyond the mists,  
And suddenly the day!

# Have You Tried Visualizing Your Problems in Color?

By Gene Dorant

**P**ERHAPS you have read a good deal about the therapeutic value of color, how it is being used successfully in the more advanced medical circles for the treatment of disease. But have you considered the practical value of color in your mental exercises, for the healing of sickness in this way, and for the achieving of your desires?

There is a definite way in which you can apply this knowledge of color through the application of your developing powers of concentration . . . , and this by *visualizing in color*.

Color has a subtle influence, and is as deep and significant a science as any other. You may like such and such a color, or you may not. The fact remains that a specific color has its specific value and virtues, and it has a definite part to play in your study of the greater forces of Nature. It is a real and definite manifestation of infinite intelligence that cannot be ignored if we wish results.

You must learn something of the specific qualities of certain colors, if you are to use this knowledge intelligently and achieve the results you are capable of when you work in harmony with Law. You will find the method I am about to set forth extremely interesting and helpful—**VISUALIZING YOUR PROBLEMS IN COLOR!**

*If You Have Trouble In Visualizing, Try This.*

To those who are discouraged by their present seeming inability to visualize—create clear mental images this “seeing” of color will be of decided benefit and assistance.

It is a tremendous subject with as many variations as there are ranges of color. Consequently, one of the first essentials is to learn to see “pure” color, as you wish to see it in your mind’s eye.

In order to do this, get a bit of colored glass, a bead, a piece of ribbon, as nearly the color you require for your peculiar case as possible. Study it intently for a few moments, then close your eyes. Try to mentally see the color you have just looked at, and to re-

tain it, hold your mind upon the impression of it as long as you can without letting your mind wander to something else. If you find your mental color-sense wavering, repeat the process. Study your sample again. Close your eyes, try to hold the mental image a little longer.

Here is a short list of colors, taken from a book by Swami Panchadsi, which is brief and clear, giving you a little idea of what mental use various colors can be put to.

Shades of violet, cooling and soothing.

Grass greens, resting and invigorating effect.

Medium yellows, and orange, inspiring, illuminating.

Reds (bright), stimulating and exciting.

Clear blues, cooling, soothing, inspirational.

You will be astonished at the results from this simple exercise. You will be surprised to find how it helps develop your powers of concentration and to give you a deeper appreciation and finer feeling for color.

*For Those Who Have Learned to Visualize.*

And now for those who have learned to create mental images, for those who can sit quietly, relaxed, and see before them mental pictures of what they desire, in order that they may become master of their own thought, and produce by this method the nucleus of success, wealth and happiness, later to be made manifest, for these there is an easier, more enjoyable means of visualization.

Seat yourself quietly and relax. Then slowly try to think over what it really is you desire to create in mental image. First be sure you really desire what you are about to visualize, that it is without doubt for your own good, and does not, in any way, encroach upon the liberty of others. This is essential, for if the motive is wrong, there will be a definite reaction upon you. Then, if you feel justified in what you are about to mentally create, set about it earnestly and with complete confidence in your oneness with All Creative Force, and the results will be inevitable if you give them opportunity to materialize.

Here is a personal method, which I believe you will find successful and simple. See in your mind a stage—as if it were in miniature before you—as if you were looking upon it from a gallery. A curtain is dropped, as you would imagine it in a theatre before a performance. See the curtain of a constructive color—a deep, lustrous, inspirational blue, or a restful, forest green.

#### *Why Visualize the Dropped Curtain.*

There is a reason for so visualizing this dropped curtain. Do not be too impatient to arrive at the actual building up of your mental scenery. The reason for this dropped curtain is this: Many famous mental scientists have found that by visualizing this curtain, then seeing it slowly drawn back, you are actually *slowing down the functioning of your mind for the moment*—preparing it, as it were, for the creative, more intense work to come. Often visualizing fails because the person concentrating goes at it too hurriedly, plunges into the midst of his mental photography without the necessary preliminaries, and, to his rather vague surprise, he wonders why the results are muddled, chaotic, indistinct, getting him nowhere.

This is, perhaps, the reason you have found visualizing difficult and unsatisfactory, why you have thought yourself unable to create clear mental pictures. You have probably gone about it too hurriedly, not deliberately enough, or sure enough of what you were about to do. Like any other work it is necessary to muster your forces before commencing.

See your curtain slowly drawn back, then, as the realization of your desired mental picture dawns on you, adjust your details, make it just as you wish upon this mental stage of yours, arrange it all as if you were a well-trained director. See perfectly the results you desire. See the condition you wish, visualize yourself there on the stage in the position or situation you desire. Is it success you desire?—then see yourself in the position of the utmost success you wish. Change your sets, if you desire, from the successful office in which you desire to be, to the pleasant home surroundings you wish to possess.

If it is happiness you wish, see yourself in happy surroundings, completely happy and radiant, with all those things and people about you whom you believe could make you so. If it is health, see yourself healthy, in a healthful

attitude, shining forth health. Visualize yourself, your body, whole, perfect, suffused with the vibrant golden light of health.

#### *Paint Your Mental Pictures All In Colors.*

Do all this in color. See all these circumstances and conditions in color, and you will be surprised at the results. It is interesting, constructive, and worth trying.

See your mental stage-set flooded with light, just as if a spotlight had suddenly been thrown upon it, flooding it.

And now, to briefly know the value of your mental searchlights. Perhaps you are run-down, enervated. You have no pep. You feel tired, listless. A little rosy light upon the mental scene will improve matters and help stimulate you. See yourself full of life and vigor, enveloped in a rosy glow, a constructive red ray. *Never* visualize red if you are highly strung, nervous, or in a perturbed mental attitude of anger or resentment. Use red only if you are run-down or weary. It is a healthful life-force, a vigorous, vital color for those requiring it. *Never* visualize dirty, murky color of any kind.

An English writer says: "Strong, pure, natural emotions, such as friendship, love of companionship, love of physical exercise, healthy sports, are manifested by a clear shade of red."

If you desire any of these conditions manifest, visualize yourself in this light.

#### *Yellow For Health and Growth.*

Yellow lights, clear, golden, in your visualization, are excellent for health, for successful achievement, intellectual mastery, development, growth of any kind. This is a beautiful light that you must try to see flooding your mental pictures for happiness and success.

The green lights are restful if you are overworked, nervous, excited. "Back to Nature" is its call. Visualize yourself in your out-of-door-set surrounded by and enveloped with a light such as might suffuse a pleasant forest. This is the color you want for relaxation. This is the color in which to visualize your ideals, your longings for travel.

If you are artistic, visualize yourself in your chosen art in a successful pose—the ultimate of success in this—and see yourself in a gorgeous, radiant blue light. If you are a musician, see yourself on your mental stage enveloped in the blue of butterfly-wings. This is the color of emotional, artistic interpreta-

tion that will lift you to the heights. If you are a scientist, an intellectual, and wish to achieve your desired ends, visualize yourself in the successful position of the work you like best, and see yourself enveloped by a clear blue light, the color of the sky and of sea water, an intensely clear, blue light of a paler hue than the artist's.

Visualize in color. It is worth while. Study color, the value of it; absorb color wherever you see it. You will wonder at its influence upon you, and why you have been unconscious of its power. It is a force as far-reaching, its rays as penetrating, as a constructive vibration, as real in our daily existence as radio or X-ray.

## My Birthright of Abundance—A Meditation

By Frances W. Foulks

**I** AM THE CHILD of a King, a King rich and powerful beyond even the comprehension of all the earthly kings of country and finance. The treasures of all the ages are as nothing when compared to the wealth of my Father, for He is the Giver and Possessor of all that has been, is, and shall be.

Everything that I, and his every other child, shall need or desire throughout the ages of time and eternity, lie waiting and ready in the King's storehouse to be claimed and used.

The storehouse of my Father lies all about me in the invisible ether, and its rich substance continually presses on me, seeking to be used freely and fully. Now is the time for me to make ready to possess my divine inheritance. Now is the time for poverty and limitation and failure to depart from my life, never to return.

I make clean my mind, wiping out all thoughts of lack, of earning my bread by the sweat of my brow, all fear of not enough, all anxiety about the morrow. I open myself to the consciousness that all that the Father hath is also mine, mine now to possess and use. I claim my birthright of power and dominion, that I may say to the invisible substance, "Come forth" and have it rush into visibility to fulfil my needs.

I open my hands, my treasury, in invitation to God's wealth, and there is poured into them an abundance, to spare and to share. I am clothed in the garments of righteousness, beautiful and harmonious, and the seamless robe of my inheritance, becomes mine now.

I sit at the King's table, prepared for me from the beginning. I sup with Him and He with me, and all the hungry needs of my

mind, body and affairs are filled, filled to overflowing with his satisfying substance. From His table I gather rich treasures to bless my brother man, who has not yet come to the understanding of partaking of his divine inheritance of provision, as should the child of a King. Indeed, my cup does run over with thy goodness.

Father, God, King of the heavens and earth, I lift up my heart to thee in a song of praise and thanksgiving. I give thanks that I am coming to know thee as thou art, rich Giver of gifts. I give thanks that I now know that thou hast never limited me, but that all lack in my life has come because I have not known how to take that which thy dear love has ever held out to me in bountiful measure. I know now that even the luxurious desires in my heart for abundance have ever been filled with thy good measure, pressed down, shaken together and running over. Out of the depths of my heart, I give thanks that the grave-clothes of poverty and limitation bind me no longer, that I am resurrected to a new day, when the beauty and wealth of thy heavenly kingdom shall be continually manifest in my life.

Keep me ever in remembrance, O Father, that I am the son of a King, inheriting his likeness, heir to his wisdom and wealth. Let me ever be so at home in thy house, and so expressive of my Christ Self, that thy rich substance shall flow to be in an unending, unbroken stream. Let me use thy riches for thy glory, and to bring others of thy children into a knowledge of their birthright, a consciousness that they are each the child of a King. Thine shall be the glory for all the wealth of expression of thyself in my life, now and forever! Amen!

*(Be Sure to Read in May Nautilus, "God's Desires and Ours.")*

# Laughter and Friendship

By Chester H. Struble

**L**AUGHTER has more degrees than a thermometer. There may be in laughter a degree of derision, a degree of scorn, a degree of contempt and so on.

But for all its degrees, you can laugh in just two ways—at a person, or with a person.

The first never made a friend; the second never lost one.

When you think you are enjoying a laugh at someone's else expense, you may find that laugh turning up again in your Profit and Loss column when you next balance your Friendship account.

Someone has truly said that "to lose a friend is to die a little."

Friendship is the market place where two persons trade those qualities which give strength, happiness and pleasure each to the other.

To laugh at your friend

is to cheat him in the open market of friendship.

Caustic wit came into more general use after dueling went out of fashion. A hundred and fifty years ago the answer to a sharp tongue was a keen and cunning blade. Today, stolid endurance and studied avoidance are as effective but less bloody weapons.

If your friend tells a joke on himself, you can safely laugh with a degree of sympathy and understanding, but if you tell the joke on him, you had much better weep.

I have a friend who is an endless source of humor, but you can approach him without fear. His wit is a tonic. He is funny, not fresh or discourteous. He more than pays his passage with his good humor.

Friendship is give and take, but you cannot give your friends the worst of you and take the best of them.



# Views and Reviews

## By William E Towne



### PUTTING THOUGHT EMPHASIS ON WHAT WE WANT.

**M**ENTAL images of a certain act tend to produce that act. Thought is creative. To imagine ourselves playing a certain part tends to make that part real to us.

And yet how large a part of our field of consciousness is filled with negative images, picturing precisely the opposite of that which we desire to demonstrate.

We affirm love, good will. And the next minute we say, "I just hate bread pudding," or "Mr. A— is little more than an idiot." Or, "I would like to buy so-and-so, but it is utterly impossible to spare the money."

We are therefore constantly releasing mental images exactly the reverse of what we desire to realize. We are putting the emphasis of attention upon what we do *not* want. We are using the mighty creative power of imagination to perpetuate and magnify the lack in our lives, the negative conditions that face us. We are using this power to rear mental walls that will close us in and effectually prevent us from demonstrating the things we sometimes *say* we want, but which our thoughts and actions would indicate we do not *really* desire.

The truth is that we are mostly so mentally lazy that we do not even *think* constructively about what we desire, let alone make any actual effort to obtain it. We only go so far as to weakly *wish* that the thing we desire might fall into our laps with no effort and no return in value on our own part. Permanent results are never obtained in this way. There is a law of action and reaction present in all the affairs of life. There must be giving as well as receiving, in any permanent demonstration of success methods. We must give effort, act intelligently, with interest and love put into the action, before we can get real and lasting results.

And of course we cannot do this so long as we put all the emphasis of our thoughts and mental images upon the *lack* of the thing we desire to demonstrate, or upon the ob-

stacles in the way of its attainment. Would Napoleon ever have crossed the Alps if he had thought only of their great height, the lack of roads, the cold, the difficulties of transporting his guns under such conditions, the terrible strain upon the morale of his men, etc.? Instead, he was powerfully conscious of his desire to reach the other side and he kept his mind active and his attention centered upon ways and means of accomplishing this purpose, of overcoming the obstacles. He put all the emphasis of his thought, and the driving force of his creative energy, upon what he wanted to accomplish, not upon the obstacles in the way.

"A miracle," says Professor Glenn Clark, "consists merely of looking at Reality through the lens of the imagination, and then letting this imaginative way of looking at Reality, bring to pass the thing which is spoken of as a miracle."

So when you put the emphasis of your thought, the constructive power of mental images, over on the side of what you really want, you are using your imagination to create that very thing. But when you fill your field of consciousness with negative thoughts of obstacles, your own inability and consciousness of inferiority, etc., you are turning the lens around and putting what you want further away from you than ever.

### ASTROLOGY, FATALISM, ETC.

**I** DO NOT think that there is any doubt but that astrology has a certain foundation of truth. But like everything else which the finite reason can grasp, that truth is only relative. I think that astrology does show certain indications and *tendencies* in the individual's life. On the other hand, astrology is by no means an exact science, at least in the hands of any astrologer I have ever known. Furthermore it would be foolish to *act* upon the assumption that man's destiny is fixed in advance and that therefore it is useless to make any particular effort on his own part. This reasoning is simply a play upon words. It has no real meaning.



## VIEWS and REVIEWS by WILLIAM E. TOWNE



I once read a little story that illustrates the foolishness of fatalism as a guide to action. The story runs like this. In the old pioneer days in America a man who was a staunch believer in fatalism was about to cross the plains. In those days of course there were no railways and he was going several thousand miles through a country infested by Indians. He was making the most elaborate preparations for the journey, including a generous supply of guns and ammunition. Some friend asked him why he was making all these arrangements. "If," said the friend, "you meet an Indian and your time has come, the Indian will kill you. But if your time has not come, you will escape. Why therefore should you worry about the matter and make any plans for defending yourself?"

To this the fatalist replied: "But supposing I meet an Indian and the Indian's time has come and I have no gun with which to shoot him?" Fatalism carried to a logical conclusion simply brings you around in a circle to the point from which you set out.

There is nothing more fully established by human experience than the truth that action is the only law of life. It is foolish to spend any time in trying to determine whether man is or is not a free agent. So far as human reason can determine, there is a sense in which he is free and there is a sense in which his destiny seems to be marked out for him. But life is based upon the law of action.

So the sensible thing to do is to go ahead as if one were completely free in all his activities. Our mistake comes in adopting the attitude that if we do not get the results we expected to get we have therefore failed and the action was futile. We ought to see our actions in a more universal sense. Viewed in this larger sense no action is futile or useless. Every act of life brings us needed experience. *It is the action itself which is of value to us and not the particular results that come to us through the action.* What Walt Whitman says about love applies to every action in life. He wrote: "Love is for the lover and comes back most to him."

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NO institution will be better than the instructor.  
—EMERSON.

### HOW TO WORK WITH MORE ENERGY AND JOY.

A GENTLEMAN traveling through a southern state came upon a negro lying beneath the shade of a tree.

"Taking a rest, George?" asked the white man. "No sah, no sah," was the reply, "I'se jest waitin' for it to come time to go home."

Most of us are inclined to do our work in a somewhat similar spirit, at least at times. Man's subconscious has been trained in the work habit for only a few thousand years—a much shorter period than applies to many of his other subconscious habits. And for the most part we have regarded work as a very disagreeable necessity. We tire easily and find all sorts of excuses for turning our backs on work—if circumstances will permit.

Professor William James called attention to the fact that man habitually uses only a very small portion of his potential energies. We stop work long before we reach the limit of our strength, as a rule. We image ourselves as tired, because we do not regard work as interesting, and so we fix in our subconscious the habit of becoming tired, long before there is any physical cause for fatigue.

We may rebuild the subconscious attitude toward work in two ways: First, by doing a little more each day, working a little longer. Secondly, by imaging ourselves as enjoying work until the habit of joy is established.

The experiments made by psychologists have proved that one can learn to like almost anything, and certainly we can learn to like activity applied to work. The child is very apt to regard work which he has never been allowed to do as highly entertaining—at first. It is only after continued experiences that it becomes drudgery, and this is largely a mental attitude. Let your thought go back to the work you did with joy in childhood and try to recapture the mood. Center your attention on the joy of *expression*—the expenditure of physical or mental energy—rather than upon the monotony of repetition.

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SPIRIT is the positive, the event is the negative.  
—EMERSON.



## 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

April 14. HEZEKIAH LEADS HIS PEOPLE BACK TO GOD or RETURNING. 2 Chron. 30, 1-27.

*Bible Readings:* 2 Chron. 30, Psalm 14.

**GOLDEN TEXT:** *Jehovah, your God, is gracious and merciful.* 2 Chron. 30, 9.

**NEW THOUGHT GOLDEN TEXT:** *In quietness and confidence shall be your strength.* Isaiah 30, 15.

**T**HERE is one sentence in metaphysical literature that has been worth many millions and great happiness to humanity. It tells us to argue in favor of what we want. The biographies of the world's illustrious all contain this one theme; in the face of contradicting evidence, they accepted their aspirations as truth and boldly passed through the desert of doubt until they came to the promised land.

Behind all visible life is the world of God or fundamental nature. There is a connection between the Universal and humanity and in our sense of the right or the good, we raise the veil from appearances to uncover the eternal facts.

Between God and us lies the desert of self-distrust, fear and doubt. That is all there is to it. To deny these limitations is to return to God or truth.

When a desert is brought under cultivation, we speak of it as reclamation work. We re-claim or take back. We return to our own.

Happiness, health and supply are then simply matters of returning to the acceptance of our vision as the truth. Disease, poverty and discord are only forced attempts to establish a lie as the truth, just as though you should suddenly determine that seven and seven should be ten. You would wonder why your totals were always wrong and they would not be correct until you returned to the data of your addition table.

Truth healing, no matter what the plane of application, is a very simple proposition.

A corporation once had a case at court that involved a large sum of money. They were in the right. The judge had his decision written but had not yet made it public. The officials of the concern, afraid to stand on the justice of their claims, sent a man who offered the judge a bribe.

Many of us are like that corporation. We are not willing to rest on the truth, on justice, on merits. Instead of waiting for our soul to express its aim, we buzz around with forced animation and affected interest. Instead of waiting for genius to unfold to us, we jump at some straw

of popular success and wonder why we didn't "get over."

*Silent Affirmation.*

We see ourselves when we see God.—MacLaren.

April 21. COMFORT FOR GOD'S PEOPLE or STRENGTH FROM REVELATION. Isaiah 40, 1-11.

*Bible Readings:* Isaiah 40, Psalm 30.

**GOLDEN TEXT:** *As one whom his mother comforteth, so will I comfort thee.* Isaiah 66, 13.

**NEW THOUGHT GOLDEN TEXT:** *Get thee up on a high mountain.* Isaiah 40, 9.

**W**HITMAN, in one of his poems, points out to us the simple fact that he who can see furthest has the most faith. Faith, then, is very far from the idea of the little boy who defined it as "believing what ain't so." It is simply the accepting of our revelation as the truth and holding to that standard.

In this lesson, with words that are perhaps the most beautiful in all literature, Isaiah exhorts the people to rise from their depression and climb up into the mountain. The prophet is not content with the mere statement that their fears are ill-founded, that their slavery is ended, that God is going to minister to them as a mother comforts her child. He takes them further. He bids them see for themselves the glorious destiny that is theirs.

Why doesn't Isaiah stop with the mere denial of Israel's misfortunes? Why does he insist on each individual etching in his heart some image of redemption, some symbol of prosperity? It is because he understands the laws of mind and knows that it is no power external to themselves that drives their enemies from their gates and establishes peace in their homes. He realizes that they are saved from disaster and enabled to demonstrate happiness simply through the belief that lieth in their hearts.

Many of us stop with the reasoning that leads to denial of evil. That is good as far as it goes. It is like the man in the Master's parable who put the devil out of his habitation and swept and garnished his house—but left it empty. It isn't enough for you to cease worrying over disaster. Go on to the erecting of the image of success. Climb up into the mountain of vision. Lift up your eyes unto the hill of revelation from which

your help cometh. Outline your own, individual, unique good. Visualize as the spirit in you urges.

*Silent Affirmation.*

**Meditation is the eye wherewith we see God.**  
—St. Ambrose.

April 28. THE SUFFERING SERVANT OF JEHOVAH or THE BIRTH OF TRAGEDY. Isaiah 52, 13-53, 12.

*Bible Readings:* Isaiah 52 and 53. Revelations 5.

**GOLDEN TEXT:** *With his stripes we are healed.* Isaiah 53, 5.

**NEW THOUGHT GOLDEN TEXT:** *Who hath believed our message.* Isaiah 53, 1.

IN THESE verses, unsurpassed for tragic sweetness, the prophet strikes the very keynote of tragedy. He reveals his insight, not only into the ways of sorrow, but into its genesis. He describes calamity and gives the reason for its presence. All trouble comes, he states, because "our report" has not been accepted.

What is "our report"? What is the revelation doubted? It is given in many places in the Bible but you will find it very clearly stated in St. John 1, 3.

In these lines, which have been the theme for a most moving oratorio, the modern psychologist will find a description of what is known today as the widely discussed inferiority complex. Just as the people who doubted their destiny created the suffering servant, so does the individual who distrusts himself, create himself into the type of individual so vividly portrayed by Isaiah.

Are you that type? Does the description fit? Are you despised and scorned by your fellow-men—conscious of yourself as an outcast? Are you more acquainted with grief than with joy, more familiar with disappointment than attainment? Do you feel that you are wandering through the world like a lamb gone astray or have you the sense of having found yourself? In the presence of others are you dumb as a sheep before his shearers, afraid to open your mouth?

Just as the prophet believed the recognition of the fruit of doubt will lead to a search for the truth that makes for attainment, so common sense in you will inform you that if doubt of your aspirations makes you a misfit in life, then acceptance of them will open for you the door of adjustment.

There is an old poem that futilely prays for the gift to see ourselves as others see us. People see us from the outside only. It is inside that there is life, inspiration, vision and understanding.

*Silent Affirmation.*

**My eye is single for my own vision.**

May 5. WHAT HILKIAH FOUND IN THE TEMPLE or THE INNER CLOISTER. 2 Chron. 34, 1-33.

*Bible Readings:* 2 Chron. 34, Psalm 19.

**GOLDEN TEXT:** *Thy word is a lamp unto my feet and a light unto my path.* Psalm 119, 105.

**NEW THOUGHT GOLDEN TEXT:** *The Lord God Almighty and the Lamb are the temple.* Rev. 21, 22.

IN THE three lessons concluded, we have seen the need of returning to God, of accepting the Divine Idea as the pattern of life. The question may arise, Where can I come in touch with God? Where must I go to contact the Infinite? The lesson for today is the answer.

The Jewish people had been floundering around, defeated, bewildered, amazed and confused. They called out vainly for a leader, a guide, a map, a chart. Hilkiah, searching in the temple, found what they needed.

The temple, of course, is the symbol for your own real self. Just as the pattern of the oak lies in the acorn, so the blueprint of your attainment is stamped on your aspirations. Just as the sacred law was discovered buried in the temple, so in your spirit is the divine code written especially for you, guaranteed to bring to you all that you wish if you make it your guide.

How can we draw out these revelations that lie buried in the self? What door will open to me the vision that is my destiny? Amid the babel of advice, how can I distinguish the voice of the Mighty Counselor within?

The first step is to detach yourself from the noise and commotion that you may concentrate on what you really aspire to. Nothing can take the place of concentration. The Master spent a great deal of His time in solitude. He found new strength. He discovered unguessed knowledge in those fruitful seasons when He withdrew from the multitude to commune with himself.

A thoughtful American writer noted the people going away from a country postoffice. "That man," he remarked, "has heard from a number of friends; I wonder if he has heard from himself!"

The next step is to devote yourself, strainlessly but consistently, to the end you have chosen. "This one thing I do" is St. Paul's characterization of himself.

What would you think of an acorn who determined to be an oak today and tomorrow was concentrating on becoming a rose? If steadfastness of aim is essential for a tree, how much more necessary for a career?

*Silent Affirmation.*

**Prayer is true wish sent Godward.**—Phillips Brooks.

## Repentance

By Marion B. Shoen

I'VE given hate enough of rope.  
My fears must go, they cannot stay!  
My new friends, Harmony and Hope  
Have brought a harp for me to play.

## Parents And Children

Helps that  
will bring



them closer  
together

### MRS. CARTER'S ANSWERS TO QUESTIONS

H. S.—No doubt the reason your young son does not place his weekly check before you with the joy he had when he first began earning, is because of his growing sense of manhood. Try to grow up with him. He must not be kept a child and forever turn over his pay check to you. Daily speak for him and for yourself the freedom which is yours as a gift of Spirit.

L. C.—You probably do not realize it, but from the tone of your letter, you show an ingrowing grudge and resentment against the father of that little two-year-old son. Ask forgiveness for yourself and for the parent, and then see that you CEASE all condemnation. Do not look for the father's faults in the child, but rather, look for God qualities there. "If you seek, you will find them." When you pray, say, "Cleanse thou me from secret faults."

W. U.—Ofttimes when we see our own words in print, we are illumined as if spoken to by the living Spirit. After reading the following, close your eyes and ask for LIGHT. "My twelve-year-old son, whom I leave at my sister's home, as I have to be at business all day, has spells that if

I cross him, he loses all control of himself and I cannot seem to reach him at all. After he gets over these spells he is very sorry and he doesn't mean to do wrong."

The lad no doubt has learned that he can frighten you by "taking a spell," and he makes the most of his opportunities.

Ask for wisdom in reprimanding the child; do what you think is best and then leave him at once to his own reaction. If you remain to see how he takes it, the case will be lost in sympathy. I do not believe in arguing with a child. And I have noticed that a child never respects the parent who "stoops to conquer."

While away from the boy, affirm for him: "The Spirit of God is expressing itself perfectly through you. You are not subject to 'spells.' Spirit now sets you free. For this I give thanks."

R. R.—With the two sides of his face entirely different, combined with his happy disposition, I should say that little chap was headed toward being a fine comedian. Never permit the family to jest at him or make him feel that he is disfigured. Rather, encourage him with the fact that he has a fine calling, and in his face is his fortune. Direct his education toward dramatic expression.

E. X.—Cheer up! Educators are slowly but surely making better conditions for the student's self-expression. When I went to college, I had to take certain studies which I detested and knew that I would never use. When I demanded my time for more studies along the line of my chosen work, I was told that I needed the former for "discipline." Now, your daughter, having been allowed to go to the other extreme, has, without guidance, selected studies she thought she would like, and yet do not lead to or qualify for what she is planning to make her life work. But she is young. Go to some splendid educator and ask him to plan out certain suitable studies for her.

R. S.—If you can go away for a short time and see that growing girl from a distance, and visualize her as asserting her God-given qualities, instead of the irritating flippancy so apparent now, you will find her quite different upon your return. It is no secret that we do "get on each other's

## 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.



nerve," when we daily come so closely in contact with our loved ones. The Self needs time and opportunity to cooperate with its Maker, and to take on new power and strength even as an engine takes fuel. This can only be accomplished by being alone with Him. And do remember that your daughter is becoming a young lady and resents mother's instructions at every turn. Sometimes, I wonder how children ever learn to think for themselves, when I hear their mothers continually warning them against certain things and cautioning them about their health. When children approach manhood and womanhood, then the wise mothers should look about for new studies and methods to broaden their minds.

T. Y.—There is no cause for fear over the baby's bowed legs. Many physicians are instructing young mothers to let their nine-months-old babies try to walk, if they so desire, and purposely "bow" their legs. Then, begin a mineral diet, which will supply all the necessary food to strengthen and build up strong, straight legs. We have been daily watching two babies for some time. One, a "cuddly" little girl, sweet and lovable, who is almost inactive, and will sit anywhere she is placed without danger of falling. The other, a boy, a week younger, just walking around and pulling at everything. Both from educated families, but just different. The boy is in the analytical stage, tearing everything to pieces, and he should be allowed to satisfy that desire. For Christmas, I gave him a wooden toy tied up with tissue paper. It was a joy to see him, at nine months of age, untie the ribbon and tear off the paper. How he laughed at the crackling noise! The little girl paid but scant attention to her toy.

B. E.—Yes, indeed, I have seen very little children display great jealousy. Once when I was rocking a friend's baby to sleep, the three-year-old sister whined and made such a fuss that there was no peace in the room. I told her grandmother, who was keeping her in the absence of her mother, that the child was jealous, but I was told very firmly that that could not be. The best thing to do under those circumstances, is to acknowledge the fault, and then forgive, and affirm the child's perfection, as a child of God. Usually, the little one's thoughts can be diverted and the hurt feelings will quickly disappear.

## The Promised Hour

By Justice E. Mason

WHY put off till tomorrow  
The gift of the Father's love?  
"Lo, I am with you always,"  
His promise from above—  
"Seek and ye shall find me,"  
Ye need not look afar—  
For each day He is with thee—  
'Tis now the promised hour.



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

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

*We answer in this department the 1001 personal problems that are put to us—as far as space and time hold out. And we make one answer do for more than one questioner when possible. Correspondents desiring a personal reply by mail are referred to our ELTO SERVICE, 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 queries 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.*

ANXIOUS—If the young man has not been examined by a competent psychiatrist, we would suggest that the mother apply to the Massachusetts Society for Mental Hygiene, Inc., 5 Joy Street, Boston, for a consultation with one of their psychiatrists. Much can be done, no doubt, for the boy by keeping him active and interested. He should not be pitied, but treated as nearly like a normal person as possible. To give him sympathy and treat him like an infant or invalid, will react unfavorably upon him. He should be encouraged to do whatever he is capable of doing, especially work that requires the use of his hands, and some degree of concentration. Whatever he likes to do, whatever affords him self-expression and gives him the feeling of acting like a normal human being, will help to give him self-confidence. If the mother has not already tried it, we suggest that she experiment with suggestion during sleep. In general the mother should assume the mental attitude, not of denying the boy's condition, but of affirming the possibility of his progress toward a more normal state and a better adjustment, on his part, to his environment. Let her place her confidence and faith in the One Life that lives and expresses through her son.

MRS. C. C.—Dreams of the kind you describe are usually an expression of the sub-conscious wish of the dreamer, nothing more. The wish may be directly contrary to anything the dreamer would admit to his thought life in the waking state. But the subconscious often yields desires that are exceedingly primitive. Ideas which would not be admitted to the thought in the waking state, find expression through the dream life. It is extremely unlikely that your dream was in any way prophetic. If it was, if you have any reason to believe that it related to any event that might logically have a real basis in fact, then take such steps as reason and common sense might dictate. We could not, of course, advise you on this point, as we know nothing of the circumstances.



## 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.*

### 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 8 years. Or 8 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. 1158.

#### I ACQUIRED IDEALS, A WIFE AND A BANK ACCOUNT.

I WAS born with a fundamental distaste for effort, especially continued, concerted effort and never having been taught that I was born to serve, nor how to intelligently direct my efforts, I followed the line of the least resistance to the level of a common tramp.

I was physically well and intellectually keen but emotion was so plus and will so minus that I lacked poise, or balance of will, intellect and feeling, the three principal attributes of mind, consequently I could not "put myself over" or do what my judgment dictated or what I was physically capable of doing.

One winter day I was "floated" out of Los Angeles and arrived in Bakersfield in the gray of a rainy morning. As I was making my way from the freight yard to the main part of the town, noticing the changes and improvements in the buildings, somewhere, from out of the recesses of my subconsciousness, though as clearly as if borne on the morning breeze, there came to my mind the words of an old hymn.

Swift to its close ebbs out life's little day  
Earth's joys grow dim, its glories pass away.  
Change and decay in all around I see  
O, Thou who changest not, abide with me.

These words started a train of thought about the emptiness of mere physical existence and created an intense hunger for a Presence which I had been dimly conscious of at times. I went on the street to beg for food, but like the man in the Bible, to beg I was ashamed. I found myself in front of a room that had once been occupied by a gospel mission. At one time while I was sinking into the mire, I had gone to this mission in the hope of getting some help. I seemed to find a foothold but my foot slipped and I went down to quit struggling. The place was now occupied by a tobacco store, and laughing in irony I made for the residence district to get my breakfast, but I was hungry for something besides food and could not bring myself to ask for something to eat.

In mid-forenoon I found myself on the bank of a river, two miles out of town, and there alone, in the desperation of my intense hunger for the Abiding Presence I cried out in the exact words of the Psalmist, "My God! My God! why hast thou forsaken me and why art thou far from helping me and from the words of my supplication?"

Again that voice from within though as clearly as from without, "Why, I am right here, my child. I have never been away." I looked within and beheld my Father and my God.

Thus it was that I discovered for myself one of the fundamental principles of New Thought, namely, that God is Universal Love, Life, Truth and Joy, and that we not only live and move and have our being in Him but He lives and moves and has His being in us. I found the Kingdom of Heaven within and that I and the Father are one. The realization of His goodness softened my heart and I then and there repented, that is, changed my mind, turned from evil to good.

Instinctively I looked to Father for guidance and the first thought that came to me was of my need of physical cleanliness. The water of the river was cold, but I willed myself squarely into it and had a good bath. I have since been baptized in the Christian religion but it was a mere form. That lonesome plunge into the cold waters of Kern river was the real sign and seal of an inward work.

The next thought that came to me was of my need of work so I hastened toward town in search of employment. Being winter, work was scarce, but I knew Father would provide. Sure enough, before I had reached town a man stopped me and offered me a job at two dollars a day and board, helping him drill a well. Two dollars a day and board looked like a silver mine to me and I was about to gladly accept the job when he explained that I would have to furnish my bed and live in a tent. Carrying their own beds and living in improvised camps is customary among the laborers of California, but it had been one of the reasons why I had refused to work, in the old life, and I now looked within to see if I would have to do it in the new life. There, within, I intuitively perceived another fundamental of New Thought, namely, that the consciousness of dominant power within is the possession of good beds, congenial environment, and all things else attainable. I had but to put forth my hand and take them.

By faith in the heavenly vision I declined the job and set out down the street to make a systematic canvass for work, conscious of being in Divine order, linked up with the Omnipotent, expressing the Universal. This consciousness made of me an invincible plus entity, willing for any hard or disagreeable job. I soon found it in a garage where I earned a precious dollar. Dollar in hand, I made for a Chinese restaurant where I knew they gave a big meal for a quarter. With my hand on the door about to enter, I caught a glimpse of the shuffling waiter in his greasy apron waiting upon his dirty patrons. Instinctively I perceived another principle, namely, that the suggestion of poverty and dirt about the place would tend to make me poor and dirty, so after a short, sharp tilt with appetite I made for a first-class hotel where meals were served on a white tablecloth with dainty china and bright silverware.

Supper over I went in search of a room and remembering the lesson of the restaurants I would be satisfied only with a first-class accommodation. Finding one, I ignored the notice that rent must be paid in advance and announced to the landlady that I would pay her later.

Alone with God in my room that night I learned that the reason why my life had been a failure was because I had not filled my Divinely appointed place of service. When I sought to know what was my Divinely appointed place, I learned that my desires would indicate. When I searched through all the desires that had ever been registered upon my subconsciousness, I found where, when I was a little boy, sitting with my mother in church, I had desired to be a preacher. When I sought from within to find out how this desire could be realized, I found that I should first find a place of remunerative service

to society. When I sought to find how I could most efficiently serve society, I found I was well adapted to become a salesman. A salesman then I would be till the desire to preach, which indicated God's first and highest will for me, could be nurtured and prepared for fulfillment.

Accordingly I made my way to the biggest store in town and applied for a job as a salesman. I did not get what I applied for, but was offered a place in the delivery department at a meagre salary. Looking within I learned another principle, namely, the law of growth. I accepted the opportunity and within a year was earning more than I expected to get when I applied for a place as a salesman.

I could fill a volume with my experiences during that year. I fought with legions of devils and sailed through bloody seas, but I developed my will power, my memory, my efficiency, my physical powers. I acquired ideals, a wife and a bank account, all by the more or less conscious practice of the principles of New Thought, even before I knew that anyone else was aware of them.

When I discovered *Nautilus*, and the modern New Thought movement, it but confirmed my conclusion that all truth is one and universal and there needs but the quickened consciousness of indwelling Omniscience to make one aware of the truth that shall make us free.—W. R. P., Calif.

Success Letter No. 1159.

#### HEALING DEMONSTRATED.

THE practice of sending my good will to all the world helps to attain a broader and more Christ-like attitude toward all people. I sent my loving, healing thoughts to a neighbor. She was so depressed that she had tried to take her life. The doctor and her children and everybody said she was insane and had very little hopes for her recovery, but she is as well as ever. She seems drawn to me and urges me to come and see her. I believe the tumor is gone or almost. Four doctors said I must be operated on, and I feared I would have to submit, but have no fear of that now.—C. B. W., Ill.

THE PRIZE WINNER for March, 1929, NAUTILUS MAGAZINE, Success Letter Department, is K. H., London, Eng., who wrote Success Letter No. 1156. We shall be glad to send the prize of three subscriptions as soon as we hear from the winner.

DEAR GOD, I am wholly thine,  
My body, hands and feet,  
Guide me in thought and deed each day  
In home or teasing street,  
Till in my face some soul may see  
A glimpse of Thy great love in me.

CROW'S FEET  
FLABBY  
CHEEKS  
DOUBLE CHIN



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—"The Ways of the Gods," by Algernon Sidney Crapsey. A simply worded, interesting history of the world's principal gods, their origin, their rise and fall. The book is neither philosophical nor theological. It simply presents a true picture, as the author sees it, of the origin and development of the religions and religious doctrines of the world. The author is pre-eminently a thinker, and he thinks to a constructive end. When he criticises, he clearly and simply and without malice, puts forth his own picture of things as they should be. The spirit of the book is well expressed in the following quotation from page 385: "Because a man is divine, his labor is sacred; his strength is as the strength of a God. It is this sacredness of human labor that condemns our present industrial system as sacrilege. Human labor is not something to buy and sell in the market,—to put to base uses in making gauds for women and intoxicants for men. No human labor can be wasted; every exertion of it is needed to furnish forth the necessities of life. Every man, woman and child in the world is entitled to a sufficiency of good food and pure water, to beautiful clothing and dignified shelter. Until these are supplied to all, any expenditure of labor on useless things is a sin against the sacredness of labor; and when these essentials are supplied, labor should cease and every man enjoy his leisure."

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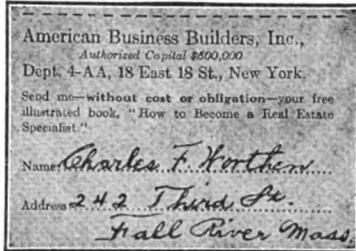
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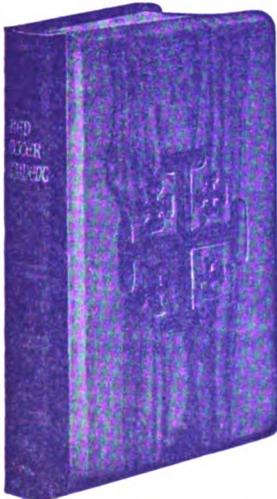
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