JULY 1943

NEW THOUGH

A New Life for an Old

KATHERINE DISSINGER

"Behold, I Shall Do a New Thing" ANORYMOUS

Life Should Be Thrilling

DORTCH CAMPBELL

Methods of Prayer

FLORENCE BASCOM-PHILLIPS, D.C.

How Letting Go Brought Me What I Wanted ANNIE S. GREENWOOD, Ph.D.

Moods That Bring Healing (Concluded) MARIE WINCHELL WALKER, M.D.

Playing Square

ELIZABETH TOWNE

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"Key to Demonstration"

By GEORGE C. HUBBS

BACK in August, 1935, that always-helpful contributor, Marie Winchell Walker, had a NAUTILUS article on "Key to Demonstration," the first sentence of which was: "You can demonstrate health and prosperity, not by any power or piety of your own, but by faith in God as law and love." And in her second paragraph she gave a clear reason for her opening statement by saying: "Since God is love, the creative principle must work through the medium of universal love."

Here are two vital points. The first, that demonstration is not solely based on one's personal piety, but by an understanding of the *nature* of God — just, for example, as you must know the nature of your children or your friends to deal successfully with them. Too often, I fear, we deal with God according to *our* natures. The second point is this: that since God is love we obviously must speak his love language if we expect him to respond. Could you expect a God of love to respond to a hate language? Or to a selfish, or a personal-worth, or a merewish language?

It will help us to properly value this point if we recall that God's language is spoken by our hearts, not by our lips; for, as it says in Revelation, "the Lord seeth not as man seeth; for man looketh on the outward appearance" and by what is *said* — "but the Lord looketh on the heart." By examining your heart, God detects whether, as Dr. Walker put it, "your specific thought is linked to a love motive" — the motive his love nature responds to.

I am certain that as soon as our demonstrating methods are in keeping with the nature of God, and we sincerely speak his love language, miracles will begin to happen.

NAUTILUS MAGAZINE

What's Cooking FOR NEXT MONTH?

"I want to be shown what To Those Who to do with my life, espe-Want Guidance cially now that my home is disrupted," she wailed. How can the person with a great problem such as faced this woman - or with any problem of vital importance in their life - secure the guidance of God which will lead to a real solution? How can thoughtful people know when they are being guided? How does leading come? These are some of the questions which Marguerite E. Wright will attempt to answer in her latest contribution to Nautilus. She will tell also how she herself was guided in finding her life work. YOU CAN HAVE GUIDANCE is coming to our readers in the August number of NAUTILUS.

How to Use Telepathy Before we can use telepathy successfully "we must realize that each person is a separate unit in this great universe in which we live surrounded by ether of which we are a part. At least we cannot live without it," says an interesting writer on this subject. "The space between you and the one with whom you want to communicate is filled with vibration," continues this writer. He then goes on to explain how to send the message. HOW I SEND TELEPATHIC MESSAGES is coming in August NAUTILUS.

Achieving Your Desires There is one fundamental truth which is the basis of all truth which is the basis of all truth healing and demonstration, says Elizabeth Gregg, Ph.D. To know this fundamental principle and apply it brings healing. In her latest Nautilus contribution Dr. Gregg explains simply this fundamental principle of healing. She also gives a strong statement of Truth which will help to clear the mind for a realization of this great truth. HOW TO REALIZE YOUR DEEP DESIRES will be one of the features of August NAUTILUS.

A Dream Showed Her The Way

In fact a dream changed the whole course of her life. For twenty years

she had had a great problem. Left all alone with a great Colonial house containing ten rooms she did not know what to do. Finally, for a time, the problem was solved by securing ten-

Important to Nautilus Subscribers

If you find an expiration notice attached to this space it means that your subscription expires with this issue UNLESS your renewal has crossed the notice in the mail. IF YOU WILL RETURN THE RENEWAL BLANK WITH YOUR REMITTANCE SO THAT IT REACHES US BY THE 20th OF THE MONTH OF THIS ISSUE WE WILL CREDIT YOU WITH 13 MONTHS FOR \$2.00. Extra month for prompt renewal. Or we will send NAUTILUS two years for \$3.00 (30c extra per year to foreign lands.)

WE AFFIRM that the basic truth of all religions is one. And that this truth — understood and applied — frees, heals and prospers the individual — HERE AND NOW.

NAUTILUS takes its name from the following verse from Holmes' poem, The Chambered Nautilus:

Build thee more stately mansions, oh, my soul,

As the swift seasons roll!

Leave thy low-vaulted past!

Let each new temple nobler than the last,

Shut thee from heaven with a dome more vast, 'Til thou at length art free,

Leaving thine outgrown shell by Life's unresting sea.

ants. But they moved away after three years and she was again alone. What to do? One night a dream came. It was a very definite dream. It spread before her, in her mind's eye, a complete plan for securing a renter for her home. Stranger than fiction was the way in which this dream came true to the most minute detail. And in the process of the dream being clothed with reality her whole life was changed. The change brought her new life and happiness. And it permanently solved her problem. A DREAM SHOWED ME JUST WHAT TO DO ABOUT RENTING MY PROPERTY, will be just about the most interesting short feature in August NAUTLUS.

She Used Her Imagination "Desire in the heart is God's sure promise sent before to indicate that it is yours already in the (Please turn to page 2, col. 2) YOU ARE INVITED TO ATTEND THE Twenty-Ninth Annual Congress OF THE

INTERNATIONAL NEW THOUGHT ALLIANCE

Hotel Sherman - Chicago, Illinois July 26th through 30th

Come to hear and have fellowship with the leading Metaphysical Lecturers, Teachers, Writers, and Healers. All the leading Schools of New Thought will be represented by outstanding speakers. Public Sessions every day. Everyone is welcome.

TO MAKE MORE FRIENDS

If you desire to become more "charming," popular and attractive and to win and hold friends you will find aid in the little book, "CONVERSATION AND A MAG-NETIC PERSONALITY." The author (a young Boston lawyer) tried the methods herself and found them effective. She planned to sell the lessons as a \$2.00 course. We persuaded her to let us bring them out as a book instead, to sell at only 55c, postpaid. THE ELIZABETH TOWNE CO., Inc., Holyoke, Mass.

A Woman Finds PEACE Within

"Never felt so quiet and peaceful. Can't praise this work enough." — M. B., Wis. So writes a student of ELIZABETH TOWNE'S FOUR LESSONS ON HEALTH AND SUCCESS. Others write: "Have left off tonic and sometimes walk over two miles a day. Instead of studying ABOUT Truth, or thinking ABOUT Truth, these Lessons make you know that you are LIVING TRUTH." — M. S. B., Ga. "Strength increased. Haven't felt so ALIVE for years." — Mrs. J. H. D., Ind. "Have accomplished every single thing I put on my written list of desires. Please send Lesson II." — G. H. C., Ga. "Was losing weight. Much depressed. Now gaining weight and mental attitude completely changed." — E. E. M., III. "Health and appearance improved. Eyes sparkle, complexion better." — G. C. L., Md. "Am thankful for PEACE AND HARMONY IN HOME and small increase in income." — C. E. H., Pa.

Price of the Four Lessons and two booklets used with them, \$1.60. THE ELIZABETH TOWNE CO., Inc., Holyoke, Mass.

(What's Cooking: Continued from page 1)

realm of supply." A widow and her son used this practical, workable metaphysical law successfully when they needed a home in a strange city and there did not seem to be any suitable home available. HOW WE USED IMAGINA-TION TO ATTRACT THE RIGHT HOME will tell this interesting experience and will be published in our August number.

Group Prayer and Protection the element of protection enters, for his next contribution to NAUTILUS. It will strengthen your faith in the Bible promise that "if two of you shall agree on earth as touching anything that they shall ask, it shall be done for them of my Father which is in heaven." THEY AGREED IN PRAYER AND ALL WERE SAVED FROM DEATH, is coming in August NAUTILUS.

Prayer Changes Things Prayer with a brief summary of how prayer really does change things — the appearances, the lives and affairs of people. RESULTS OF PRAYER to be published in August NAUTILUS.

A Help in Using the Power of Your Mind

We know that an unseen power exists universally. We know it is being used by all successful people

in a constructive, positive way, even though they may not be aware of it. Thomas T. Troward, the English judge who wrote largely on metaphysical subjects, gave a most complete definition of this universal power. One of his many students in this country, Mrs. Bertha Vogt, has sent us a contribution which we know will prove helpful in understanding and using the power of mind. THE POWER OF MIND will be published in August NAUTLUS.

Dynamic Prayer "The energy of prayer is probably similar to the stir within the seed at the period of growth. Prayer is the *urging* process of life," says Dortch Campbell. How do we release this energy of prayer? How do we start this urging process to create that which we deeply desire? Mr. Campbell will answer some of these questions in, THE PRAYER OF DOMINANT DESIRE to be published in August NAUTILUS.

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This Too Is Real by CLARENCE EDWIN FLYNN

THIS too is real: the dawn that glows Upon the fragrance of a rose, The sunset flaming in the West, The stars that watch the world at rest.

This too is real: the happiness That crowds out fear and bitterness, The joy of crests with labor won, The peaceful sense of kindness done.

This too is real: the urge to light, The heart's dim climb to truth and right, The love that keeps faith to the end, The loyalty that makes a friend.

Editorials By Elizabeth Towne

MAKE YE ready the way of the Lord, Make his paths straight. Every valley shall be filled, And every mountain and hill shall be brought low; And the crooked shall become straight, And the rough ways smooth; And all flesh shall see the salvation of God.

-Isa. 40:3 to 5

Playing Square

T^F you had a fine horse upon whose swiftness your fortunes depended how would you treat it? Would you house it carelessly and make a packhorse of it between races? Would you stuff it on all sorts of foods, keep it standing for weeks in the stable and then expect it to win the race for you? Would you keep it chasing over the country all night and then expect it to win next day? Of course you would not.

But you treat yourself that way and then go around clad in rags and a grieved expression because you have failed in the races for success.

In the races of life there are classes enough for all. Every man, woman and child may win his races and carry off his prizes — if he takes proper care of himself and observes carefully the rules of the race.

With proper preparation and a good understanding any man can win his races.

Every man is born into just the

school he needs to prepare him for success in life. If he is not square with himself and the class he is born into he stays perhaps a lifetime in that class. Perhaps he drops down, down, down to the foot of the class. All because he is not square in his treatment of the lessons life presents to him. He shirks.

What does it mean to be square? It means a different thing to every man on earth, and yet it means always one thing — to do what your own spirit says is right, and to keep your word, actual or implied.

To be square requires a steady purpose; in other words, self-control.

To be square one must control his feelings instead of letting them run away with him. The boy who plays hookey when he feels like it is not square with himself nor the world. There is an "ought" in his heart which he is not square with.

Life is full of mournful fizzles who habitually play hookey when they feel like it. They feel like slighting this thing and that, and — they play hookey. They feel like lying abed late in the morning, though that little "ought" inside, and mayhap an employer outside, admonishes them to get up even if they don't happen to feel like it. Something is expected of them and they shirk. Tacitly their word is given to be on time, and they are not on time. They are not square.

The little "ought" inside is the well laid track upon which the individual's life may safely run. When he jumps that track and runs on feeling alone he is not square with the world and there is danger ahead. And he ploughs along in the wrong direction, injuring himself and others.

He follows feeling and lies abed. He is late at his work and dumpy when he gets there. His employer feels that he is not fairly treated. If he acts upon his feeling the sleepy-head will get his salary reduced.

The 29th Congress of INTA Is Going to Chicago! — July 26 to 30 Inclusive

This was decided at the board meetings and conference in New York City two weeks ago. Dr. Garns will be president at this Congress. And our Rev. Raymond Charles Barker, bless him, minister of the Unity Church of Truth in Rochester and elsewhere, will serve as general chairman of the Congress. He has just returned from Chicago (May 11) where he completed all arrangements for the Congress, and this is what he writes about it:

"Dear Mrs. Towne: Good news for you. At the New York City Board Meeting of the INTA two weeks ago we decided to have an annual Congress. We all missed not having one last year in Cleveland. The Board settled on Chicago as a good Congress city as all teachers could reach it easily from either East or West Coast.

"I have just returned from Chicago where I completed arrangements with the very fine Sherman Hotel to hold the Congress there from July 26th through July 30th. It will be from Monday through Friday. The Hotel is giving us very fine accommodations including the Bal Tabarin Room for the big public sessions.

"Now you must come. A New Thought Congress without you is incomplete. So, if it is at all possible plan to be with all your friends, who love you so very much, and we shall have a glorious five days. Already the leading Metaphysical Teachers are responding and promises have been made by the following to be there and more expected every day: Dr. Emmet Fox, Dr. John Seaman Garns, Rev. Raymond Charles Barker, Rev. Eleanor Nel, Rev. Florrie Beal Clark, Rev. Ervin Seale, Dr. James E. Dodds, Rev. Paul La Prade, Dr. Amelia A. Randall. So, it looks like a wonderful gathering of the New Thought Family. My very best, Raymond Charles Barker."

Doesn't that sound good? You may depend that I would be at that Congress if it were possible; but alas and alack I am prevented from going away to a Congress this year. I almost shed tears. But in spite of what Raymond Barker says, I doubt if you will miss me when you get together with all the others in Chicago. Be sure to go if you possibly can. I shall be with you all in spirit, even though I must do my spiriting from Holyoke.

But I am sure that all things do work together for good, so I shall not really shed tears, but rejoice with you all and send my love and blessings to everyone in INTA. -E.T.

Celebrating the Rise of Africa

O^{UR} ARMIES, British, French, U. S. A. and Canadian, have licked the Axis out of Africa. We hope.

And now for the big job of wiping Hitlerism out of Europe, and Hirohitoism out of the Pacific. Today (May 13, lucky number) Premier Churchill is in Washington with President Roosevelt, and the clans are gathering to discuss the next things that must be done. Madame Kai-shek is there too, and I wish that Stalin would drop out of the skies into Washington. Beaverbrook is there, and Benes. And we don't know how many more.

On with the good work for democracy. Will the four United Nations walk arm in arm down the middle of the road to World Democracy? We pray so.

In the May 7 issue of the Foreign Policy bulletin, Vera Micheles Dean, a splendid analyst and head of the F. P. A., says something very good which I think our readers will appreciate. I quote it here:

"To lay undue stress today on the issues that do, or may, separate the various United Nations not only plays into the hands of Nazi propagandists. What is even more dangefous, it fosters the latent desire of some Americans for return to isolationism by making international collaboration appear far more difficult than it is, or needs to be. The problems of Europe are unquestionably far more complicated than wishful-thinking reformers would have us believe but they are not beyond the power of human beings to adjust.

"Nor is the United States expected to adjust them single-handed. It would certainly be the height of irony if, in turning our back on isolationism, we should go to the other extreme and jump to the conclusion that it is our manifest destiny to cure all ills throughout the world and settle all conflicts. This is not what the peoples of Europe, or Asia, or Latin America want. They hope that the United States will not remain aloof from the rest of the world after the war, but they have no desire to see the United States alone shoulder the task of post-war reconstruction. In this task they want to play their part — and to play their part neither as humble recipients of American handouts, nor as sideline admirers of the 'American Century,' but as equal partners of the United States. What we have to learn is how to work with other people, without either neglecting them altogether, or smothering them with exaggerated concern. In international affairs, as in all human affairs, there is a middle course, a golden mean. The American people could make no greater contribution to post-war reconstruction than by discovering and practicing this golden mean between isolationism on the one hand, and imperialism on the other."

When President Eduard Benes Was Received by Mayor LaGuardia in New York

There were 3000 people looking on, when President Benes of Czechoslovakia was received by New York and the Whole United States.

(Turn to Page 28. Thank You!)



God Put a Mighty Spirit In You

By MARY L. S. BUTTERWORTH

Do you realize that God put a mighty Spirit in you, and that when you become quiet and turn to this rich, sustaining, protective Spirit, which Jesus called "Our Father," you have made a marvelous change for the better?

Be ye lifted up! Is not God more prevalent to you than your troubles? Has God moved out of his creation, or have we done the moving? This is no time to lessen faith, but the psychological time to increase it by spiritual understanding. God put a mighty Spirit in us to make use of. Man is not what he thinks he is, but what he thinks, that he is. "Mind remakes your world," and to be in tune with infinite Good is to be served by it. Any change for the better is made in us, not in God who is changeless, without variableness, nor shadow of turning.

We let no thought defeat us when we are steadied in Christ consciousness and hold it. When letting in the sunlight of love, every trace of fear is as the cloud that lifts. Responsiveness to our divinity (Christ spirit) is the key to solve problems and grant to us a greater fulfilled life. We need to come closer to Truth. The times and genuine progress demand we now break down old traditions and let in the new light, the new thought, that God works through man; that power is our gift from the creative Spirit. Paul says: "Stir up the gift of God in you." The science of soul is here! Utilize this Power! Destiny is up to us, but we shall need to move on the new road. It is never too late for those who sit in darkness to come into the light which Jesus demonstrated, that we may be happy, healthy and peaceful.

We are more important sons of the Creator than we realize, but we need now to awaken from the mortal, material age, and understand that we are to develop soul power as well as physical power, which makes us self-reliant and self-expressive.

Why was man created? Was it not for the creative Spirit to work through him toward the accomplishment of the eternal purpose? Jesus surrendered his body to the cruel mob because they would not take on the Christ, but he proved the power of life over death. People believe in two powers, good and evil, while Jesus taught only one — the good. There is only one sin in the world, and that is to believe in evil and let it use us.

We can do all things through Christ Mind which strengtheneth us. This is the Mind that remakes our world.

There is "That" that is unalterable in man; have we consciously contacted it? Let us take on the new, true consciousness and help build the new world order that will not totter and fall. We can't build a new world on a crumbling foundation. The old order is dying, but in its pang and pain we see the new world slowly rising. Have you the vision to see that with the spirit God gave you? If so, you will know why you are here.

A New Life For An Old

By KATHERINE DISSINGER

IN THE OLD thrilling tale of Aladdin and His Wonderful Lamp the magician ran through the streets crying, "New lamps for old."

"Fantastic!" the people cried, and rushed out with their old lamps to exchange them for new. And at last the magician came into possession of the lamp he sought, the magic lamp which might be rubbed and the magi would respond by giving the possessor whatever he wished.

But a new life for an old! Even more fantastic. Today bewildered people in a changing world with earthly things vanishing and earthly ties breaking may likewise find comfort and answers to their many problems. Not with a magic lamp, of course, but by taking the pattern of their lives marked and crossed with fear. worry, grief, disappointment, poverty, ill-health, and exchanging it for the all-encompassing, all-pervading Christ spirit. There is an immediate responsiveness of the Christ to our acknowledgment of his presence. Christ responds to us as surely as the magi responded to the possessor of the lamp, when we are filled with the conscious recognition of the Christ presence. "Let the Christ be formed in you."

A new life for an old! No, not fantastic, but practical, entirely possible. What, then, is the secret, the answer?

"I and the Father are one." So spoke Jesus, shining example of the possibilities of conscious co-operation with God; carried to the highest degree, used to the fullest extent. The same God-power is inherent in every one of us. This assurance Jesus reiterated again and again. The same light is in us as a source of our illumination, inspiration, and revelation. We, too, are His children and have His attributes of love, life and truth. In Him is all health, strength, and goodness. As His children all things become ours through the recognition of the truth that God is all and everywhere present. Because we are God's children, everything is possible to us.

This truth is true, eternally true; but understanding of it may be imperfect or limited. Truth cannot benefit unless it is recognized and embodied. Man can become a new creature, a new creation, only by the recognition of his oneness with God, and when, as a result of such recognition, he has slipped the responsibility of his life to God's shoulders. His mind then becomes one with the Father, in perfect unity with God. Then there is a purpose and significance to life it had not before, fresh energy and zeal to go forward and a great victory to be won. The old things are passed into oblivion, the whole of life has become new, vibrant with eternity in the life-giving power of God.

Newness begins with the recognition of this principle which Christ realized so perfectly: "I and the Father are one." We are told, "Let the mind be in you which was also in Christ Jesus."

When any person has the consciousness and realization of the presence of God as being everywhere and always present, as did Christ, then he has the Christ mind or is in Christ. And St. Paul said: "If any man is in Christ, he is a new creature. The old things are passed away. Behold, all things are become new."

With the advent of the Christ spirit into our consciousness, all the errors and false beliefs are to be stripped from us as we are lifted up into his presence. Instead of the limited intelligence of the human mind, God will clothe us with the perfect intelligence of himself. Then we are truly born again, made new. We have found the new life because we have the mind of Christ, which makes possible the fulfillment of every human need, the answer to every problem, the supply to every demand. We have Christ's promise of this: "He that loseth his life for my sake shall find it."

We are to lose our lives in the sense of giving our mind to the mind of Christ by occupying the mind so completely with the Christ that the personal self is entirely forgotten, by letting go of our own personality so that God's will and love may act in us, the inherent God power flow through us, by recognizing the presence of God so completely that all other things sink into such insignificance that they have no reality in our minds, so that our lives are merely a channel through which the love and will of God are manifest. To the degree that we succeed in doing this, to that degree does the Christ function in us.

As the Christ is formed through our recognition of his presence, the material gifts of the world will be laid at our feet. "For my God shall supply all your need, according to his riches in glory by Christ Jesus." God withholds nothing from us, but our taking is conditioned according to our recognition of the oneness with the Father, which Christ possessed.

When we have lifted ourselves up to recognition of and identification with Christ until we touch the very Christ nature, the things we have been seeking will be automatically added to us.

"Seek ye first the kingdom of God and all these things shall be added unto you." When we have made union with the image of God in all forms, there can be no obstruction to the flow of supply. There can be no separation between us and whatever we wish. There are no limitations, no restrictions. "It is your Father's good pleasure to give you the Kingdom."

The good you are seeking is already here — it is yours for the taking. Take it, embody it in your thought, drop everything from your mind that is unlike the condition you desire. As a child of God, you already have, in spirit, what you seek in the world. The condition is there, awaiting your recognition of it. If you seek health, realize perfect health. If you seek success, realize success. If you seek supply, realize supply. The condition will come when you stop seeking and realize it.

As a child of God you can accept mentally whatever you seek before it becomes obvious to the senses, you can believe while there is still no evidence of the object or condition you wish to bring into your life. You can claim, declare, and demand these things from God's perfect and universal storehouse. They are unlimited, unbounded, and free. "What things soever ye desire . . . believe that ye receive them and ye shall have them."

There are no problems that the Christ cannot solve. There is nothing in the world that can withstand the consciousness of His presence. "Greater is He that is in you than he that is in the world."

Sickness, poverty, fear, failure, sorrow, strife, every negative condition disappears under the power of Christ. In the consciousness of Christ's presence we know his peace, his faith, his joy, his righteousness, the everlasting power of his own divinity.

"Behold, I Shall Do a New Thing"

(ANONYMOUS)

FOR YEARS after I was alone, I tried meant so much to me, but which now was filled with memories that I did not like to recall; they seemed only to add to my loneliness.

Then one never-to-be-forgotten day I received a sad letter from a cousin who was meeting severe losses in many ways. Her husband had just passed on, leaving her with three children and almost without resources. His business had slipped down hill and the little family were without a home. "Without a home"! Those words went straight to my heart, for that was something I never had experienced.

Would I take them in for awhile, wrote my cousin, until they became adjusted to the new sorrow. Perhaps some way out of it all would develop later.

At first I was appalled by the vision of three active youngsters in my peaceful, though lonely, home and by the thought of the disturbances which would arise if I asked them to share it with me.

However, the words, "Building

for eternity," came to me. Here was my opportunity to build, perhaps even a mansion, if I held fast to the promise, "With God all things are possible." So I forgot my slim purse and my own quiet habits of life and invited my cousin and her family to share the old house where room was plenty even though dollars were not.

But the sadness in the children's eyes struck me with force when I saw them, so dear and lovely, but with that look that should never be seen on young faces. Fright and fear dominant where joy and beauty should be expressed.

Their mother, after becoming adjusted to her new surroundings, began to use her musical talent to a good purpose. Slowly, at first, a class grew; and as I had not sold my old piano that was still good, she made fine use of it.

Then I became ill for a time, and who was my faithful nurse and caretaker than my friend, and whose little girls trotted all day if necessary on errands for me? Her two small daughters, of course.

My work was in a library for six

hours of the day, and with such care and attention I was able to resume the job with renewed health, and pleasure.

Naturally there were periods of adjustment in the family and we all had to hang onto our common sense and use all the wisdom possible to cross some bridge; still we always did manage to do this without too much friction.

I had to recall the verse, "Behold I shall do a new thing; now it shall spring forth, shall ye not know it?"

Surely the addition of three youngsters into my quiet home was a "new thing"; but they seemed to realize this too and were generally sweet and patient.

I seemed to acquire a great spiritual illumination: "When we have overcome every earthly limitation, the kingdom of God shall be established in us and God alone shall rule."

Our boy planted and cared for a garden passed my belief that any boy of twelve years could do so well, and his chickens were fine dinners. He seemed to be my boy too now, as did also the little girls belonged to me in part.

They are growing up too fast to suit me now, and their young eyes have lost that sad look, so I realized the meaning of that poem written by one of our great poets who said, "Not what we give but what we share, for the gift without the giver is bare." How true. It has all worked out so much better than I felt when I opened my home and my heart to my friend's little family.

And that was, of course, the deeper reason why the old house never sold even though I offered it at a loss; it stood as a bulwark now and spread itself over more ground taking in my new family with joy.

Now I see that is why I could never find the right buyer for the place; it still had work to do and its old walls had yet to resound to childish voices.

So it became a home indeed when once it was but a lonely shelter.

I do not feel today that I gave these dear ones anything at all, although when their plea for help came to me it seemed that I was the one who must give and give.

But not so; today I am the recipient of so many joys unknown to me before that I wonder how I lived then, in those lonely times when life held but little charm for me.

New doors have been opened and new friends made in this service that has not been mine alone.

I do not need to ask, "Lord, what wilt Thou have me do?" for the way is here before me; a flower-strewn path now and I can truly say, "It was one of the best things that ever happened to me." I have reached the "Peace crowned heights" and to quote Emerson, "The more of our lives we give to others, the fuller and richer, the more beautiful and happier our own lives become."

THE KNOWLEDGE of truth removes hatred and quarrels and prevents mutual injuries. — Maimonides.

Methods of Prayer By FLORENCE BASCOM-PHILLIPS, D.C. Article II of "The Truth of Prayer" Series

There are four distinct methods tion; activation and realization.

To visualize your prayer you must see it actually accomplished, just as plainly as you can recall that which has happened. This can be done either by visualizing in the imagination or by using pictures illustrative of the idea to help in the visualization process. Sometimes visualization brings immediate results so rapidly that one can hardly keep pace with them, before one has time to use any other method.

Obviously, the individual who cannot call to mind the image of his best friend had better not depend upon visualizing via the imagination. The person who cannot understand a cartoon and never looks at a picture, probably would not get much help from putting up a picture illustrative of the idea embodied in his prayer.

However, affirmation is something that everyone can use, as it is effective either with or without visualization. The only essential point about affirmation is that one must be intellectually convinced that God is everywhere present as the substance from which all our desires are made manifest; that he does actually have both the power and the willingness to give the desires of the heart; and that he can be contacted within the Secret Place. The Lord told the prophet Isaiah: "Before they call, I will answer." Which is just another way of saying that the supply for every demand is already provided.

Because the supply is already provided, our prayers are answered even though there is no visible change in appearances. There are an abundance of biblical promises with which to bolster one's faith. Jesus said, "Thy word is truth." Webster says that truth is the steadfast fulfilment of Divine intention or purpose. Therefore, truth is active. Truth is the carrying out of the purpose of God as outlined in the commands and promises of the Bible. For this reason affirming "I am radiant with the health of God," when one appears to be sick, is actually stating the truth. And to say, "God supplies my every need and I am prosperous," when one appears to be surrounded by every evidence of poverty is also stating the truth. To say, "Christ's righteousness is mine and I am filled with the desire and ability to do right in every way," is the truth.

Affirming a truth repeatedly eventually re-educates the subconscious mind to the instinctive acceptance of that truth which can then become manifest in the character, body and affairs.

Affirmations are never for the purpose of changing God. Your affirmations change you into harmony with that which has always been God's plan. "For I, Jehovah, change not," God says. (Mal. 3: 6.) God's everlasting supply of health, harmony, righteousness, love, prosperity and peace has never changed. We, by our mental attitude toward these things, have changed our ability to recognize and accept them. Affirmation puts us back into harmony with God's eternal purpose.

"Jehovah, who shall sojourn in thy tabernacle?" asks David. "Who shall dwell in thy holy hill?" (Psalms 15: 1, 2.)

The answer is: "He that walketh uprightly, and worketh righteousness, and speaketh the truth in his heart."

We only begin to feel the truth in our hearts after we have visualized or affirmed it or in some way become adequately aware of it.

"These are the things that ye shall do: Speak every man the truth with his neighbor: execute the judgment of truth and peace in your gates: and let none of you devise evil in your hearts against his neighbor." (Zech. 8: 16, 17.)

So instead of affirming the appearance of evil in our fellowman, we must speak the truth of God's unchanging purpose with, and for, our neighbor.

"The Christ in me greets the Christ in you. The Christ in you greets the Christ in me. The Christ in each of us appreciates the Christ in the other. The Christ in you causes you to manifest justice, fairness, courtesy, purity and righteousness."

Such an affirmation will change the appearances into harmony with Truth so quickly that one feels as if he had suddenly come into possession of a magic formula.

Activation is another method of prayer. Act as though the prayer were already answered (which it really is, you know, for "Before they call I will answer") and this will greatly speed up the outward manifestation of the Truth.

If you are praying for more love in your life, start expressing yourself in gentle, lovely tones, loving, endearing words, or kind deeds, letting God work in you "both to will and to do of his good pleasure."

If you are praying for more health to manifest in your body, obey all the known laws of health: be temperate in your work; your recreation; your eating habits; avoid all known excesses; exercise; relax; work and play like a normal, sane, sensible healthy person.

You will notice that the person who is manifesting perfect health, alternates activity and relaxation; and when he relaxes, he retains no tension in mind or body.

The old couplet which we learned as children:

"Work while you work, play while you play,

This is the way to be happy and gay,"

really expresses an enormous amount of truth.

If you are going to act prosperous, will you go on a sudden spending spree and involve yourself in a lot of debts? Is that the way the truly prosperous people you know act? No. Those who are prosperous pay their bills and go about the accomplishment of their purpose in a conservative way, but with perfect assurance that there's plenty more where that came from. A prosperous person can spend the last dollar in his pocketbook without a qualm or a fear, yet he does not spend recklessly. You, too, can spend your last cent to satisfy a need, help a fellow man, or pay a bill, and recognizing God as the source of your prosperity,

you need have no fear that the next obligation will not be met.

Realization is, perhaps, the highest type of prayer. Realization is that inward acceptance of something as real when there is no visible evidence. It is the action of faith within. I think that thanking God for a blessing not yet manifest, and praising him for the answer to a prayer which is not yet visible, is the surest way to realization.

Jesus used this method when he raised Lazarus from the dead. Lazarus had been dead for several days. The people around had no faith. Even Mary and Martha were consumed with their desperate sorrow and could not realize what Jesus meant when he said, 'I am the resurrection and the life.'' (John 11: 25.)

Jesus said, "Father, I thank thee that thou hast heard me, and I knew that thou hearest me always: but because of the people which stand by, I said it." (John 11: 41, 42.)

The more doubts which seem to assail you, like the unbelieving people who stood around the tomb of Lazarus, the more essential it is that you turn to thanksgiving and praise to establish a quick realization of Truth. You will feel a sudden inner assurance which at once clinches the matter in your own mind. Regardless of the outer appearances you will then say, "It is done." This is realization.

The manifestation follows quickly, just as Lazarus came forth at once when Jesus called him. I have personally demonstrated this many times; and so has every Truth teacher. Events move with such rapidity to bring into manifestation that which has been realized within, that one can hardly keep up with events.

How Letting Go Brought Me What I Wanted

By ANNIE S. GREENWOOD, PH.D.

When our day dreams are such deep longings of the heart that they dominate emotions, mind and actions, we may know that they can be fulfilled. They are whisperings of the God within, urging us to higher achievements. Let us not disregard them. Desire is the voice of God in the soul.

For the key to my life ambition, I turn back to a summer day on the Canadian frontier in a little oneroom school. I was twelve, terribly shy and desperately eager for education. My early childhood training had been by evening lessons around the table, under the kerosene lamp, in my log cabin home. Now I could get a few weeks of summer schooling by walking nearly ten miles daily.

One day, while still new to the unusual surroundings and exceedingly self-conscious, I was cruelly embarrassed in the English class by the ruthless criticism of the teacher. I thought my "Composition on Gophers" was good. His detailed comments showed its many errors and I felt the condemnation most keenly. Then, as he handed my slate back to me he said kindly, "Some day, Annie, you'll write a book."

Perhaps it was partly due to the emotional transition from bitter chagrin to the joy of commendation that his casual words so deeply impressed me. I was thrilled beyond expression. I was to become a writer! Teacher had said so, and of course that settled it. Nothing could be more wonderful! That became the shining star which lured me on.

For years, in almost every conceivable way, I was sidetracked. I had to hurdle seemingly impossible barriers to get an education. But always that star of hope shone. Some day I was going to write a book.

At twenty-five I was an utterly destitute invalid widow with two children to support and myself to educate. At that time I had had a total of only fifteen months of schooling. Year after year the necessities of life occupied my most earnest endeavors and every ounce of strength I could summon. Always, though, I knew I must round out my education because, you see, I was going to be a writer!

At thirty-two I received my Master's degree. Most of my mature life was spent as college teacher, but my writing dream never faded.

Many years later, at a summer camp lecture, I heard Glenn Clark describe the perfection of Grecian symmetry. He showed a rectangle on the blackboard, the dimensions of which were: Width, 1; length, 1.618 — the basis of all Greek art. Applying the principle, he explained that our ardent desire for something is a complete 1. Then, he pointed out, our willingness to merge this deep longing into the will of the Father — whatever that will might be ought to be even greater than our desire.

The lesson sank deep into my consciousness and I tried to apply it in life's affairs.

In the worst of the depression years, when my earning power had been entirely cut off by a serious illness, I spent much time writing. The deep desire had never left me. I felt that it might be the avenue through which should come the much needed income. Regardless of my continued efforts, I was entirely unsuccessful. Daily I spent time in meditation about it. I had a message for humanity and longed to get it into print. As a Truth teacher, I knew what people needed. My manuscripts went out with high hopes. They came back with sickening regularity. Still I kept on. The beacon which had been lighted in childhood might flicker but it never went out.

On the morning of August first, 1933, as I turned my attention to that part of my meditation, my mind made a complete right-about-face. Instantly I found myself saying aloud, "All right, Father. If You don't want me to write I'll find some other way to serve you."

A beautiful perfect peace filled my whole being. The longing which for years had been an actual physical pain left me. I was contented and happy.

I blessed every manuscript, wherever it was, and completely released it.

It was a marvelous letting go. My need was just as great, but deep within my heart I knew I was cared for and that all needs were being met. Over and over I repeated, in perfect confidence, "The Lord is my Shepherd; I shall not want. The Lord is my Shepherd; I DO not want."

On the evening of August fourth I stepped out on the porch under the trees and the quiet stars and then suddenly remembered that I had not looked into the mailbox all day. There was a letter of appreciation from an editor and a check for thirty dollars. It seemed like a message direct from my Father, especially when I looked at it the second time and saw that it was dated August first — the very day I had completely relinquished.

Ever since then checks in modest abundance have continued to come from magazine publishers. In the fall of 1935 my first book was published, followed by seven more inside of five years. A prominent daily newspaper recently pronounced me "One of the most prolific writers of the town." A few days later I was introduced over the Columbia Broadcasting System as "The most prolific writer of the Northwest."

I had caught the inspiration when a child, and never lost it.

Spiritual Moods That Bring Healing By MARIE WINCHELL WALKER, M.D.

Part II (Concluded)

Our first article on Spiritual Moods ended with a promise to give you the most essential conditions to develop these moods. There are two requirements that appear most necessary: The first is faith in God. The second is renunciation of self. By this is meant a letting go of the limiting thoughts about self. "Let go and let God;" "Away from personality to Principle." These expressions are familiar to every student of metaphysics.

One cannot consider the first condition without linking it to the second; for when you have the kind of faith that brings victory and healing, you necessarily ascend in your thinking to the plane of Spirit, away from self. Your faith is illumined by a vision of limitless divine Power. To be sure it is a Power that permeates everything here, but it also transcends this world. Another link between faith and a letting go of self is: True faith loves to pray for all who ask for help. "Faith without works is dead." But make no mistake about this: When you pray for another's good you receive a blessing for yourself. You identify yourself with God just as soon as you begin to realize the presence and power of God as active in the life of some person who requests your aid.

Build for Yourself a Reservoir of Faith. A spiritual mood comes quickly to all individuals who have built up an abiding background of faith. I sometimes think of this abiding faith as a great reservoir that is fed by a hidden spring which has its source in God. This reservoir never fails, and is always accessible to one who seeks to increase his faith.

Some Ways to Increase Faith. Each day provide for yourself enough spiritual food to bring spontaneous thoughts of God. These thoughts should come at intervals during the day, and should include gratitude, joy, praise and prayer. This will be a prayer so brief that it need not interfere with the work you are doing. "Do not pray by idle rote like pagans, for they suppose they will be heard the more they say." (Matthew 6: 7, Moffatt.) Pray like the man who said, "Here I am God, clean me up." In Bible language this would be, "Create in me a clean heart, O, God, and renew a right spirit within me." One who prays like that is "poor in spirit" and will receive a blessing. "Blessed are the poor in spirit." This simply means that one who feels the need of greater spirituality will get it as soon as he asks God for it. The poor in spirit have the kind of meekness that is spiritual might. We are told that the word "meekness" was used by the Greeks to describe a colt which had been broken in and harnessed. Real meekness is faith that is willing to let God run one's life.

Associate with people who are spiritually-minded and who are able to demonstrate good for themselves and for others. This is another way to increase your own faith. In the Bible we find this question: "What has light to do with darkness?" Cultivate the friendship of "Children of light." Share their experience and you will develop a stronger faith. But however small your faith may be, do not fail to use it for a purpose.

Active faith, as pointed out here, is linked to a turning away from self. This renunciation, however, is not always associated with faith in God. An individual may become so completely absorbed in his work that he forgets himself. For example, in Chicago we used to hear a story about a distinguished lawyer, who, while trying a famous case, put on a clean shirt every morning over the soiled one. At the end of the week his wife discovered that her husband was wearing six shirts!

I want to tell you about another man. Let us call him J. B. He is now 55. From the time he was 50 until Pearl Harbor this man considered himself a semi-invalid. He was never lazy — far from it. He positively was unable to do physical work that taxed his strength. I have known him to attempt it and lose weight so rapidly that he actually seemed to be melting away before our eyes. He became hollow-eyed and pale but kept on working until he finally collapsed. After a few days he was on his feet again, but was glad to turn his business over to his capable wife! Now comes the real story: The shock of what happened at Pearl Harbor aroused J. B. to attempt strenuous work at the shipyards. He began working under a skilled boss aged 75. J. B.'s family watched him anxiously, but their semi-invalid was now filled with endurance and strength. He held his job, spending four hours a day on the bus and street cars, and putting in full time with never a day off for sickness. I go to see him once in a while on Sundays, when I know that he is at home, and always find him gloriously well and happy. It is as though a miracle had taken place in J. B. He has turned away from his old, weak self, and is alive with patriotism and new-found strength. I have

come to believe that such profound patriotism is an expression of spiritual strength. He is sustained by the "Over-Soul" that is helping America and her faithful workers through this crisis.

Life Should Be Thrilling

By DORTCH CAMPBELL

How Dan May Changed His World in Seven Days

Five locked doors bar the way to Fyour happiness. They are your senses. If you would live beyond your ken, if you want complete harmony and love in your life, unlock those doors. Senses are the wings of Spirit. What do you think they are for if not to make you happy? You must feel happiness that comes from touch, sound, fragrance, sight and hunger. That simplified is that you must thrill to everything you contact in life. Then you become as a little child. Now you are imprisoned within the chambers of the mind, constantly shrinking from life. But it is easy to open the doors and pass into a broader and more intense life. Everything you touch, hear, smell, see and hunger for can be made beautiful by the imagination.

Blessed is that man who *imagines* Truth!

Until he was fifty-five years old, Dan May, a professional man, had lived a life of blood and sweat and tears; and lots of us had prayed for him, and he had prayed for himself, and many of his problems had vanished. But there was one great thing he lacked, and that was an intense blending with the lives of others in harmony; his office was all gossip and cunning and frayed nerves, he asserted. This man had worked in Truth for a long time, but Truth people, because of a wider range of vision, sense the wrongness as well as the rightness of circumstances and are especially sensitive to inharmony. Dan May told me that he spent most of his waking hours praying for relief. I said, "Pray three times a day for not more than three minutes at a time and then rejoice for the remainder of your *waking hours* because your prayers are answered."

But Dan said that his niche in life called for a *practical* formula! Then we talked about love curing all in harmony. "Why won't it work?" he said; he was a man of discernment. Surely we all start bravely enough, trying to love ourselves out of irritations, but love will not always work because of lack of power.

I told him that he could unlock the five doors that barred the way to his happiness by using his imagination; for you use imagination when you rejoice.

But he shook his head. "They will make fun of me," said this staid and solemn man of dignity.

Then and there I made a discovery. It was not really my discovery at all, for seers and mystics since the beginning of time have proclaimed it the immortality of the soul. Only, in this instance I saw why this man had failed at loving and failed at living in harmony. It was because he did not believe in that power though he professed such a belief as a Christian. The soul is the only thing in life that counts, I told him.

Men and women are drawn into an atmosphere that is not harmonious because deep down in their hearts they do not believe and feel that they are able to cope with circumstances and with other men and women. There is a sense of inferiority at the core of the life in every case of infelicity. That is too obvious to say that it is my discovery.

That feeling of being under instead of in a higher level of consciousness keeps their love from others and the love of others away from them.

So imagine that you are the center and the heart and the love of all life - for you really are! The heaven of expanding activity, as Brown Landone says, is at the core of you, and that heaven must actually flow through your senses. Imagine that this is true and it will lift you above the thrall of circumstances and the irritations of others. When, in imagination, you feel the thrill of the soul's immortality, you cannot help but look out with full love and joy. You will not merely think and strive for joy and love. You will see the heroism of the little sacrifices of others. You will see, hear, feel, touch and taste life's loves and joys. Paint a picture of what you really are at the core of you. Love and joy, in the majesty of that strength, will then literally flow out of you and come back to you from others. You are a reservoir of love, overflowing.

These things I told Dan May and he believed me. And it was no mere intellectual acquiescence, but a living thing in his heart. And he went out and conquered his little world in seven days.

I wish you could see Dan May today — he is so radiant! Once upon a time he said to me, "I associate with the most disagreeable persons in the world." But now he assures me that his little niche is the happiest spot on earth. That is so because he blends with others; his soul reaches out and touches others, and he has made it so by letting his soul shine out with imaginative powers.

Imagination is a blending; it is more than picturization. It is a blending of creative substances. It is Spirit's means of transmutation. By imagination you change yourself from the creature you are into what you would be. You can also, by imagination, convert base metals of your environment into precious gold. The method is in Christ's Repent; that is to say, turn from, change and let there be an expansion and an upheaving of the kingdom of heaven.

Of course, you should see life through the lens of the imagination. But not only that; you should use this lens to touch, hear, taste and hunger for life's harmonies. You should look at life with all eyes. But you must also gaze upon life within you with the transforming eye of the imagination. By imagination you can become the master of frustrations and reverses. You want to be glad, and you want love and harmony, but how can you thus live if you feel that you lack the evolving power of the soul? But you can raise yourself to great heights of imagination. Let your soul radiate through its doors through this symbol of intense and ardent faculty, giving and receiving, akin to all and everything. Here is a truth of tremendous power and dimension.

Spiritual Experiences In War

By BROWN LANDONE, F.R.E.S.

Article I

When we broke away from orthodoxy, we stripped Truth down to a skeleton of thought. But now, particularly with the tragedies of war, we need greatly to clothe our "mentalized skeletons" of thoughts, with the living truth found in all the sacred revelations of God.

God promises that his angels shall have charge over us. Let us accept them as living truths, for angels are powers of good sent out by God.

In the New Testament the word that is translated "angels" is also translated "messengers" and "evangelists," which makes it clear that an angel is any power "sent out" from God to help man. Every good thought, every feeling of love, every surge of power, is sent out by God.

Our greatest revelation of Truth (the Bible) tells of an *angel* announcing Christ's birth to the shepherds; of an *angel* guiding Joseph to take the Christ Child to Egypt; of *angels* ministering unto Jesus in the mountains; of an *angel* rolling the stone away from the tomb that first Easter morn; of *angels* freeing Peter from prison. And there are numberless other instances of God's angels inspiring, guiding, protecting man.

God's angels can protect our sons in the hells of war. I do not argue, but give you facts; and I cite no incident of this or the last world war except I have checked its truth.

I tell you first of four men in World War I, two of whom are still alive. They are not given to fantastic imagining or hallucinations; they are cold, matter-of-fact business men.

In the battle of Verdun these four men — sent out as part of a scouting party — were isolated, out beyond the trenches. Eleven had been killed; four were left.

They were in a shell hole, hiding from the Germans who had pushed forward and would have been able with their machine guns to kill all four instantly if they had once lifted their heads above the edge of the shell hole and thus let the Germans know they were there.

They lay hidden in that shell hole for hours, every moment expecting death if the Germans moved forward enough so that they could see them. Every man prayed — with intense desire for our forces to make another sortie forward and rescue them. They waited and waited — and waiting under such conditions, when each moment seems a day, puts a great strain on the nerves.

Finally one of the men whispered to the Major, "You'd better shoot me, for I'm getting balmy. I might jump up and yell. I'm so bad now I'm seeing things."

"And what are you seeing," quietly asked the Major, "for if you are seeing the same thing I am seeing, perhaps we are not balmy. For twenty minutes I myself have been seeing something. I did not mention it, because I thought the rest of you would think I was crazy."

"What do you see?"

"I see our buddies — the eleven who were shot — standing up in front of us, not ten feet away. Each is holding up his hand, as though holding back the Germans."

'I see the same thing.

"But what are they — are they real?"

"I don't know," said the Major, "but whatever they are, I think they're standing there to protect us."

"You're balmy," said the third man. "There's no one there."

"I'm going to put them to the test," said the Major. "I'll stand up. If the Germans don't shoot, it means that they can't see us, and that we ARE protected by our pals out there, and can crawl back to the trenches without being seen."

The Major stood up and not a shot came from the Germans, even though they were but a few yards away. One by one the other three men in the shell hole stood up, and they actually *walked upright* back to their own lines.

Now personally, to me, it makes no difference what you think; but what you think will integrate or disintegrate Truth for you. I do not care whether you think those men were the souls of the buddies who had been killed a few hours before, or whether you think they were angels sent by God, clothed to appear like men.

The great truth is this: Spirit is IN-FINITE and has INFINITE power to manifest in INFINITE ways; and it will manifest in THE way which will protect you if you have the vision to accept it and the faith to trust it.

For myself, I accept the truth of angels as radiations of God, just as I accept your soul as a radiation of God. And personally, I think the time has come for us to advance beyond the mathematical laws of thoughts and accept the truth that God manifests as living spirit in an infinite number of ways — in greater health, greater abundance, greater love, greater protection.

No, I do *not* suggest that you pray to angels. But I do urge you to pray to God for the help and protection of his angels!

Accept the living truth that "God hath given his angels charge over thee" and all thy loved ones.

(To Be Continued)

NO MAN IS GREATER

By HELEN HOWLAND PROMMEL

- No MAN is greater than the faith he holds
- In God's great goodness, and in humankind;

And grounded deep within his faith repose

His righteousness and freedom of the mind.

How To Gain Peace of Mind

By GRENVILLE KLEISER

I^F SOMEONE were to approach you with peace of mind in one hand and a million dollars in the other, which would you choose? Obviously you would take the peace of mind.

Most modern lives are lived at such high pressure and at such a pace that there is neither the space nor the leisure left for any kind of serious thought.

The tendency of today is to avoid any kind of solitude or quiet, such as would make deep thinking possible.

"What shall we do?" or "Where shall we go?" is constantly being asked by those who are bored when alone and try to fill every spare moment with some kind of distraction.

Men are groping for peace of mind, and are disappointed not to find it in the crowd or in the pursuit of pleasure. Widespread mental unrest is doubtless due to lack of realization that what makes for happiness depends, not upon circumstances, but upon man himself.

Equanimity of outlook does not come from mere material advantages, or the pursuit of pleasure, but rather from a sense of duty well done, of moral standards sustained, of wellgrounded confidence in the permanency of the spiritual.

As a keen observer has said: "Whoever would have peace of mind must cultivate self-discipline. Where lack of this is shown is not only in the great crises that sometimes confront the individual, but also in the habit of reacting violently to small things. The latter habit is an evidence of being nervously undisciplined, and is an unhappy condition. It is selfdiscipline that protects against any undue strain of conflicts without and irritations within."

Man, in the main, is the sum and substance of his views and thoughts. Is he depressed in spirit? Then it is because some particular view is dominating his mind. Is he calm and peaceful under trying circumstances? Then some pleasant view is exercising its helpful influence upon his own inner life.

Robert Louis Stevenson said: "The day returns and brings to us the petty round of irritating concerns and duties. Help us to play the man. Help us to perform them with laughter and kind faces."

In his book "Tranquillity of Mind," Seneca advises us to cultivate a yielding disposition if we would have serenity of mind.

Kindness is the antidote for mental unrest. It need not be effusive, it often need not even be spoken. If it animates us, it eases every situation; it makes us better satisfied with ourselves, causing a warm glow of peace to permeate our consciousness.

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Views and Reviews

By WILLIAM E. TOWNE

How To Get Along With Yourself

IF YOU don't get on well with yourself you are not likely to get on well with others. If you have inharmony within, it extends to your relations with your world without.

An inferiority feeling is the result of inharmony within and lack of adjustment. You won't get on very well, even with yourself, unless you are willing to adapt yourself in thought and action — adapt yourself to changes which become necessary in every life.

The one who resists change and adjustment will find himself unable to do much that he desires to do, and it is this increasing inability to realize his desires which fosters the inferiority feeling.

Men in all ages who knew the principles of practical psychology by instinct have emphasized the necessity for agreeing with others — when it was desirable and wise to agree. The biblical writers denounced the "stiff-necked" who always "resist the Holy Ghost", the Spirit of God. We are all familiar with the famous words of Jesus: "Again I say unto you, That if two of you shall agree on earth as touching anything that they shall ask, it shall be done for them of my Father which is in heaven." Rotherham's Literal Version makes this promise even clearer and stronger by saying that where two may agree "concerning any matter whatsoever they may ask," it will be "brought to pass" for them by the Father. Jesus also advised that we

agree with our adversaries; that when a man asks us to walk a mile with him we walk two miles; and much else of like import.

All this can be summed up to mean: Don't be stiff-necked - adjust, adapt yourself. Of course it is not easy to react efficiently to every condition that may arise. Time is often needed for consideration of one's course. But in general, follow a policy of conciliation when you can and you will add to your own confidence and power. For there is nothing more stimulating to self-confidence than success in dealing with others. Such success releases power within the self for new and far greater achievements. Ex-ample: "The boy who stuttered -Demosthenes — who learned to sway others by his words until he was the greatest orator in all Greece. There is psychological truth in the saying, 'Nothing succeeds like success.' This is just as true when you are dealing with yourself - trying to get on with yourself — as when you are contacting other persons. The forces of progression are released through agreement. That is, through the reconciling of opposing forces.

This reconciliation may be an agreement of two conflicting ideals so that union for action is achieved. Just as the French in North Africa are now trying to unite two schools of political thought so that the Republic may be re-created and assume a place of power in the world. You may have in mind two different courses of action. Your success in achieving either will

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depend upon your ability to unite upon a single course — to come to a point of agreement — within yourself — as to which course you will follow. This releases the power to carry you forward. Power comes surging forth wherever there is agreement.

As to the affect of agreement upon health as well as success, Wilfrid Lay has written: "Acceptance and acquiescence are normal healthy states of mind. Rejections and refusals and declinings are unhealthy, abnormal states of mind, for they imply a lack of power to cope with the situations rejected or dodged, and an unconscious belief on the part of the declining person that his constitution, mental or physical, is not strong enough to stand the strain."

I think that Dr. Lay's deductions are rather sweeping, but in the main correct. If we are getting on pretty well with ourselves we shall be able to get along pretty well with others. Resentment and resistance are signs that we are not overly confident in our own powers. They arise because we are afraid something is going to be taken away from us which we value highly. But if we are on pretty good terms with ourselves, and have confidence in God, we shall know that we are in no danger of losing what is really essential to us. We shall know that there are numberless ways in which our good can come to us; that if one way is blocked another will be open to us; and that acceptance of a situation helps to release in us the power to deal with it effectively.

BEHOLD I STAND AT THE DOOR AND KNOCK

By DOROTHY SPENCER

FROM where I used to sit in a certain Church which I attended for a quarter of a century, I could see a beautiful stained glass window. On it was a figure of Christ, bent forward, lantern in hand, knocking at a door.

The inscription beneath read: "Behold, I stand at the door and knock."

In truth I have come to learn the wonderful and truly adaptable meaning of this Bible quotation.

God stands at the door of my conscious mind and says:

"I am your Father,

"I would like to help you.

"I will do it for you, my child, because I love you."

It seems as if I had been trying for years to clear up certain problems in my life which still persisted.

I could think of countless solutions. I would run about trying first one idea, then another, but the problems remained.

It is amazing how long it took me to understand the meaning of this Bible verse.

Truth teaches that I am not to try to change an appearance in my world, an appearance of illness or lack, by running about. Truth works through the door of my conscious mind. I must mentally give up my problems. The outer changes only with a change in the inner conscious mind.

I speak to my Father, God, who has already spoken to me and I give (Please turn to page 27, col. 2) Success In Prayer Edited by W. E. T. and E. T.

HOW I FOUND PROSPERITY THROUGH PRAYER

I can clearly recall the time when I did not have two nickels so that I could rub one against the other. I tried one religion after the other in the attempt to find relief from my troubles, but nothing seemed to avail me.

Prayers were said over me. Prayer meetings were held for me, all to no avail. Somehow, it got around that I was practicing a strange religion called New Thought in which I claimed that God was Principle or Spirit.

Several prayer meetings were held after that beseeching God to deliver me from the wiles of the Devil who was supposed to be after my soul. Well, the prayers of these people were never answered, for I continued in the New Thought way. I recalled the words of Scripture: "Judge not lest ye be judged. For with what judgment ye mete out to others it shall be meted out to you again."

There are two things that have neverfailed me in demonstrating prosperity. One is helping others. The other is blessing my money — the money that passes through my hands. There have been times when I would pray and pray, and as day by day passed I would seem to be no nearer to prosperity than before I started. The few pennies that I had I was afraid to part with for fear I would not get any more. I used to think how easy it was for those who had a good bank account to tell others to pray themselves into prosperity. One day I came across a Bible verse that said: "Give and it shall be given unto you. Good measure, pressed down, shaken together and running over."

I used to think that I could not help others on an empty stomach with debt staring me in the face. But I discovered that the only way to have a full stomach is to help others. Silently I affirmed: "The strength of the almighty is now established in me."

Gradually people began to come to me for help. They happened to be people who had no money to pay me, and I badly needed money. Perhaps that was a good thing, however, for it prevented me from placing my dependence upon persons for my supply. The Bible verse said: "Give." I did give my service to others, looking only to God for the fulfillment of the promise.

I had a few coins which I had been afraid to spend. I now looked through the Bible for further guidance. I came to John 6. After reading this chapter I took the coins and gave thanks and I used them for postage and carfare in giving my service to others.

At the end of that day money came from different directions. I blessed every piece of money I received. Then I blessed those to whom I gave it in exchange for what I bought. I blessed every bill that I owed. Then I blessed my creditors as I paid my debts. I blessed my home, my furniture, my clothes. It wasn't long before I had a bank account. To this day I continue to bless all the money which I receive. Even my stationery, pen and ink are blessed. One thing I have noticed and that is that if I neglect to bless whatever I receive, my flow of prosperity lessens. Then, as soon as I begin again to bless that which comes to me, the flow of blessings continue. - E.R.W., Mich.

I PRAYED FOR GUIDANCE DURING SLEEP AND WAS SUCCESSFUL

TOR some time I had been anxious H to sell a piece of property in a town several hundred miles from the one in which I was living. I visualized the sale and myself receiving cash in payment for it. I felt led to go to another town where I had once lived, which was nearer the property I wanted to sell. I made the change and then wrote the realtor who had charge of the property and asked him to ask the tenants if they wished to buy it. He did so and replied that they were willing to buy on a long-term contract with a small payment down and very small monthly payments.

This was not satisfactory to me, as I wanted a cash deal. Upon inquiry I was informed that no home loan company would take over the note on such a small down payment.

I had once read an article by Brown Landone in which he said he had advised a young man to pray for guidance just before going to sleep. I now did this for two nights. The second night I was given the name of a man in that town with whom I had transacted some business at one time, but about whom I had since forgotten. My conscious mind said there was no use in writing him; - he was a businessman and would not buy a note that a home loan company would not handle. However, I wrote him anyway and was rather agreeably surprised to receive a letter in reply, stating he would take over the note. He named a figure that I felt it would be wise to accept.

At the time agreed upon I went to the town and the sale was put through. Although the house needed repairs and the neighborhood had deteriorated, I received a slightly better price for it than had been received for other property in better condition and in a better location.

All the time the negotiations were going on, I blessed the house and all who had any contact with it and with the matter of the sale.

What led me to feel that the time was ripe for action was a dream which seemed to indicate that I would soon leave for the town where I had formerly lived and from there would take the short trip to the town where the property was located. As a reward for being "obedient to the heavenly vision" my dream came true in more ways than one. - B. L. K., N. Mex.

Behold I Stand at the Door and Knock (Continued from page 25)

thanks that he has told me that he will solve my problems. He will bring me health, happiness and supply.

The outward appearance always responds to the change in my conscious thinking.

REMEMBER, whatever ought to be done can be done. - Harriet Beecher Stowe.

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• A Doctor of Divinity writes us: "I read and re-read Nautilus in bed before I go to sleep. This practice has kept my faith in myself and in God. If I had not had this pleasure I would have an impoverished life and maybe (pardon me) gone 'nuts:" So you never can tell what good may come from passing on YOUR copy of Nautilus to some one who will readly read it. Will you do this—please? Or, better yet, send \$2.00 for Nautilus one year to be sent to someone you know will appreciate it. THANK YOU!

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Elizabeth's Editorials (Continued from page 7)

And that was a memorable occasion for this special reason: Dr. Benes offered to All of Us millions in the world, this new international slogan for the United Nations everywhere:

"LIVE AND HELP LIVE"

Let us take that slogan to heart and live up to it. That is what our United Nations means and no matter what we think about it now, the Four Freedoms are destined to spread over the world. Here is a new Pledge for Good Americans, which fits right in here, which I found in a full page advertisement in the New York Herald Tribune. I give it to you to memorize and to glory in and propagandize everywhere:

I BELIEVE IN THESE FOUR FREEDOMS:

- The first is freedom of speech and expression.
- The second is freedom of every person to worship God in his own way
- The third is freedom from want . . . to every nation a healthy peacetime life for its inhabitants.

The fourth is freedom from fear.

Another New Discovery From University of Chicago Scientists

The war is bringing forth many new discoveries which are blessing the world now and will continue to bless us hereafter.

Another new and very important one is a spray which will kill pneumonia and other germs. It is a chemical solution, described as an antifreeze mixture which when sprayed into a room will kill the germs. What a blessing for all of us.

This new spray is the result of research carried on for the past four years by the University of Chicago scientists.

The War Department's Civilian Epidemiological Board recently reported that a thimbleful of the chemical, known as triethylene glycol and similar to anti-freeze, sprayed into a large room such as an army barracks, would kill all the pneumonia and streptococcus germs within a few minutes.

But scientists at the university who developed the solution said it not only will kill pneumonia and streptococcus germs, but also will kill influenza germs and probably common cold germs. Furthermore, the germs die instantly, they said.

For his research in developing the solution, Dr. Oswald H. Robertson, professor of medicine at the university, was elected to the American Academy of Sciences. He was aided in his work by three colleagues.

This little editorial is to recognize and bless Dr. Robertson and his coscientists, and the University of Chicago, and the War Department for bringing forth this great discovery. Here's hoping we shall not have to wait until the end of the war before every drugstore in the country will be supplying this new anti-freeze for germs. It ought to be very easy to use. It ought to be very easy to manufacture and distribute, and everybody ought to have access to it quickly.

Isn't it amazing how many glorious discoveries are coming out of the Infinite into the here and now? Here's a little special blessing for the Associated Press from whose news item I learned these facts.

Glory to God in the highest and on earth peace and freedom from germs that kill mankind.

Truly the angels must have included these great scientific discoveries in their subconscious if not in their conscious minds, when the angel said: "Behold I bring you glad tidings of great joy which shall be unto all people."

Our Plan to Make the World Safe for Democracy

OUR PLAN proposes that our Government underwrite our Constitution giving to every man, woman and child his BASIC RIGHT to share equally in a minimum income. Read this plan carefully, repeatedly, and ask the Spirit of God to enlighten you — here it is again:

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2. PAY DIVIDENDS ON WHAT? Pay them on wealth piled up by the collective working-andconsuming power of all American citizens.

consuming power of all American citizens. 3. WITH NON-INTEREST-BEARING NEW CURRENCY (or federal checks) pay \$5 Weekly National Dividend to EVERY citizen: man, woman and minor from birth to death rich or poor, unemployed or employed. 4. BEGIN WITH THE UNEMPLOYED:

4. BEGIN WITH THE UNEMPLOYED: "unemployables" first, with all members of every family group, from aged parents down to infant grandchildren *et al*, each receiving \$5 Dividend Each Week. 5. PUT EVERY SOUL AND EVERY FAM-ILY ON ITS OWN FEET, independent, *self*directing, FREE to be and to buy what THEY desire — not what special privileged processors want to make profits on.

6. NO PAUPER'S OATH, no taking away from anyone the extra overcoat, or the little business, or the old automobile or other tools of service or trade, or the little home (or farm) mortgaged or not mortgaged, which he or she or they have been able to hang on to up to the present time.

7. BEGIN THE PLAN ON THIS BASIS, \$5 Cash Dividends per week to every member of every family group, and to every lone individual who is now without adequate income beginning with all persons and families on relief or with incomes too small to report for income tax; then include families of small reported incomes, and finally ALL citizens. From richest to poorest, from the day of birth to day of death.

8. THE ONLY CLASSES EXEMPTED: (1) aliens, (2) persons imprisoned or hospitalized as public expense, voluntarily or involuntarily. Dividends to be reinstated immediately upon release. Remember that \$5 a week for each and every one of us will enable every American family to live FREE, self-respecting, bealthy, expressing genius and service each after his own FREE spirit; also every family will be adding its consumers' power to the WELL-BEING OF ALL IN-DUSTRY AND BUSINESS: an inexhaustible WELL of prosperity bubbling up from the bottom forever. — Elizabeth Towne.

HOWEVER THINGS GO

By WILLIAM C. LEE

OH, LET ME be cheerful however things go. I ought to rejoice in the blessings I know. The Lord is my backer, my boss, and my pay. I am happy in working for him day by day.

Oh, let me be hopeful however things seem. Good will and reliance on God make a team. I fear no ill will, or bad luck, or downfall, But do what I can, and to God leave it all.

Then let me be cheerful, whatever I do, And remember the Lord will carry me through. The Lord is my leader, protector, and stay. I am joyful in working with him day by day.

Was It Telepathic Influence?

A writer on TELEPATHY tells of a man who felt an unexplainable urge to go to a relative and offer help. He did not know WHY he went but *she* felt that she knew why he came. It was the result of that she knew why he came. It was the result of telepathy, thought transference, or whatever you choose to call it, she believed, which she had con-sciously tried to use to win his help. Mrs. Viola Gertrude Rich, well-known educator and graduate of the University of California, has written a mighty interesting book upon the subject

of influencing others at a distance. Mrs. Rich spent some 25 years of study and experimentation with Telepathy. Her book is called:

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- Buddhist Dhammabada.

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