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SOUL CULTURE

ART OF LIVING

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From all Life's grapes I press sweet wine.

—Henry Harrison Brown.

NOW

A Journal of Affirmation

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No. 4

THE SELF.

Here in the world I must fight,
Here in the world I must win;
In darkness find the light,
Find peace in the midst of sin:
For the world is as it is,
And I am as I am—
But the fighting heart will play its part,
And earn its own sweet calm.

Here in the world I must live,—
Mine not the craven's part;
To have I must freely give,
And feed on mine own red heart.
For the soul is as it is,
And I am that I am—
For in my soul, the burning whole,
Sends forth its consuming dart.

Here in the world I must see,
Here in the world I must know,
That the rays of infinity
Around and within me glow.
Near is the Lord to me,
Yea, sleeps he in my heart!
At my behest, He breaks his rest,
For mine is the Master's part.

Here in the world I must dream,
Dream of the man I must be,
Know in mine own life-stream
Are the germs of infinity;
I am the Thinker and the Thought,
The all of yet to be,
Yet through His might, I am the Light
Of Immortality!

—Sam Exton Foulds.

OMNISCIENCE.

The power that moves the waving field of grain,
The mind that tells each blade of grass to grow,
The law which brings the sweet refreshing rain
Is ever present with us all. I know.

That power gave us the life we have today;
'Twill teach us how to live, and gain and grow;
'Twill even, if we wil but give it ay,
Uplift us to its source, the God we know.

—Mary Miles Colvin.

I CAN.

The first conception one has of the universe is that it is Power. The first conception of the Deity is that It is Power. Omnipotent Power is the first characteristic of the gods of the various religions. "For thine is the Power and the Glory forevermore!" Glory is the manifestation of Power. The first requisite one needs for accomplishment in life is Power to do.

"I have power to walk," is the meaning of "I can walk." "I can," means I have power. Therefore the first requisite of success is consciousness of the power which creates success.

A moment's reflection will convince one that whatever life may be in itself, in him, it is the power which his decision directs in manifestation. I will to lift my arm, that which lifts it is power. No matter if one in seeking to analyze the human mind shall divide it into conscience, will, judgment, and whatever other terms he may use; whatever name is given to that which lifts it is only the name for the power which lifts. Therefore the real man, the Ego, is some form of power. Since there is but One Power—Omnipotence—the Ego is a manifestation of the One Power. Each person is but an expression of the One Power. "One is your Father, even God!" What He is each person is, i. e., Power. It follows that the Ego is either a portion of the One Power separate from the One or only a manifestation of the One in the One.

Since God is Omnipotent and Infinite He cannot be separated into portions, therefore it follows that the Ego is not a part of God separated from the rest of God but is God manifesting as that Ego.

Henceforth I seek not good fortune: I am good fortune.

—Walt Whitman.

This is the position of all New Thought teachers, no matter what name they may assume. This is also the position of Christian Science.

What is the limit of the Power of the Ego? An illustration from the material world will help us. Near me is a window; an aperture is in it; through the aperture comes a draught of air. How much air is behind that draught? The only answer is—the whole of earth's atmosphere. That draught cannot be separated from the atmosphere; it is a manifestation of the whole atmosphere. When I see any manifestation of Power I must say—That is a manifestation of the Whole of the One Power — a manifestation of Omnipotence. Each Ego—each Human Soul—is a manifestation of Omnipotence. All of God is manifesting in each soul. This agrees with Emerson when he says: "There is One Mind, and each person is an inlet to the same, and to all of the same!" The possibilities of each ego are limitless.

In recognition that he has more than present power each individual says, when a new opportunity is before him calling for more Power than he has yet manifested—I CAN! I CAN!

As long as he says "I Can" in faith, he has the power of accomplishment. But when moments of doubt arise and he loses faith and says, "I can't," then he closes the avenue of expression of this power to him, and actually can not.

Here lies the Power of Affirmation—it opens, through faith, the avenue of power. In these affirmations of faith in self the individual says "I can" and wins. Understanding the Law of Suggestion, which is the Law of Human Manifestation—the Mental Scientist teaches his pupil and patient to affirm power. Through Affirmation the faith develops until the Power is present and the persons must under it act and win.

I have found that by standing lazily on my feet and affirming, "I can't," I soon feel like a wilted leaf. I lose strength and have no power to say "I can!" Let

anyone try this for a few minutes and realize the effect of negative affirmation. After this let him stand with the affirmation "I can!" and realize how soon he will fill up with power and desire, and immediately he feels ready for action.

Any doubt, any fear, any limitations in thought at once weaken activity. Only in faith, only in affirming I CAN, am I up to the fullness of my power. When you doubt it is not yourself that you doubt—but God.

Where is God? What is God? You are God for He is in you and His kingdom is manifest in your life. You can trust Him nowhere but in yourself. You can find Him nowhere but in yourself. And until you do so trust, you are trusting in something outside yourself, and this is sin, and the only sin. Nothing outside yourself, nothing but yourself can help you. Trust yourself and all is well.

This above experiment will soon, if earnestly tried, convince you that you are in reality power; that you may express whatever amount you shall believe you possess and will to manifest. When you shall thus be convinced, you will not need any encouragement, but will voluntarily affirm in some form like this, which any one may use and through it mold character into any desired ideal: I am Power to be and to do whatever I desire to be and to do.

THE ARROW.

With all my strength I bent my bow,
And aimed the shaft with anxious eye;
A sudden breath from heaven; and lo!
The arrow from its course did fly.

With pain I sought, with joy I found,
The brighter mark to which it flew;
A hidden Hand the trial crowned,
And aimed it better than I knew.

—Edwin Morton.

* * *

The boy made the great discovery that in books and in gathering knowledge could be found solace and entertainment.

—Tyler's "Life of Patrick Henry."

**When'er I meet my sailing peers,
"ALL'S WELL" I to their hail reply.**

—*Edith M. Thomas.*

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ABOVE THE CLOUDS OF WAR.

"Damn braces! bliss relaxes!"

—*The Poet, William Blake.*

* * *

Because a few complacent years
Have made your peril of your pride,
Think you that you are to go on
Forever pampered and untried?
What unrecorded overthrow
Of all the world has ever known,
Or ever been, has made itself
So plain to you, and you alone?
The power is yours, but not the sight;
You see not upon what you tread;
You have the Ages for your guide,
But not the wisdom to be led!

—*Edwin Arlington Robinson.*

* * *

The destiny of man—once the terror and the splendor attended the word; it was once a spiritual mystery, connoting endless endeavor, endless opportunity. Now the highest dream of high destiny is the porcelain bath tub, or some safe shelter behind a wire screen beyond the attack of germs.

* * *

Science, which has been the great intellectual adventure of the last century—to what has it led us? Only again to the edge of the Unknown, where we confront the infinite. It has not gained a hair's breadth upon the encompassing mystery of our lives.

* * *

The only genuine progress for us is progress in the inner life. We know the greater meaning, the higher significance, not in the mere way in which the facts of the physical world are known, but in a far higher way. By that uncertainty, full of challenge, which is the condition of real growth; rousing the creative will; it is ours to make great our lives in accordance with the loftiest hope the race has known.

* * *

We have need of profounder faith, more of poignant fear than this age knows. I am not sure that all the physical benefits that could be enumerated or imagined for ourselves or for others could make up for the supreme loss in this shifting attention, altering the whole emphasis of life in the innumerable ways in which the physical now obtains over the mental and spiritual.—"*Whither*," in *Atlantic Monthly*.

* * *

The opposite manifestation of the Principle of Life to the Law of Evolution is the Law of Degeneracy. Ray Lankester states that Law thus:—"Any condition which makes it easier for any individual of any species to exist causes that individual to degenerate."

It is a commonplace fact that when conditions of life are made easy, for men and women, they lose power; become lazy, weak, indifferent, and show all the signs of lack of will, of manhood, and of life.

Remove the spur of necessity, and the average man and woman lose their grit and grip.

Nature says to each individual "Sink or swim." She wants only those individuals that can either master conditions, or can so master themselves that they will fit into conditions as they find them. She wants persons who will live, either in conditions she furnishes, or in those which they have themselves made livable.

"Either adapt yourself to conditions or change them to suit" is her mandate. The history of evolution has chapters in both phases of its operation.

Until biologists and sociologists shall recognize man as Spirit, and study him not as body, but as mind, or Spirit, they will not help his onward career.

He is studied today on the plane of the animal; as an animal; as subject to all the Darwinian laws. On that plane man will live until he shall rise in consciousness above them, and shall learn that he is the Law. All below man is merely Law—Absolute, Unthinking Law, but in Man we find Conscious Law. Emerson calls man the Law "Above the Law" when he affirms "And Conscious Law is King of kings!"

As Conscious Law, Man is Fate, is Conscious Destiny.

The average reformer and the scientists are materialistic. They recognize effects, but ignore that Unseen Cause, when alone in changing the Cause is found the only possible means of benefit.

It is not in environment; it is not in educational, or artistic culture, that we are to find relief from those conditions that are a menace to civilization. Efforts to change man, by changing environment, affect by reaction only. This is like trying to learn music from the echo and

Trust thyself! Every heart Vibrates to that iron string.

—Emerson.

not from the direct influence of teacher and instrument.

The direct action of Soul lies in the drawing power of a Higher Ideal.

Slave or freeman! Drawn or driven! I must, or I desire! In one of these lines of thought and life will each action be found.

Until the Ideal draws so that the person loves the place and expression of the hour he will work under the Law of Necessity. This is the Law of the animal. When he is influenced by an Ideal nobler than today's expression, then he is Master, and lives under the Law of Choice. Drawn by Love, which is the "Fulfilling of the Law"—the filling-full of the Law, he is "Master of his fate and the Captain of his soul!" Forced by the whip of Necessity he is a slave, more tightly manacled than ever was slave on southern plantation.

The only way this mastery is achieved is through experience. To deny him the necessary experiences is to demand of the child the professor's wisdom and to deny him every opportunity of learning. Society and the individual are constantly denying opportunities of Self-knowledge and Self-control.

Through fear of physical suffering, through mental anguish, we place about the young and about ourselves safeguards which are but impediments to individual unfoldment, and to race-progress. They are attempts to relegate the race, through degeneracy, back to primeval conditions. Under the tendencies of the present spiritual disease attempts are made to put into legislation and into social and civic life, through limitation, oversight and prohibition, paternal and socialistic measures which if persisted in will force ultimately a condition where he cannot maintain himself on present plane, and will descend in the scale, to some primitive, natural condition. Degeneracy is now dominating legislative and reformatory efforts. "The man cannot! Let us help him!" is the slogan. "God said: 'Let

man be!' And give him dominion" is the New Thought slogan.

Under various names as reformers, thousands of good and true men and women are working under this Law of Degeneracy to emasculate the race, and instead of a race of stalwart, virile, self-reliant men, to give us a race of "molly-coddles"; weaklings, who cannot withstand conditions; who cannot overcome evil with good; who back-water whenever trials come; and are thus preparing present civilizations to follow the footsteps of previous nations who have died under conditions of prosperity and ease. We are never to forget that Nature is Wisdom and will whip the individual, and the race, into expressing the latent forces of Spirit, and will send conditions of Necessity, that will compel action, and through experience will teach us that manhood lies not in material but in Spiritual unfoldment.

Life has but one school and that is the "School of experience."

Man is at all times the creation of his wisdom, and his ignorance. He learns to build himself, better through experiments, which he unwisely calls "mistakes." The Poet Blake said 100 years ago—"If somebody had not made mistakes we would have to!" There is no ultimate to human endeavor. No end to experimentation. No end to leaving the lesser good behind. Man's development has not come through protection, not from running away, but by meeting and overcoming.

All forms of Absolute power, save Man, move in the line of least resistance. Man moves forward by meeting resistance and by overcoming. As far as he is still in the matrix of the animal he moves under the pressure. As far as he is human he overcomes.

There is no neutral condition. "Forward or backward. Evolution or degeneracy!" is nature's mandate. The ultimate is:—They who master survive; they who yield in the struggle die! Those who weigh in nature's scale are those who are self-controlled; those who

The deeper I drink of the cup of Life the sweeter it grows.

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—*Julia Ward Howe.*

can stand alone. She doesn't care for the leaners. They die off, be they individuals, societies or nations.

Weak and slave as man still is, he needs the scourage of Necessity to keep the race, alive. This provision for the perfecting of the race that is to be and to conquer the earth is seen in the fact that "the good die young!" Those so good that they are not good enough in Will, in self-hood, to overcome conditions. With these are the pauper, the criminal, the lazy and the diseased; the over-rich who kill time, and the over-poor whom time kills.

These are waste fruit from the tree of life, for whom nature does not care—who do not care for themselves, by expressing the WILL and Life they are. These, our philanthropy, charity, and sympathy can keep alive, but whom we cannot make of worth to the nation, if they will not, to be of worth to themselves. These are those who through their reproductive forces are a menace to the future.

Our unwise sympathy for them is injury to every individual in the future.

Our science and our sympathy in keeping alive this flotsam and jetsam of humanity, is piling up for our descendants a mass of drift humanity to care for. We are interfering with Nature's method of Selection which leaves only the fit as progenitors for the future man.

Degeneracy is thus all about us. The signs, however, are not those the pessimistic writers have seen. Too often they, in looking at the physical environment of the individual, neglect to see an increased intellectual vigor which tries the present physical machinery accustomed only to the demands of a less developed intellect. They forget that the present body which they call normal is the abnormal body in some savage ancestor's ideal. His body and brain would have collapsed had an average intellect of the present once used it. Much of the physical degeneracy is caused by a growing spiritual development to which the body has not yet become adapted.

They are signs of evolution. The danger lies in the low intellectual and life ideal of the masses rich and poor. This danger is forcing us to seek a line of cure.

And that cure cannot come in the line of our pandering to human weakness. It cannot come in the alleviating of present needs, which are but effects, and leaving the cause still at work. It can come only in the education of self-control, and in the mastery of environment through a higher Ideal and the consciousness of the infinite possibilities of the individual. It can come only in a kindness equal to Nature's, in forcing the individual to help himself.

Nature says to the individual animal, "Root hog or die!" Man has taken from the individual the necessity of rooting, and made him a leaner. Destroyed the initiative in him.

Nature says to man "Work or starve!" Sympathy steps in, feeds, and weakens the character. "Self-knowledge, self-reverence and self-control, these three alone lead life to conscious power!" This development of the individual Will gives a healthful and vigorous mind and the Mastery of environment and a plentiful earth.

Don't rise up at once and in sympathy for the weak antagonize this fact. There ARE ways—and there is A WAY! That way will never be found by through sympathy keeping the man where he is. It comes in inspiring the individual to rise out of conditions and in so placing conditions about him that he will work or starve. Opportunity is what one needs. Opportunity is here at all times, and in all places for him, who will. Open his eyes to see; stimulate his will to do. Make him FEEL his responsibility to himself, to the present and the future, and the God-in-him will awaken to mastery.

The soul is cramped by low Ideals. Our educational system is in a large degree responsible for it. Efforts seem to be made in our schools to make all conditions as easy as possible. Doing for,

**I will not dream in vain despair
The steps of progress wait for me.**

—Whittier.

giving to instead of demanding a doing and a giving on part of student. Children are drilled, stuffed, informed, but not educated—not drawn into self-expression. Cultured, not disciplined. Ranked, but not individualized. Compare them with the pioneer children of 50 and 100 years ago. Grit and Will and Persistency of that time degenerated to expectation of a job, of boasting, of social standing, of fashionable display. Certainly, less children die from exposure, from physical want. But there is a spiritual poverty. Graduates are not fitted for parentage and shirk it.

What will this lead to as a nation if not checked? Degeneracy. And so comes in outraged Nature, and some Great Cause, some New Messiah arises, and decision, heroism, personal sacrifice, physical pain, and death, come as God's vicegerents to awaken the soul.

It is not out of man's reason that GOOD comes, but out of the Soul's instincts. When through some great demand the spirit is released from the bondage to self, then Man grows.

So comes the financial periods of necessity, of panic, and we learn how to overcome and to do with less, and grow strong. So come wars.

Well says Emerson "Souls would be the only fact!"

When once the tide of intellectual, aesthetic and physical culture has gone so far at expense of spirit the Soul rebels, and in that upheaval all kinds of disasters are experienced. The Enceladus of Spirit will shake the mountain of Materiality which business, selfishness, material power has piled over it and as a city falls under an earthquake, the institutions of man tumble—but God, Man, Truth, Goodness remain.

So today when the culture of Europe totters and ancient barbarism is outdone by present instruments of destruction, we will look above the clouds, will close our ears to roar of cannon; will refuse to see the material side of the conflict and will see "The Soul march-

ing on" and Truth and Love being re-born into nation and individuals.

There has been little of the Spirit which was manifested in Jesus, in all the institutions which carry his name. Little of the Love Spirit in the places and in men labeled "Christian"! Under this banner the cohorts of Selfishness have marched on, with wondrous culture, in science and art, and the spiritual has been well nigh swallowed up in material prosperity.

Above the clouds of war I see the future nations learning to make first of all, *Manhood their aim*. I see the unfolding of the individual Character of more value than artistic culture. *Power to will* be more instilled than is study of molecule or star. The measuring rod of the angel will be "How much of Soul does he express?" Through this spiritual unfoldment, I see a Brotherhood of Self-Reliant men forming a nation where each is taught to take advantage of the Opportunity NOW and to do his best HERE. I see the nations in one large affiliation of states where each is responsible alone to the Highest Ideal possible to their composite expression. Never yet an upheaval in the material earth that has not helped its evolution toward a condition of bringing forth plant, animal and man. Never an upheaval in the race that has not helped the unfolding soul.

Then why fear? Why be pessimistic? Why doubt the marching on of Truth and Good? The Messiah always comes at the right time and in the right way. He is here in all the demands made upon the race for endurance, for sacrifice, for inspiration. That Messiah has a new name today. It is not a personage nor a local movement. It is the under-current of Life—the Life in All. It is the Spirit of the Universe moving on the face of the deeps of the Soul. Man FEELS the upheaval. He is catching the faint echo of the Infinite voice within, and it is expressed in the Affirmation—I AM UNFOLDING SOUL.

This is the Central Force! I listen to

**In the mud and scum of things,
There alway, alway something sings**

—EMERSON.

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this Voice above the clouds of war. I radiate as rays from the sun in all the metaphysical cults affirming the Unity of the individual with Infinite One. It is the individual expression of the Absolute recognizing Itself as an Expression of God. The Messiah is coming to man in the realization of the fact stated by Emerson 65 years ago: "There is one mind common to all individual men. Every man is an inlet to the same and to all the same!"

This war and all wars; all panics and all sorrow and suffering, are but the birth throes of this One Mind into human consciousness. Out and above the present shines the Eternal Fact, *Soul is!* Only through experience does IT become conscious of Itself as the only fact; as the supreme expression of the Universe.

No matter what is the appearance, it is but an illusion of the senses and bears no more relation to the Soul in way of disturbance than the ocean wave does to the deeps below.

To him who sees the law; to him who sees the Unfolding Soul, there is no disturbance within, for he knows that ALL IS GOOD, and that it is his duty to stand still, is to see the salvation of the Goal. He is at all times ready to express, from his place of consciousness, truth as he sees it. To be to all Truth and Love. Be ready as a Man, as a humane Man, with a word of faith and courage and an act of manhood. Be to all good as his brothers on their plane are. They are ever ready with cannon and submarine. So is he with his word and act. He will work in this plane of appearances, with all his unfoldment, while he "Sits at home with Cause!"

Evil as war is to those who look upon it in the light of physical suffering, still to those who climb the ramparts of Principle and look to the future in it is seen the development of all manly aptitudes. We see the development of those mental and physical qualities of courage, fortitude, faith, adherence to principle, and willingness to suffer for the sake or right

that insure a race of men in their descendants where psychic and spiritual powers that will more than compensate for the lack of those physical qualities which will result from war's selection of the physically fit. Man's "fitness" is not in the animal body, but lies in those traits which enable him to overcome resistance. Until these are developed through devotion to a high ideal, there must come, through physical suffering, that which develops it in the future generations, as the demands upon the soul, made our fathers of Revolutionary times, power, and started the stream that burst forth magnificently from lake to gulf and from east to west ocean, in '61 to '65, and which later carried our Liberty across the Pacific. This stream of Power born through the pioneers' suffering has performed the greatest achievement of man in uniting the two oceans, and has with wizard wand not only caused a city to rise upon the ruins of 1906, but has called from "Thought's interior sphere" the most wonderful dream city earth ever knew.

These results are not from the loins of men who feared war, but from men who were ready with life, and sacred honor, to serve the Principles for which their nation stood. Eliminate all that America has gained psychologically from wars, and we would have a nation of nobodies and boobys. Wars are necessary until the Spiritual nature of man needs them no more. We shall know when that time is by their ceasing. It will never be brought in artificially, but comes by that growth of soul that sluffs off the war spirit, the spirit of competition between individuals and nations, by pushing into expression the Spirit of Unity.

But meanwhile we cultivate that faith expressed by Lowell:—

Right forever on the scaffold,

Wrong forever on the throne.

Yet that scaffold sways the future

And behind the dread unknown

Standeth God within the shadow

Keeping watch above his own.

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I thank whatever gods may be For my unconquerable Soul.

—W.C. Henley.

A LETTER.

A California correspondent writes the sentences below, which apply to so many cases. "The Law of Suggestion is fundamental and whoso understands that and its application will never be lead astray, as thousands are today by unreasonable fads and cults. Every method of healing, no matter whatever its name, or what its philosophy, is in its practice only a *method* of applying the Law of Suggestion—a method of hypnotising, and of all methods the most effectual is that of Self-Hypnotism or Auto-Suggestion. The Revivalist, Auctioneer and Christian Scientist are applying the Law in exactly the same way, which the public hypnotist on his platform does, but in his case the subjects understand and are voluntary subjects, and therefore Masters, while in the former cases the parties are involuntary and unreasoning subjects and therefore slaves. No better method of developing self-control; of mastering the Art of Auto-Suggestion; of attaining to the plane of self-control, than to learn of a Master of Suggestion (miss-called a Hypnotist). I show in my book "Not Hypnotism but Suggestion" the ordinary conception of Hypnotism is archaic and belongs to the time and plane of the belief in "Evil Eye"! Never can one person use his will to influence another without there is a consent—a union of wills. But here is what my correspondent writes:

"For seven years prior to July, 1914, I have studied Christian Science and endeavored to apply it to our daily needs. We are grateful for the many blessings that came to us through our understanding and application of it. But I finally came to the conclusion that the greater part of the healing of C. S. was accomplished via 'Suggestion routes'. My ideal was badly shattered in arriving at the above conclusions. So I tried to 'throw up' or 'throw off' the Science text-books and their teachings, being unable to demonstrate Supply, and follow their teachings, as they were understood by me and explained and taught me by seven different Practitioners, and Class instruction in New York by a C. S. B. of 35 years experience and a student of Mrs. Eddy. While I was in a muddled 'mentally congested' condition I wandered into Logue's book store, Filmore street, San Francisco, and found and purchased "How to Control Fate Through Suggestion." Here I found great relief, as it cleared my thought and pointed out to me the 'Why.' Later I purchased 'Self-Healing,' 'Not Hypnotism' and 'Man's Greatest Discovery.' And later the miniature edition of 'Dollars Want Me.' This last I consider the 'Baby Grand' of the pamphlet family."

* * *

I like your little book, "The Lord's Prayer." It is full of good thinking.—Dr. Sheldon Leavett, Chicago.

EXPERIENCE.

Talk not of strength until your heart has known
And fought with weakness through long hours alone.

Talk not of virtue till your conquering soul
Has met temptation and gained full control.

Boast not of garments, all unscorched by sin,
Till you have passed, unscathed, through fires within.

Oh, poor that pride the unscarred soldier shows,
Who, safe in camp, has never faced his foe.

—Ella Wheeler Wilcox.

THE ONE RULE OF CONDUCT.

The imagination is the creative faculty. It is the power of individuality. It is the Divine power in Man. It is the awful power of self-direction; of self-creation. The mighty lever of the individual which directs the sub-conscious POWER which in Reality is his power to direct the Absolute in its individual expression. This is but another way of expressing the one only Law that controls Human expression, as seen by the old Hebrew seer—"As a man thinketh in his heart so is he!"

The moment a person thinks he makes himself his thought, as long as he holds that thought. Thought habits create character. Through imagination he creates Ideals. These Ideals control conduct, and the whole expression of Life, even to the making of the body healthful or its opposite. The only way one can control life is to exercise control in his thought-imaging power. He is never to create in his mind that which he does not wish to express in his life. No matter how secret the thought, it affects his life, his body, and his environment.

At maturity the individual is what he has made of himself plus his heredity. At seventy he is in character and in body what he has made himself by thought. Sins of commission and omission are now the Man. He is the results of his thinking and of his non-thinking. Every past thought-habit is now a cell

To the receptive soul the River of Life Pauseth not nor is diminished.

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—George Eliot.

in his brain and each cell represents a component part of his character. We are to know only two things, would we be what all wish to be, Heathful, Happy and Prosperous. These two things are—How to think, and What to think. With this knowledge comes the one thing only besides and that is—Doing what one has decided to do. The doing is the expression of the Thought. Thought is God working Himself into individual expression. The choice of the Thought lies with Man. An awful responsibility, and yet it has all the grandeur of the immortality of Man. There is but one Law of Life, and that is the Law of Suggestion. From that Law I formulate this one the only rule for conduct—Build an Idea of what you wish to be. Build it of Principles. Let details care for themselves when the time for action comes. Having builded the Ideal—Think from it as present reality. Talk from it as present reality. Act from it as present Reality and it will become the present Reality.

CORRESPONDENCE.

A correspondent in India, and one well versed in all Sanscrit and metaphysical works, a "Native Judge" for twenty-five years, writes me in December last:—"I felt keenly after reading October NOW the possible discontinuance of it. Along with this letter you will receive a foreign money order for three subscriptions, two for myself and one for a friend. We are determined to be your subscribers as long as you publish NOW. . . . I cannot again help expressing my deep sense of gratitude to you for the most sympathetic help you have given me during the last 5 years since I became your subscriber. I shall be glad to purchase every one of your new books hereafter. I was very restless for some days after knowing you thought of discontinuing NOW. However, the will of God must be done. I am content to accept whatever comes from your pen in shape of book or private letters. . . . If NOW ceases its career it is as if

something is taken away from my heart and detached from my brain. Oh! NOW and the three Courses of Lessons are the fountain of my happy life in this practical world. I have no desire to be deprived of the benefit of your personal instructions and kindness and help. Wishing you and NOW a long life, prosperity and a happy new year, and again thanking you heartily for all your good, I remain, Your most sincere disciple and friend.

.....Bombay, India.

FEAR.

We free ourselves from the devil of fear, just in proportion as we recognize the rights of life in the bird and in all of our dumb brothers. As we give to others the right to think, to act, to live, to love, so do we give freedom to ourselves. Fear tends to bring about the evil condition that we anticipate. Said old Job, fifteen centuries before Christ, "The evil that I feared has come to pass." We must think the good, live the good, act the good, express the good; then will happiness come and make her home with us.

—S. F. Examiner.

ALL DISEASE CURED BY EXERCISE OF WILL—IMAGINARY DISEASE IS REAL DISEASE.

Atchison, Kan., Feb. 24.—For twenty years Mrs. Kate Troster, who lives with her daughter in Atchison, has been an invalid, unable to do any work or leave the house. About two weeks ago, however, she got up and dressed, cleaned up her room, came downstairs to breakfast and later called on a neighbor. She has been well ever since. Mrs. Troster doesn't give Christian Science or any miracle credit for her recovery; she says it just occurred to her there was nothing the matter with her, and she got up and acted accordingly.

God sends His teachers unto every age,
To every clime, and every race of men,
With revelations fitted to their growth
And shape of mind, o'er gives the realm of truth

Into the selfish rule of one sole race,
Therefore each form of worship that hath swayed

The life of man and given it to grasp
The master-key to knowledge, reverence,
Unfolds some germ of goodness and of right.
Else never had the eager soul, which loathes
The slothful down of pampered ignorance
Found in it even a moment's fitful rest.

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I am not fighting my fight: I am singing my song.

—Archie L. Black.

BOOK NOTICES.

"How to rebuild the body," by Alice Herring Christopher. Christopher Publishing House, Boston, Mass. 25 cents. Particularly good in teaching Concentration, Will Power, Desire, Persistence and Faith in their use in rebuilding the body.

* * *

A new *New Thought* journal comes to my table. It is *The New Thought Truth*, published by the New Thought League, St. Louis, Mo. \$1 a year. Its Principles as announced are: Constant Evolution; Perpetual Involution; Everlasting Reality; The Nobler Individualism. The Righteous Race Consciousness; Enlightened Co-operation. It promises well and NOW welcomes it.

* * *

"The Significance of Life," 10 cents; and "Spiritual Values," 25 cents, two books by Rev. Geo. A. Fuller, pastor of the Liberal Church, Greenwich Village, Mass. Filled with that phase of Truth that saves, and the phase needed in this hurrying materialistic age. "I am body" and "ALL is money" are the driving wheels of death. "I am Spirit," "I am Life and Truth" are wings that lift life from the mire. These wings Dr. Fuller has used during the forty years of our friendship. Here he gives the stimulant to other Souls to live above the mire.

* * *

"That Something." By W. W. Woodbridge. The Smith Digby Co., Tacoma, Wash. pp. 54. Three styles of binding. 50c, \$1, \$2. This is the work of genius. The author has struck "That Something" which is latent in each person and which when he WILL leads to Manhood and Manhood's success. It compels men. "Compel them to come in," said Jesus. This has the compelling force. Compels the man to think, to act, to BE that which he knows that he in Reality is. Like the whip to the lazy horse was it to me the day I took the thought up. I needed a spur. It came. I have known I was "That Something," and by trusting It I have become. That another has also found and become, struck the last rock of fear, and living waters have gushed more freely. This is the true province of a book; the great field of genius; truth's real service.

* * *

Have you read the new book by Henry Harrison Brown, who edits the NOW Magazine? It is called "The Lord's Prayer." By beautiful analysis, Mr. Brown brings to light the power in this prayer which is able to bring all good into any life once it is understood. This book brings the power of the Lord's Prayer right into the present.—*The Comforter*, Portland, Ore.

A WESTERNER.

My fathers sleep o'er the sunrise plains
And each one sleeps alone;
Their trails may dim to the grass and rains
For I choose to make my own.
I lay proud claim to the blood and name
But I lean on no dead kin:
My name is mine for the praise or scorn,
And the world began when I was born,
And the world is mine to win!

They built high towns on their old log sills,
Where the great, slow rivers gleamed,
But with new, live rock from the savage hills,
I'll build as they only dreamed.
The fire scarce dies where the trail-camp lies
Till the rails glint down the pass;
The desert springs into fruit and wheat
And I lay the stones of a solid street
Over yesterday's untrod grass.

I waste no thought on my neighbor's birth
Or the way he makes his prayer;
I grant him a white man's room on earth
If his game is only square.
While he plays it straight I'll call him mate,
If he cheats I drop him flat.
All rank but this is a worn-out lie,
For all clean men are as good as I,
And a king is only that.

I dream no dreams of a nursemaid State
That will spoon me out my food.
A stout heart sings in the fray with fate,
And the shock and the sweat are good.
From noon to noon all earthly boon
That I ask my God to spare;
Is a little daily bread in store,
With the room to fight the strong for more,
And the weak shall get their share.

The sunrise plains are a tender haze
And the sunset seas are gray,
But I stand here where the bright skies blaze
Over me and the big Today.
What use to me the vague "may be"
Or the mournful "might have been"?
For the sun wheels swift from morn to morn,
And the world began when I was born,
And the world is mine to win.

—Charles Badger Clark, Jr.

* * *

Emerson's face always seemed to me so clean—as if God had just washed it off. When you looked at Emerson it never occurred to you that there could be any vileness in the world.—*Walt Whitman*.

* * *

The chief reason that everybody is not successful is the fact that they have not enough persistency. Do one thing well, throwing all your energies into. The successful man, unlike the poet, is made, not born.—*John Wana-maker*.

Minute a man stops looking for Trouble, happiness looks for him.

—Irving Bachelor.

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THE PSYCHOLOGY OF STAMMERING.

Capt. W. N. Hughes, U. S. N., writes in *The Medical World*, of his acquiring the habit of stammering which well illustrates the Principle of Auto-Suggestion and the dangers of imitation. It is evidence that the great mass of defective speech conditions are nervous conditions induced by some previous mental attitude. Especially is it common as the result of an over sensitiveness to the opinions of others and a lack of self-possession and self-confidence. He says:—

"My 'speech-instrument' was in good tune until I was eight years of age. I acquired the habit of stammering by mimicking an old negro, Boots by name, when he came to our house on errands, for I thought it great fun to see him rock back and forth in his efforts to talk, as he stammered very badly, and I would mimic him, whenever he came, which was quite often.

"I was always very ticklish, and my elder brother, who was three years my senior, and I would engage in a wrestling-bout, and he would invariably throw me, and, getting astride of me, would tickle me unmercifully, for I could not enunciate very distinctly while he was tickling me, and this amused him greatly. As this was almost a daily occurrence, the habit of stammering soon became a fixt one. When I first began to stammer there were certain words beginning with the letters *b*, *d*, *w*, and *s* that were very difficult for me to pronounce without stammering, but as I grew to manhood the difficulty with these words gradually disappeared. I remember well that my father scolded me once for stammering when I was a small boy, and until I reached manhood I could scarcely ever converse with him.

"I was very nervous from childhood, and remember quite well, when I was about eight years of age, contractors were building a railroad near my father's home place; when the workman would touch fire to the fuse for the blasting, and run, and begin to shout 'Look out,' I would run to the house and hide myself in a dark closet, because the noise of the blast would shock and upset me greatly.

"When about seventeen years of age I went masquerading together with some young companions, and I noticed that I did not stammer at all. If I recited in school in concert I did not stammer. When I sang I did so without stammering. I have never known a stammerer to stammer when talking in the dark, nor when talking all alone, nor when reciting in unison, nor when using 'cuss words,' nor when his face was hidden behind a mask, nor

when singing (who ever heard of a singer stammering when singing?), nor have I ever known of a blind person who stammered at all.

"I have no recollection how I learned it, but I was soon aware that, by inflating my lungs and then speaking very slowly, I could in a great measure overcome my difficulty."

* * *

"THE MESSAGE OF TRUTH"

is the title of a little book of sermons by Rev. A. C. Grier, Pastor of the Church of Truth, Spokane, Washington.

Rev. Grier was Pastor of the Universalist Church at Spokane but beheld a Vision of Truth through Metaphysical teachings. He has demonstrated his individuality by establishing a church outside of all denominational limits. He is deeply imbued with reverence and love of Truth. He is a very spiritual man and consequently looks always at the spiritual rather than the intellectual side, and in the spirit of the Master willingly makes any sacrifice for Truth. These three sermons are entitled: "The Message of Truth," "Breadth and Depth of the Message," "The Final Word of Truth." For those religiously inclined, in metaphysical lines, I cheerfully recommend these sermons. Price, \$1.00. Purchased of the author.

* * *

"AUNT JOY'S NATURE TALKS."

For Twentieth Century Boys and Girls. By Lida H. Hardy. Day Star Pub. Co., Topeka, Kan. Cloth bound, \$1.00.

The author has long been identified with "Child Culture" and school work. A mother into whose hands I placed the book declares it "Good."

* * *

LET US SMILE.

The thing that goes the farthest towards making life worth while,

That costs the least and does the most, is just a pleasant smile.

The smile that bubbles from a heart that loves his fellowmen

Will drive away the cloud of gloom and coax the sun again.

It's full of worth and goodness, too, with manly kindness blent—

It's worth a million dollars, and doesn't cost a cent.

* * * —Selected.

My days of life, they come and go—

Filled to the brim and running o'er

With joy and sorrow, calm and strife,

Gladness and heartache sore;

But bring they weal, or bring they woe,

Above my will, they come and go.

—*Three Levers Cook.*

**Obstruction is but virtue's foil,
The stream impeded has a song.**

—Ingersoll.

OFFICE OF NOW,
589 Haight Street, San Francisco, Calif.

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NOW

HENRY HARRISON BROWN, Editor
A Monthly Journal of Positive Affirmations.
Devoted to the Science and Art of Soul Culture.

It is the utterance of the Editor only. All thought not credited to others is his.

Its basic Affirmation is:—**Man is spirit here and now, with all the possibilities of Divinity within him and he can consciously manifest those possibilities HERE and NOW.**

SUBSCRIPTION RATES.....\$1.00 per year
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Send money in bills, P. O. Money Orders, Express Orders or bank drafts payable to Henry Harrison Brown, San Francisco, Cal. Postage stamps (1c and 2c only), for parts of the dollar when more convenient for sender.

Foreign subscribers, outside of Mexico, must add 25c to the ordinary subscription price to cover postage. Do not send foreign P. O. stamps.

Entered at second class rates at San Francisco, Cal., Post Office, Jan. 14, 1915.



My meetings at Native Sons hall, 414 Mason St., Sundays, maintain their interest and will be continued during the year.

* * *

Mr. Sam Exton Foulds holds every Sunday evening a class in Mental and Psychic Science in NOW Parlors, 589 Haight St.

* * *

Classes in Mental and Psychic Science, Health instructions, and in Emerson are held during the week in NOW Parlors. Phone, Market 7534.

* * *

NOW is encouraging, helpful, in fact is gospel to me. A. R. C., San Francisco.

The Classes at Metaphysical Headquarters, 220 Post street, under the auspices of the California New Thought Exposition Committee, have been encouraging during the first month. Dr. LeApsley opened the Course and was well received and appreciated. Dr. Butler of Victoria, B. C., followed. He pleased those who found it possible to attend. He will find a warm welcome whenever he shall favor San Francisco with another Course. As NOW is passing through the press the Editor is giving his Course. Fine audiences have greeted him at his own hall for the last months and he received a royal welcome at his opening Lesson, Sunday, March 14. The Course promises well for him and the Committee.

The Committee has worked hard and long and lovingly to arrange these Courses and to open these Headquarters for our visitors. We believe they will not only find favor with those interested in the various New Thought movements but will be provocative of great good.

* * *

AT MASTER MIND BOOTH, Palace of Liberal Arts, 2nd street, Avenue "C." will be found NOW and all Henry Harrison Brown's books for sale. Don't miss at least a call, and a chat, with Miss Johnson, who will greet you there.

* * *

NOW readers are reminded that at 220 Post street they will find a place of rest, acquaintance, help and instruction. All are invited to make that their "homey" place while in the city.

* * *

There never was a good war or a bad peace.
—Benjamin Franklin.

* * *

Your new book, "Success," is splendid. Send copy to and one to Everything in your book is true. To live it cannot fail to bring you whatever you want. Dollars want you; so here goes mine.

ELLA WHEELER WILCOX.

**Call this God: then call this Soul:
And both the only facts for me.**

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—*Browning.*

CALENDAR

of Lectures and Classes at Metaphysical Headquarters, 220 Post St., for April, 1915:

April 4 to 10—Class at 8 p. m.

Dr. Brown-Landone, New York City.

April 11 to 17—Class at 8 p. m.

Harry Gaze, Los Angeles.

April 18 to 24—Class at 3 p. m.

Mrs. Myrtis Hodges, Palo Alto, Cal.

April 25 to May 1—Class at 3 p. m.

Mrs. M. Cutting Ives, Philadelphia.

May 2 to 8—Classes at 10:30 a. m., 3 and 8 p. m.

Rev. A. C. Grier, and Co-Workers,
Church of the Truth, Spokane, Wash.

May 9 to 15—Class at 8 p. m.

Judge H. H. Benson, Los Angeles.

From notices in this number NOW readers will see what my peers in the work think of the "Prayer." It is the one of my books that will stand the test of time. The others being textbooks will be outgrown, but this, feeding the spiritual nature and giving it an outlet, will be as deathless as "The Prayer"!

I have been obliged to return many orders for sets of the "Lessons in Suggestion." I have not a full set. I have a few broken sets which will be sent at 10c a lesson. Each Lesson is independent of the rest.

I have ten copies of the "Primer," which will be sent for 25c each.

Mr. Brown recently held two Sunday morning meetings in Oakland. Sufficient interest was shown to warrant Mr. Foulds in continuing them.

"Of wounds and sore defeat
I made my battle stay;
Winged sandals for my feet
I wove of my delay;
Of weariness and fear
I made my shouting spear;
Of loss and doubt and dread
And swift oncoming doom
I made a helmet for my head
And a floating plume."
—*William Vaughn Moody.*

The Great Exposition is here with California weather also to welcome our visitors.

I have been there; have dreamed there; have felt there, Mind's power; have in reverie entered the Holy City; have seen at dark the marvelous illumination, and still carry with me the picture of the city that seems built of rainbows and sunlight. Only in clairvoyant vision have I seen anything that could compare with it. In a poem printed in Vol. 3 I virtually described this "Dream city." I can find no more appropriate words now to describe this real city by the Bay.

"'Twas built of solid sunshine, to blocks translucent turned,

Wherein the tints of seashells found themselves inured;

Rainbows desolved in dewdrops, filled all the air around.

The Silence was melodious! I felt it more than sound!

Celestial Beauty filled me, I felt rather than saw

All was Power and Majesty, but Love knew naught of awe!"

The hour of PEACE is come! The nations

From east to west have heard the cry,

"Through all earth's blood-red generations

By hate and slaughter climbed thus high.

Here—on this height—still to aspire,

One only path remains untrod,

One path of Love and Peace climbs higher!

Make straight that highway for our God."

—*Alfred Noyes.*

A correspondent in New Hampshire writes of "The Prayer": "Evenings we sit around the lamp and dread and talk and listen to the wind blow outside with the mercury below zero. You know what a delightful thing is the real New England winter. Last night Mr. P—— read to us aloud from 'The Prayer.' We read it, talked about it, until bedtime. I slept and dreamed of you in that connection, but Mr. and Mrs. P—— talked until most morning on subjects suggested by the reading."—*Miss E. E. I.*

The Truth endures, men pass from youth,
Books, creeds, systems suffer ruth;

Change has no dart—can slay the Truth—
The Truth endures.

—*Sam Walter Foss.*

**I, grateful, take the good I find;
The best of now and here.**

—Whittier.

MASTER MIND BOOTH

In the Palace of Liberal Arts at the Exposition.

Mrs. Annie Rix Militz has established a booth where all the leading New Thought journals and books will be on exhibition and for sale. It is on Second street. Near avenue "C." The "color scheme" is white and gold.

There will be a book for registry. Let all New Thought people inscribe their names, and they can be found by the New Thought friends.

There will also be a "Silence Room" for rest and refreshment.

NOW will be there for distribution. All my books always on hand in quantity to supply all possible demand.

Attendants will be ready at all times to give information and render assistance when and as needed. Remember location.

Liberal Arts Palace, 2d street, near avenue "C."

* * *

I gave the book quite a careful reading. . . . My Soul was delighted with the first chapter and I anticipated quite a treat. . . . There is so much of high worth in the book that it seems ruthless to say a word of anything but approval, but there are so many things that violate my consciousness that it almost nullifies the usefulness of the book as far as I am concerned. . . . I am sure you have failed to see the greatness of the Vision as he saw it, or rather have failed to see how great was the Vision he saw. As I see it, Jesus' Vision of the Kingdom was a perfect Vision, not a material kingdom, nor a Jewish restoration, but the absolutely perfect realm of the real. . . . I realize that Jesus knew a secret which has eluded me and has been the possession of only a rare soul here and there throughout the ages. I thank you for what of inspiration and enlightenment I have received from your book and shall hold that both of us shall be able to see with clearer and clearer vision the mighty truth of God that Jesus alone possessed. Your brother, ALBERT C. GRIER.

(Rev. Grier is pastor of "The Church of the Truth," Spokane, Wash.)

* * *

Take the belief in personal immortality. I no longer lean upon it, and find it wholesome not to do so. I do not deny it, but I must plant the foot upon what now is, and not upon what may be hereafter.—D. A. Wasson.

THE LORD'S PRAYER. A Vision of Today. By Henry Harrison Brown.

A series of essays on the clauses of "The Lord's Prayer" and on several other subjects. Much sympathetic study has been brought to bear on the Prayer, and in the proem the author says: "We need not accept the thought of monk, priest, and ecclesiastic; we need not repeat the creeds of synod, council, diet, edict, or king. We will, however, find within ourselves the same reverence for goodness, the same love of Truth, and the same inspiration from beauty which all the past devotees, under all lines of thought, have wrought; and each may find in the Spirit of the Prayer a common expression of a common need."

—Expression (England).

* * *

Henry Harrison Brown, the distinguished writer, editor of Now, has added another to the list of his much-read books, the title of which is given above.

In the proem Mr. Brown says: "Modern criticism and the added intelligence of today are throwing so much of the past that we hold sacred into the waste, that I would save this (the Lord's Prayer), which the heart rebels to let go to the reverent love of the present."

The book is one that teaches the spirit of reverence and devotion, and appeals not only to the intellect, but also the tenderest emotions of the heart.—The Washington News Letter.

* * *

I am reading your book on the "Vision" of the Lord's Prayer and am very fond of it. I find it very stimulative and provocative of wonderful thought. I like it very much.—Rev. Perry J. Green, New Thought Temple of Truth, Portland, Ore.

* * *

One of the finest teachers on the Pacific Coast writes thus of "The Lord's Prayer":

I have enjoyed having close at hand your book "The Lord's Prayer." I am sure the beautiful, clear way in which you have revealed its power will be a great help to many who are seeking the path.—Florence Crawford, Portland, Oregon, Editor and Publisher of "The Comforter."

* * *

A very successful and progressive physician, successful because he is progressive, writes of "The Lord's Prayer": I want to thank you for your little book. I have read it and want to say it is another priceless nugget, set with a diamond—just like yourself. If all the world could read it and appreciate its true value and what it means to all! You certainly should be proud and no doubt you are.—A. T. N——, M. D., D. O.,, Calif.

OUR EXPOSITION BOOTH

[These classified columns are for the use of those who wish to readily reach the public at least expense. Advertisements of not less than 20 words will be received and charged at the rate of 4c a word. An advertisement of 30 words will be inserted for \$1.00 each insertion. Subsequent insertions of all advertisements which appear in April number will be continued at the rate of 2c a word at option of the advertiser. Rates will increase as my circulation does. Advertisement must be here by the 20th of preceeding month in which it is to appear.]

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