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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. 7

HIS NAME.

The fool he said: "There is no God"
While underneath his heavy feet,
God's autograph was blooming sweet—
In letters of green, of red, and gold
That he might read, would he behold—
God's name embroidered in the sod!

SAM EXTON FOULDS.

"RISE AND WALK."

"Thy sins be forgiven thee. Rise and walk."
—Jesus.

Health is the normal condition of man. There is but one life—God's life. Where life manifests normally, there is health. Any interference with the normal flow of life causes that condition which we name disease. Where conditions of harmony exist, there is health. Disease and discord are the two sides of one fact. Inharmony is the cause, disease the effect.

Wherever we find an individual living in harmony, which is living naturally, there we find the healthful person. This fact enables us to understand the position of Jesus, and the test which he universally applied. To Him all disease was the result of sin. Emerson gives us the same thought when he says, "The moral is the measure of health." We can interpret this as meaning only that when one lives in harmony with the divine purpose he is healthful; whenever he is antagonistic to that purpose there is disease. This antagonism is sin.

The first step toward a healthful life is to recognize this divine purpose, to put ourselves in the midst of the current of life by bringing ourselves into harmony through the affirmation "Not my will, but Thine be done." There can be no health where this union of the individual will with the divine will is not a reality.

Jesus taught us to test principles and conduct by their effects. "By their fruits ye shall know them." Since health is the normal harmonious condition of life, whatever interferes with this condition cannot be either right or moral, and we have a right to say to anyone who suffers any physical unpleasantness, "Wouldst thou be well? Go and sin no more." And are to understand "sin" as want or harmony with the laws of Nature and not as a theological term.

Though one may keep sacredly all the admonitions of parent, church and society in regard to conduct, he may at the same time, so conduct himself toward himself and his own body that he may be in the condition of the man whose "sin" Jesus first forgave and then healed him.

What are the "sins" that produce disease? Study the harmonious life, we find harmony to be a mental condition. Sin is a wrong mental attitude toward life. We believe that in the mind of Jesus all physical illness was caused by mental states. It is a well demonstrated fact not alone by medical science, but also in several departments of physics, that every mental state affects the body. Thus the tendency of fear is to paralyze. Every strong emotion affects respiration and circulation. Grief impairs digestion; worry and anxiety bring on nervous prostration. The metaphysical healer traces, as did Jesus, every physical ailment to some fear thought.

Where Jesus healed He used the word "faith." He ascribed all cures to the operation of "faith." "Thy faith hath saved thee." Faith is the opposite of fear. The results of faith upon the body are the opposite of fear. Where fear paralyzes, faith stimulates. Where fear de-

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

—Walt Whitman.

presses, faith awakens. Where fear retards, faith accelerates. Fear thus bears the same relation to the flow of life through the body that a pressure upon the hose bears to the flow of water. Faith is the normal mental condition. In this normal condition, there is health. Departing from the normal, losing our faith, we bring about conditions of inharmony in our body, which is the reflection of that inharmony within, produced by fear.

The first step toward healing is to restore this condition of faith. I must help the patient into a realization of his unity with Universal Life; cause him to feel that he is an expression of Life working out the divine purpose; that he is a manifestation of Infinite Goodness. As soon as this mental state is induced, life will flow with greater force through the nervous system and the body will thrill with this new influx.

This was the attitude of Jesus. It is the attitude today of every mental healer whatever may be the name or the formula under which he works. There is but one healing power. The same power that builded the body and has developed it from birth to manhood, heals. We call this power Life. Life alone can heal. Life we know is an emanation of the One Omnipotent Power called by Christians God; by science Energy. The faith that Jesus desired to awaken was faith in the One Reality. He asked not the acceptance of a creed, or formula, or a method. His desire was not to awaken merely an intellectual conception, but he did desire to induce that emotional state in which one does not THINK what God is but FEELS that He is, and in perfect trust yields himself in FEELING to the Divine Will and lets It work the divine purpose in him. The healing process is a process of realization. The patient is to bring himself, or be taught how to come, into the realization that God is indeed IN HIM and IN THE WORLD. This realization cannot exist where there is any feeling of antagonism toward any of

the manifestations of the Divine Will in the universe about him.

For this reason, after coming into the consciousness of the Omnipresence of God through feeling, one must next come to the understanding that God is wise and good, and that whatever He does is for the best. Since God (or if you prefer the words Energy or Law, use them) rules in all things, at all times, and in all places, the only harmonious attitude one can take is—ALL IS GOOD. As soon as the consciousness of Eternal Goodness possesses one, all fear departs. In the attraction that good has for us, we become receptive to the flow of life and are healed. There is an immense meaning in the words of Jesus to the sick man, "Son, be of good cheer!" In that mental condition of good cheer, healing was easily accomplished.

Here we have the key to all mental healing; first, the consciousness of the omnipresent life; next, the consciousness that all the manifestations of that life are wise and good; next, the illustration of that mental attitude toward the one life by which we are drawn to it through that form of attraction which we call love; and lastly, that mental condition of peace and good cheer which allows that life normal and harmonious expression.

We can only love that which to us is beneficial, good, and beautiful. When we make the affirmation and realize it, THAT ALL IS GOOD, we are compelled to give expression to our emotional nature in love for the good, and this "perfect love casteth out all fear." Love is ever the hand-maid of faith. Faith and Love are the universal panacea for all human ills.

God is spirit. Man, his child, is spirit. Life is a manifestation of spirit. Disease is, therefore, spiritual in its origin. Where man as spirit manifests normally, there is health. The truly spiritual live in healthful bodies and radiate health as the sun radiates light. It is impossible to think of Jesus as suffering

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

—*Edith M. Thomas.*

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physical illness. He stands as the type of the spiritual man, and as the promise of the future man. He not only enjoyed perfect health himself, but He so radiated health that whoever came into His presence felt the stimulant of His vibration and were healed. Seeking the source of this power we find it in the perfect mental harmony between him, mentally, and the source of His power. He lived in the constant realization of His union with the One. He declared "I and my Father are one." He told those who saw Him "He that hath seen me hath seen Him that sent me." He realized Omnipresence and was thus strong in the universal strength, wise in the universal wisdom. With this consciousness of the immortal life he had power to awaken that consciousness in others.

To the extent that we bring ourselves into this consciousness of unity; to the extent that we realize that the Father lives IN us; to the extent that we accept our life's expression in conduct as the Father's expression; to that extent are we one with the Father, and our life is free from mental discords and physical ills.

For this reason, Jesus is not only the great Teacher, but the great Physician. When we shall think as He thought; and live as He lived, we shall be as free in the expression of the universal life as He was. We shall not "sin" by holding in our mind thoughts of separateness from God, or of limitation as His child, but in perfect faith will let the one life have its way through us.

Thus Jesus gave the "new commandment," which is not the way only to spiritual peace, mental happiness, but also the way to physical health: because it bids us to cast aside all fear, to have faith in the divine goodness, and to trust ourselves and our brothers as manifestations of that One Divine Goodness. There is no better mental medicine than for one to take this commandment "That ye love one another" into meditation. Learn to live in its spir-

it, by thinking in its spirit. As fast as one comes to live this spirit, the body reflects that spiritual development in a new manifestation of health.

No! such a God my worship may not win,
Who lets the world about his finger spin,
A thing extern; my God must rule within;
And whom I own for Father, God, Creator,
Holds Nature in himself, himself in Nature;
And, in his kindly arms embraced, the whole
Doth live and move by his pervading soul.
—*Goethe.*

CREATIVE THOUGHT.

As germ in egg or plant in seed, all possibilities of Infinity slumber in man, as Soul.

Unlike seed and egg, however, man has power, through conscious choice, of deciding how he shall manifest these possibilities.

Through imagination, which is mental picturing, visualizing to himself what he wants to be, he creates in the Real World of Mind, the conditions which will manifest in the world of matter. (This is touched upon in "Educating the Sub-conscious.") I may picture that which I feel I **MUST**, or that which I **WILL**, to be. If I build with a **MUST**, I am the slave of circumstances. If I build with a **WILL**, I am a freeman. I can affirm, "I can't" and submit, or I can affirm

"It matters not how strait the gate

How charged with punishment the
scroll!

I am the Master of my Fate!

I am the Captain of my Soul."

This is the opportunity of every individual. He can, he may, build himself out of the Everything into Anything he chooses.

If he builds with deliberate choice, he becomes the Captain of his soul; but if he allows himself to drift he is the creature of fate; he is slave of matter; the subject of the flesh; the satrap of Law. If in his divinity he realizes his possibilities, and his power of direction, he will build himself into the pictures of his choice. Thus choosing what he is to be

**Trust thyself! Every heart
Vibrates to that iron string.**

—Emerson.

he is no longer slave to conditions, nor the satrap of Law, but is master of himself, is the Law above the law, and is no longer a subject, but is not only a king, but is the "Conscious Law" which is the "King of kings."

Since the artist and architect build their creations out of materials Absolute Law has created and that Absolute Law shapes its material to their Thought-forms, so I may only choose from the existing Ideas in the Divine Mind; but out of those infinite and immortal Ideas, I create my Ideals. Once I have thus created, from Divine Ideas, thought-forms, the Absolute Law obeys my Special Law and my Ideals, it shapes as realities in the world of matter, because I first shaped them in the world of Mind.

My choice is limited to a choice in the world of infinite supply of Ideas. My possibilities of choice is therefore also infinite with my possibilities of expression.

Holding to my Ideals, the same power and the same law, builds them in the external world, that built sun and star, shaping them as It shaped those out of Itself.

My power is a personal and individual expression of the One Mind and ends with Thought-creation. Having created, I have only to LET the pictures shape themselves in my conscious outward expression of the Life I am. As water fits into the vessel or the molten metal into the mold, so does that which is *not* myself fit into the thought-pictures I have formed.

This seems to me the most important fact in human experience. When once it is understood and acted from, it will redeem man from his slavery to matter, from all limitation of himself to circumstances, and usher in the control of his destiny. He will realize that amid all the conditions of life he is a Center-stance around which all circumstances must revolve as their master.

Through his Thought-forms which represent his decisions, he controls the ex-

pression of the Infinite Sub-conscious Reality in its individualizing Itself as Himself.

The God-in-man directs the expression of the God-that-is-not-Man in its expression in *becoming* Man. In other terms—The Me directs the Non-Me in its expression through the Me, whenever we understand our power as individual Will, through intelligent choice, to direct that Sub-conscious Reality, which is the All-in-all.

When we do this we shall consciously live as "Sons of God" and we shall know that to the Son "has been given dominion over all."

The needed lesson for each to learn is to live and to think as artists. To live as freemen. (To learn the "Art of Living" which I have been teaching in my lessons.) As the artist consciously creates his Ideal statue and concentrates upon it and lets it mould itself through his hands, so we are to visualize our desires, and let Life take them for its model, and mould them in to our daily life.

"We build the ladder by which we rise
From the lowly earth to the vaulted
skies."

That ladder is this Ideal. Once we build on the consciousness of "The Indwelling God" we shall climb heavenward round by round.

The difference between man and the animals lies in this power of man to direct himself through thought-building, through imagination. Our body represents the animal life, and all its faculties and propensities. Mind—God—has brought all these along with all his infinite possibilities into Man. We may continue to a greater or lesser degree to live under the domination of these animal tendencies and faculties, or we may claim our independence of them, and make them subserve our humanity, but it will be done only through controlling this sub-conscious Mind-force through Ideals. As animals we drift with the currents of heredity, instinct

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

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—Julia Ward Howe.

and impulse. As men we will direct all these tendencies to any determined end and make the animal in us our servants, even as we have tamed the ox and horse. "Crush out the ape and let the tiger die," says Tennyson, and he admonishes us again to "Hold thy scepter Human: Soul and rule thy province of the brute!"

If we are at any time ignorant of our power, or if we limit ourselves to our heredity from brute life, we are merely going back and claiming "We are sons of Adam!" forgetting that Adam "Who was the Son of God!" We should trace our heredity back to Original Source in the One Mind and claim all the possibilities that slumber in that One Mind.

All God-powers are in us and we should give them intelligent direction.

As Man, I am Lord of Creation and all Creative Absolute Power is subject to me whenever I awaken to a knowledge of my Real Self.

In this new century Man is coming, through his knowledge of Thought's creative power, into his own. He is not only ruling his kingdom of the brute, but is directing the expression of the Kingdom of God through him for his good. Each individual is realizing that as each sun and star has an orbit of its own, so each person has and should revolve in his orbit and thus be himself. We are learning through the Law of Suggestion and its individual side — Affirmation—how to direct ourselves as Divine Beings, and through the intelligent use of ourselves as Imagination, to be what we desire, **BECAUSE WE WILL SO TO BE.**

And here is the Affirmation which I have used in my classes for years:—
**I AM POWER TO BE AND TO DO,
WHATEVER I WILL TO BE AND
TO DO.**

* * *

The origin of our intellect is self-conscious thought omnipresent and without beginning.—
Ernest Renan.

THE SECOND BIRTH.

'Neath ocean's waves there lies a deep
By tempests never stirred.
'Tis only when the heart of earth
Obeys the Cosmic Word,
And states are rent and cities fall,
That silent depths may feel,
And wake to consciousness of Power,
That wounds, that It may heal.

So likewise in the soul of Man,
Are depths but seldom found;
'Tis only when some mighty shock
Makes some abysmal wound;
'Tis only when the Wand Divine
Threatens Life's central throne;
When Love, imperial in his power,
His shaft has driven home,—

That I can know how deep the seals
Of God lie 'neath the Seen;
Nor know what barriers the Self,
Has secret raised between,
The one in whom I live and move
And this little life of Man!
Till Pain has touched the Life's lowest deep,
I'll never know—I AM!

"Behold! I'm Love!" When through Soul-
deeps
This mighty message rings
Then riven are the chains of Self,—
Then clear perception brings,
The consciousness of infinity,
And I know the God-in-man;—
And whatsoever the challenge now
I answer swift—I CAN!

What called the Soul from womb of flesh?
'Twas Love's mandate "Come forth!"
Omnipotence was in the call,
Bidding to spiritual birth.
And "I am Love!" Thus the Mighty One
Proclaims itself as Man!
The Love appeared in Friendship's guise
And awakened the I AM!

Until I knew the Self as Love,
I was not born! I wait
In travail in the womb of Life,
"A lingerer at the gate!"
When once Love's touch has taught the
Soul
In sovereignty to live,
Then Man is born. His second birth!
God has no more to give.

HENRY HARRISON BROWN.

* * *

Whate'er we leave to God, God does,
And blesses us;
The work we choose shall be our own,
God leaves alone.

—Thoreau.

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

—Whittier.

WORK.

A Song of Triumph.

Work!

Thank God for the might of it
The ardor, the urge, the delight of it—
Work that springs from the heart's desire,
Setting the soul and the brain on fire.
Oh, what is so good as the heat of it,
And what is so glad as the beat of it,
And what is so kind as the stern command
Challenging brain and heart and hand?

Work!

Thank God for the pride of it,
For the beautiful, conquering tide of it,
Sweeping the life in its furious flood,
Thrilling the arteries, cleansing the blood,
Mastering stupor and dull despair,
Moving the dreamer to do and dare.
Oh, what is so good as the urge of it,
And what is so glad as the surge of it,
And what is so strong as the summons deep
Rousing the torpid soul from sleep?

Work!

Thank God for the pace of it,
For the terrible, keen swift race of it;
Fiery steeds in full control,
Nostrils aquiver to greet the goal.
Work, the power that drives behind,
Guiding the purposes, taming the mind,
Holding the runaway wishes back,
Reining the will to one steady track,
Speeding the energies faster, faster,
Triumphing over disaster.
Oh, what is so good as the pain of it,
And what is so great as the gain of it,
And what is so kind as the cruel goad,
Forcing us on through the rugged road?

Work!

Thank God for the swing of it,
For the clamoring, hammering of it,
Passion of labor daily hurled
On the mighty anvils of the world.
Oh, what is so fierce as the flame of it,
And what is so huge as the aim of it,
Thundering on through dearth and doubt,
Calling the plan of the Maker out;
Work, the Titan; Work, the friend,
Shaping the earth to a glorious end;
Draining the swamps and blasting the hills,
Rending a continent apart
To answer the dream of the Master heart.
Thank God for a world where none may shirk,
Thank God for the splendor of work!

—Angela Morgan, in *The Outlook*.

* * *

All that has been predicted of atoms, their attractions and repulsions, according to the primary laws of their being, only becomes intelligible when we assume the presence of mind.—Sir John F. W. Herschell.

EDUCATING THE SUB-CONSCIOUS.

From questions coming to me personally and by letter I am convinced that no question is more distinguishing the old passivity than that of which I shall treat in this article, and I take it up because of this newly awakened interest. Therefore I start with the statement:—

Through use of the Law of Suggestion the Individual can extend the control of the Conscious Will over his whole body, so that every organ and every function will be as subject to him, as WILL, as are now hands and feet.

The operator in Suggestion can do only that which Nature is doing all the time. But he can consciously direct the Law that otherwise will act subconsciously in the direction of the desire of the Absolute one for expression. This control is identical with that which Burbank and the breeders of blooded stock exercise. They learn how Nature does and then by applying the Law become a factor in the evolution of plant and animal. So man must study Man, himself and other men, and learn how the Law of Suggestion works, as the breeders have learned how Heredity, Natural Selection and Adaptation work and then bend that Law to his will and thus become a conscious factor in his own evolution. He is now, by choosing, ignorant of consequences and of Principle, an unconscious factor, and by his choice determines the operation of Law. Realizing that my Humanity consists in the power of choice; that only as I exercise conscious choice am I MAN: that only through Conscious choice can I become Master of Fate, it behooves me to understand Mental Law and apply it to my SELF. The body is builded through the sympathetic nerve. This sympathetic system is one with all animal life and is the source of the animal functions in Man. We also know that this system is subject to the cerebro-spinal system, and is directed in some of its activities by that system. Where is the limit which that MAN-brain has over that animal-

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

—Emerson.

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brain? the limit of the thinking-brain over the building—the acting-brain? The control of the body, that comes through this, the latest of all the developments of the Universal Soul, the frontal brain of Man, represents the line of Nature's evolution after she stopped making a change of organism through which to evolve.

Therefore it is a safe corollary to argue that the evolution of man will come through the increased control of the conscious over the sub-conscious activities. That ultimately all the animal functions will be subject to the Conscious Man. This reasoning is substantiated by facts. Mental Science, Christian Science and all New Thought cults, are demonstrating that conscious choice can and does control body. Chosen thought heals just as the thought accepted without choice destroys.

Persons in coma, in trance, in somnambulism, each find the natural functions continuing as ever. Sleep does not stop digestion, assimilation or elimination. Only when I can induce at will these states, can I study, the power of the man over these animal functions. Hindoo fakirs can stop all the functions of life and be buried for weeks and return to objective life again. The subject of the show-hypnotist is laid in store windows with every function of body in suspension. The masses look upon this in awe, wonder or fear. It is but the extension of the power each possesses, of moving finger or foot: an extension that means at last, complete mastery of disease and death. This possibility is the prophecy of the complete birth of Man from the animal matrix where he has now, like the centaur in the fable, only got out his head. Like the chicken with his head out of the shell, man will ultimately have his whole body out and that will be the second birth, the birth from, as the first was the birth into the animal expression. An animal that he might be, MAN.

This truth can be demonstrated by any person who will concentrate upon his

finger in the Thought, "I have no sensation in that finger!" Soon he may allow any one to prick or burn it and will not feel. This is Christian Science healing. "There is no Sensation in matter." Sensation is in one's thought. Concentrate upon the body with the Thought, "I have pain in my knee" and soon it comes. Concentrate with the thought, "my dinner hurts me" and soon you have dyspepsia. Concentrate upon the thought, "I AM ASLEEP" and sleep will you be. Not asleep—but you will be sleep. "I am pain. I am health. I am life. I am sleep." All these are Affirmations of Truth.

I say to a person, "Think you are asleep and that your pulse has stopped." If he has good control of himself and *does* concentrate, his pulse will stop. I have had them so stop that doctors could not detect any pulsation. What does this mean? This:—You can control the sub-conscious action of your body and make it do as you will. You can tell the stomach to ache and it does. You can interfere with any function by thoughts of fear. You can stimulate any function by faith-thoughts.

To educate the Sub-Conscious to do what you desire, is to have health and happiness. How to do this?—By Auto-Suggestions born in the Ideal of what you wish to be. These Auto-Suggestions are Affirmations. And there is no Power belonging to the race equal to this. By right use of Affirmation Man is well, happy and prosperous. By wrong use he is the opposite. He is at present in that evolutionary stage where he is learning that he is Man, and can "crush out the ape and let the tiger die." These die out as Man comes in, and Man comes by affirming I CAN.

* * *

Evolution is not only not identical with materialism, but to the deep thinker it has not added a feather's weight to its probability or reasonableness.—Prof. Le Conte in "Evolution and Religious Thought."

I thank whatever gods may be For my unconquerable Soul.

—W.C. Henley.

AFFIRMATIONS.

They that wait on the Lord shall renew their strength.—*Isaiah*.

God is everywhere and God is strength. The Divine Spirit is strength and in that Spirit I dwell.

I am enfolded in the Everlasting Arms and in their strength I am safe.

When weary the Infinite Fountains of Strength refresh me.

Enfolded in these arms of strength I find peace and rest.

I am one with God, and in Him I am strength.

One with Him I am at all times filled with Power from on high.

God is pure and in Him I am purified of all weakness.

God is Health and in Him I am made whole from all infirmities.

God is Wholeness and in Him I am made whole from all that has impeded my happiness.

God is my Strength.

God is my Life.

God is my Protection.

God is my Fortress.

God is my Strong Deliverer.

God is my All-in-All.

In this consciousness of Union with Him I am at all times in health.

At all times I am at peace within, and at peace with all the world.

LIFE'S TRAGEDY.

It may be misery not to sing at all
And to go silent through the brimming day,
It may be sorrow never to be loved,
But deeper griefs than these beset the way.

To have come near to sing the perfect song
And only by a half-tone lost the key,
There is the potent sorrow, there the grief,
The pale, sad staring of life's tragedy.

To have just missed the perfect love,
Not the hot passion of untempered youth,
But that which lays aside its vanity
And gives thee for thy trusting worship,
truth.

This, this it is to be accursed indeed;
For if we mortals love, or if we sing,
We count our joys not by the things we have,
But by what kept us from the perfect thing.

—Paul Lawrence Dunbar

A SONG FOR THE STOUT HEART.

Whate'er betide, whate'er befall in this great world about;

Come sun, come rain, come joy, come pain—
Let me not falter, nor like a coward soul cry out,

Let me not make moan let me not complain,

Let still my heart be stout!

Whate'er betide, whate'er befall, let my strong courage alter not;

Whether I lose or whether I win, 'tis the same in the end,

But whatever my fate and whatever my lot,
Let me go dauntless and fearless to the road's last bend—

Let still my heart be stout!

—Frank Leo Pinet.

FOUNDATION STONES.

A Primary Lesson.

In all reasoning there must be a starting point. In building, there must be a strong and safe foundation or the structure is not enduring. So unless we start in our philosophy from sound principles we shall get lost in a comedy or tragedy of errors.

I meet so many persons who have become entangled in a false reasoning that I feel to give in this article the basic principles upon which all my reasoning is based.

And first I start with the affirmation that "The Real Man is that which builds and maintains the body, and which feels, loves and thinks with and through the body." It is that which says "I think," "I feel," "I am." That which thinks is the Real Man; is the "I," the Ego.

Next I affirm that all Infinity as Power, Intelligence and Love, are awaiting conscious expression through this Ego which is but an individualized expression of Universal Power and Intelligence.

As in the physical body of a child lie all physical possibilities that by culture, both conscious and unconscious, are brought into expression, so does conscious life develop these soul powers. The object of all teaching is to con-

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

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—George Eliot.

sciously awaken them. Do you fully comprehend this phrase? **TO CONSCIOUSLY AWAKEN THE POWERS OF THE SOUL?** This means, to put us in possession of all the power and wisdom that lie in the sub-conscious; to put into the conscious, intelligent, control of the individual, the Ego itself; to make the individual King where he is now slave. Where now he is the ignorant slave of law, he then will be **LAW**. And more than that,—he will be **Conscious Law**. The greatest line mortal ever wrote as truth or as prophecy is this of Emerson's:

"And Conscious Law is King of kings." My object is to make the student King of himself—King of kings! This is done by making him conscious of his power, of his possessions, and by awakening in him the will to take conscious possession of them. The object of all education, of all government, is to make the individual independent of all government; to make him self-governed. Self-control is the test of greatness, of character. Until one becomes self-controlled, there can be no real soul unfoldment; with self-control, all is possible.

We are learning self-government,—learning self-control. The measure of our growth will be the measure of our sense of independence—the degree that we stand alone; the sense of joy that comes when we are alone; the gladness that comes when those things we once feared are welcome; the feeling of victory over all that to which before we had crouched, ran from, or prayed to be delivered from! No "deliver me from evil" for such a person, but the cry: "Send all possible tests; I welcome all." This is our aim. This we shall win.

To attain this, one must refuse all external authority. The thought must be, **I AM CONTENT TO BE WHAT I AM**. I must not accept anything as Truth until I see it is Truth. I alone am authority for right and truth. We are to watch that we do not bend to external authority. All that has been taught we are to test. Lay aside all

desires to save anything of the past. All that is worth saving will save itself. Nothing that really belongs to a person can fall away from him.

Remember that the benefit to come to you from all you read or are taught comes from your application of the Truth in them. This lesson is practical. Each Affirmation will help to form in you mental habits in harmony with the knowledge of Suggestion, which is the fundamental Law of Life's conscious expression. According to your fidelity to your Affirmation lies your success. You should select a time, or times, each day for this practice, and, despite all calls otherwise, put mind and body under thought advised. As you do this, your development will be a recommendation of Truth to others, and you should be faithful that Truth may the more abound among your fellows. For when they see the benefits in you, they also will turn to some of the avenues of the New Thought and find light for themselves. Constantly affirm your power, especially when you think of yourself. When inclined to criticise yourself, or to find fault, or to say "I Can't," use *I Can!*

Accustom yourself to think of yourself as Limitless. Say, when you think of anything you wish or would like to do: **I AM LIMITLESS**.

Watch yourself carefully, and when opposed; do not attempt to convince another that you are right. Stop immediately when others contend. You **MUST** control yourself or you will never control others. I regard this as the most important of all directions I can give. **NEVER CONTEND**. Under all conditions affirm: **I AM PEACE**.

With a clear comprehension of the foregoing we will have learned the meaning of **LET**,—of "Thy will be done."

Reader, observe this carefully in thinking on these fundamental principles:—**1st. LET things alone—THINGS alone**. Deal only with Principles. Forget things, persons, events, and think

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

—*Archie L. Black.*

upon, reason upon, meditate upon the Principle behind these until you sense the Power that manifests in them. It is the Power that is in you; it is Self, or Soul,—Universal Mind. Therefore, you are to say, when you see the manifestations of Power in any desirable manner: That I AM. If you see human greatness: I AM GREAT. If manifestations of wisdom, then: I AM WISE. If manifestations in poetry, then: I AM POET. Here is the great Law of Life:—EVER AFFIRM THAT WHICH YOU WISH, FOR THAT YOU ARE. I AM, means all this. Affirm that you are what you desire, and you will manifest that which you affirm. When you realize this, you will receive nothing on any authority except that of your own intuition and your own reason. Nothing is truth until it is DEMONSTRATED. Demonstration, then, is your only test. Prove all, and you will hold to all that is proven.

2d. ACCEPT NO LIMITATIONS AND RECOGNIZE NO FINALITY. There are no limitations, save those that are self-imposed. All things are possible to God in me, is to be your Affirmation. Banish "cannot" and "if" from your vocabulary. In respect to any wished for power, development, or thing, say: I CAN. If a thing is desired, it is proof that its potentiality exists, as chick exists in egg, within yourself. All it needs is incubation to bring it forth. Desire expressed in affirmation and expectancy will bring it out. Watch your lips and never say "can't" or "if"; always affirm that which you wish.

Practice Ideal Suggestion. That which you wish to be, Be! IN THOUGHT BE FREE! BE FREE! Limitations and Finalities are fetters. Soul cannot grow under them. Banish them all and be free. Have courage to say: I AM THAT WHICH I WISH TO BE.

3d. NEVER ARGUE. Affirm truth constantly. When affirmed, let it alone; do not back it up with arguments. Tell all you know and, when told, trust it like the sunlight to make its way.

"TRUTH IS MIGHTY AND DOES PREVAIL." Act in belief of this. Never in any way contend. Let Truth take care of itself and you.

4th. NEVER ANTAGONIZE. Never antagonize that which you have been wont to call error, evil, ignorance, or any condition,—not even poverty, or pain. Let them alone and they are then non-existent. To you, only that exists which you recognize. To antagonize is to recognize, to give power to, and to create. Let all thought alone that you do not choose. It will die out like mist before the sun when you let it alone. "Resist not evil." Overcome it with the Affirmation that ALL IS GOOD. When you so affirm there is to you no evil. It is your recognition of power to harm, it is your fear, that creates evil. Fear not, and evil is not. Where God (or Good) is, evil cannot come. Affirm: I AM LIVING FOR SELF, AND I WILL HAVE IN MY UNIVERSE NOTHING BUT GOOD. ALL IS GOOD. By this Affirmation, constantly used, you are exempt from anticipation of fear. To me, All is good, is your key and your affirmation. What any thing or condition is to another, is not your business to decide.

5th. Fundamental Affirmation: I AM SPIRIT. All your thought has hitherto been based upon body. You have lived as body in recognition of body, and have done as body dictated. You have lived in the material world as body. You have now to make the greatest revolution of your life, for you are to forget that you have a body, and are to think and to live as spirit. Be, in thought, Spirit. Think from Spirit, then you will think of self as Spirit. Affirm, I AM SPIRIT. Spirit is all powerful. You cannot think of yourself as Spirit and think of weakness, or think with limitation, pain, and death. I AM SPIRIT means I AM POWER, HEALTH, MONEY, LIFE. I am everything God is. I am all God is. Be brave enough to affirm this, and repeat it till you FEEL it.

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

—Irving Bachelor.

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RE-BIRTH OR REINCARNATION.

So common is the idea that the theory of re-birth is taught by the ancient Hindoo scriptures and so many rely upon that teaching as authority for their present belief in reincarnation that, for the assistance of those desiring facts, I quote from "Self Culture," an Anglo-Tamil journal published at Kizhanattam, Tintevilly District, South India, the following article by a learned Hindoo, A. G. Sen, B. A., F. I. A. Sc. :

Re-birth means that a man dies and loses his identity by taking a fresh birth, to die and lose his individuality again. This is against The Hindu Sastras. Re-birth is a horrible theory, it revolts against human nature.

The highest authority of the Hindus are the Vedas, and the Vedas and other Sastras advocate the immortality of the soul and the reunion of loving hearts. They are against the theory of re-birth.

Life is revival after death, survival after death. There is an after and better life. There is survival and reunion after death. God unites all loving hearts together in the next world. Life is a life of progression. Life and death are great blessings and that worldly misery has no existences.

The greatest evil of which man is afraid is death; and the greatest blessing that a man covets is perpetual and happy existence. Spiritualism assures both.

The Vedas, the supreme spiritual authority of the Hindus, declare that men go into spiritual world where they grow for ever and ever. Their children follow them; and the children's children. There is no trace of the theories of re-birth or of eternal punishment in the Vedas. The theory of re-birth was incorporated into the Hindu religion by later-day teachers. The theory of re-birth is of Buddhist origin.

When we see a man blessed and a man cursed, we cannot explain it in any other way than by supposing that he had a previous existence, and that he is what he is as the result of his karma in the

previous birth. To adopt this theory of re-birth is to accept material life as the highest goal of a man's destiny, unless one attains Nirvana or destruction, annihilation, extinction or incorporation.

According to Nirvana theory, man, not destroyed by Nirvana, is to remain in this world for ever till extinct. Why not say, that man grows for ever and ever in the spirit world.

By accepting the theory of re-birth God is made cruel and unjust. (e. g.) John commits murder and is born a very unhappy James in his next existence. This means that James is punished for the crime of John.

The existence of the spirit world is proved, which proves also that there is a future world for the men to live in permanency, and then the existence of a good God also is proved along with it.

The unsatiated desire for things that belong to the state of personal existence in the material world, the unquieted thirst for physical existence is a force, and has a creative power in itself so strong that it draws the being back into mundane life.

* * *

Modern science sets before our eyes, the comprehensive and glorious idea, of a cosmos, which is one and the same throughout, in sun and star; in world and atom; in light and heat; in life and mechanism; in herb and tree; in man and animal; in body and soul; in mind and matter.—*Grant Allen in "Evolution."*

* * *

It is not difficult to comprehend the possibility of communication between mind and mind, whether between those who are both in the material world, or between two, one of whom is in the ethereal and one in the physical world.—*Lillian Whiting in "Spiritual Significance."*

* * *

We consider bibles and religions divine—I do not say that they are not divine,
I say they have all grown out of you, and may grow out of you still,
It is not they who give the life, it is you who give the life,
Leaves are not more shed from the trees, or trees from the earth, than they are shed out of you.

—Walt Whitman.

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



My meetings at Native Sons hall, 414 Mason St., are discontinued. I am open to engagements Sundays and week days and will officiate at funerals and weddings. Private advice and lessons daily.

* * *

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

* * *

I have 20 sets of 24 lessons each in "The Art of Living." These lessons formerly, when accompanied with a personal letter, sold for 50c each. I will send the set, 24 Lessons, for \$2.40, ten cents a lesson. Personal letters upon the Lessons written for 50 cents each.

The Exposition is now in its fifth month. The paid admissions passed the millionth mark soon after the end of the second month. The attendance is rarely less than 40,000 a day and it often passes the 90,000 mark. Here is an opportunity for one to take a trip around the world in a short time and see the productions of almost every nation. Never was such an opportunity offered for so cheap a price. Numerous concerts by the best of possible bands every day on the grounds, and others within the state and national buildings. Moving pictures in nearly every palace and state and foreign buildings. With many forms of manufactories in operation. The world cannot dream of war across the ocean, where all the nations mingle here in one happy family. Even those belligerents there find themselves one here with the great Neutral Peace nation. I cannot dream of anything more restful, inspiring and at the same time elevating by its spiritual beauty than to sit in the Court of the Four Season and look down the corridor across the Lagoon to the Palace of Fine Arts. Much as there is to attract me inside the Palaces and buildings, I feel every moment inside less in value than that passed in the wonderful abundance of beauty and inspiration from the landscape and architecture and statuary outside. If you can see the way do not fail to come for the uplift you will obtain in spirit, if for no other purpose. The P. P. I. E. will most probably be the last of World Expositions, for intercommunication is now so common that there will be no need for them.

* * *

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

CALENDAR

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

The difficulty of arranging a program so many months ahead renders at times announcements tentative. Some of our hoped for teachers find that they cannot come. Others, however, take their place. So rich are we in material that much of the time there are five meetings a day. The speakers announced in June NOW were on hand and met with generous reception. I do not like to speak particularly of any one lest I, by silence, disparage others. Besides those mentioned last month I think some five others have held classes during the month. Programs are constantly renewed so there is no difficulty in attendants keeping themselves posted. Any one may learn of the announcements by requesting the program for the month from the Secretary, Miss Grace Wilson.

The following announcements are made for July:

July 4 to July 10—

Mrs. F. J. Nelis of London, at 10:30.

Mrs. Caroline Foote of Brooklyn, N. Y., at 3 and 8 P. M.

July 11 to 17—

Mrs. R. G. Peasley of Los Angeles, at 3 P. M.

Mrs. C. E. C. Norris of Boston, at 8 P. M.

July 18 to 24—

Mrs. A. S. Smith of Seattle, at 3 P. M.

Rev. Henry Victor Morgan, at 8 P. M.

July 25 to 31—

Mrs. Cassia Daly, at 10:30 A. M.

Miss H. C. Hulick of St. Louis, at 3 P. M.

Mrs. Florence Crawford of Portland, Ore., at 8 P. M.

Aug. 1 to 7—

Mrs. Lucy Magee of Boston, at 3 P. M.

Dr. Frank Riley of London, at 8 P. M.

* * *

Peace is not an end but to justice and right dealing between nations.—*Secretary Garrison.*

I have received the circular of "The New Church" of which F. W. Sears is pastor and which meets in N. Y. City from November to May each year. It, however, finding its services so in demand, will keep open all summer in The Academy, 115 W. 79th St. A fine report for any church. The Harmony Club of the church holds meetings every Saturday afternoon in Van Courtland Park. After a meeting a ball game and a dinner. "All go home filled with the joy of living," says the letter to NOW. I congratulate this church and would that all New Thought Societies did the same.

* * *

Dear Mr. Brown,—Just a word to tell you how very much your "Man's Greatest Discovery" was to me. It is so profound that a few lines were all that I could digest at a time. Even then it seemed far off and almost unattainable. I awaken so slowly and am yet very undeveloped but am ever hoping. Wishing you all possible success in every endeavor of your life, believe me sincerely yours. *Mrs. L. D. A., San Francisco.*

* * *

"That article on the 'Lane That Has no Turn' in June NOW, I have read over three times and have not exhausted yet. It was just what I needed!" said a stranger to me at close of my meeting Sunday evening, June 6.

* * *

"O but your article on 'The Known Universe' set me thinking. It is beyond anything I ever read," said a gentleman who called at the office for extra copies.

* * *

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.

* * *

Beyond personal will is a higher stage of development in which the will recognizing the eternal order of the universe, finds its ideal in conformity with this substantial order itself. This is serene and perfect freedom.—*Rev. Samuel Johnson.*

**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 Miltz 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.

NOW is there for free 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."

MYSELF.

What each of us calls "myself" is something that puzzles us all.

It is YOU, not your body, your feet, your hands, or your clothes. It is a spirit, an unknown force locked up in your brain, put here to WORK and do its share.

The body, hands, feet, eyes are only the tools with which the real YOU works. That "you," locked up out of sight, without form, size, weight or dimensions, is first and above all a WORKER.

The real you is put here to work, WANTS to work, and is happy while it does work.

The thing that men see and call you, the two-legged animal walking about, is a mechanical body, more or less defective. It is weak in will, or in muscle, or in nervous force, or in digestion, or in a thousand other ways.

It spends its time doing little, thinking little, and the spirit within is tormented, bored.

Occasionally there comes along a spirit locked in a body built like the spirit for work, strong enough to work a great deal, or with a will powerful enough to drive a weak body to a full day's task.—*San Francisco Call.*

HOW TO USE NEW THOUGHT IN HOME LIFE.

A key to happy and efficient living for husband, wife and children. By Elizabeth Towne. Published by Elizabeth Towne Co., Holyoke, Mass. Bound. pp. 179. Price \$1.10.

In this book Mrs. Towne has given plain, simple and practical directions for Right Thinking in order that there may be Right Living.

While New Thought has no authoritative standard, still there are principles "commonly believed among us," and Mrs. Towne rarely departs from the path of clear statements of the principle of Suggestion:—"As man Thinketh, so is he." In applying this, as she has done here, she opens the door to great good for the thousands for whom the book is written, and who I trust will richly invest the \$1 in it.

* * *

MONEY TALKS: In four parts.

By Elizabeth Baldwin. Published by the Elizabeth Towne Co., Holyoke, Mass. pp 49. Price 25c.

This is a mighty good book. Burn all your treatises upon economics and buy this book and you will have a philosophy that will cure every ill the unemployed, the Socialists and financial reformers complain of. Mrs. Baldwin is a newspaper woman and for years has been a writer for the *Oregonian* of Portland, Ore., and this book is trenchant as only a woman of newspaper experience can write. It is a textbook couched in plain terms and short pithy sentences. It will surprise you with its common-sense wisdom.

* * *

The ear can detect those slow footed vibrations that come to us at the rate of between 40 and 40,000 a second. But the whole or space may be quivering and palpitating with waves of all sorts of varying speed and our senses tell us nothing of them till we get them coming at the inconceivable rate of 400,000,000,000 a second when again we respond to them and appreciate them in the form of light.—A physicist writing in *London Post.*

* * *

Within ourselves there is a continual movement outwards from Feeling towards Thought, and then toward Action! from the inner to the outer, from the emotion to the practical, from the world of dreams, to the world of actual things, to what we call reality.—*Edw. Carpenter in "The Art of Creation."*

* * *

The laws of nature have their sole seat and function in the human mind.—*Buckle.*

* * *

Everything here below is the product of an ethereal substance.—*Balsac.*

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 80 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 preceding month in which it is to appear.]

[Cards of this size will be inserted here during the continuance of Exposition for \$1.00 an issue; 6 months for \$6; 9 months for \$7. NOW will be circulated free at *Master Mind Booth* in the Fine Arts Building at the Exposition and thus will reach a large class of readers who will be very apt to become patrons of my advertisers.]

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Strangers visiting the Exposition City and wishing to stop in a New Thought family can find rooms at 781 Castro street. They are personal friends of the Editor. Those desiring reservations may address W. C. Shephard, 781 Castro Street, San Francisco.

\$15 BUYS eight life-size colored anatomical charts; also chart showing the principle of therapeutic manipulations and lessons with manual explaining exercises. McELROY, 101 Henry St., Brooklyn, N. Y. (Sent post-paid.)

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I will tell you of a simple, inexpensive herb, easily obtained anywhere, that will remove all desire for tobacco. Send 25 cents (no stamps). Reference my postmaster. EDWARD L. GORE, Ruskin, Florida.

BOOKS

I will send a copy of "Dollars Want Me," 10c, and a copy of "Self-Healing Through Suggestion," 25c, to one address at one time for 30c. Henry Harrison Brown, 589 Haight St., San Francisco.

RESORTS

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