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CONTENTS

HOW DO YOU FEEL?
THE NEW IN NEW THOUGHT.
RADIANT LIFE OF LIGHT—JOY.
TRAINING CARD ON HEALTH.
BE SENSIBLE.
AFFIRMATIONS.
EXPRESSING SELF AS WILL.
WORD FROM A TEACHER.
W. J. COLVILLE.
NEW THOUGHT BECOMING POPULAR.

POETRY

THE HOME OF THE SPRINGS.
TWILIGHT THOUGHT.
DESIRE.
A RIDE ON AIR.
THE CONQUEROR.

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From all Life's grapes I press sweet
wine.
—Henry Harrison Brown.

NOW

A Journal of Affirmation

VOL. XIV.

APRIL, 1917

No. 4

THE HOME OF THE SPRINGS.

Oft to the hills I lift mine eyes!
The home of silent might are they.
Prophets of Life! They stand sublime
Now, as in Creation's day.
The home of cloud, of springs, of storm,
In them is all earth's verdure born.
Beauty and fruitage fill the vale;
I stand amid the orchards rare;
Prosperity gladden Labor's hand;
Perfume of orange is in the air;
Bounteous Nature here is kind.
Blessings float on every wind.
Rimming this cup-like Providence
Stand ice-clad mountains. Then glacier side
Reflects the sun in diamond glints;
There frigid Beauty rules in pride.
Those cloud-capped domes eternal stand,
Sentinels of Power on either hand.
Here is bloom and fruit and life!
There is gloom and chill and death!
Here breezes bring the glow of health!
There endless morn is in their breath!
Here flower and bird and life of Man!
There all life is under ban!
But 'neath those placid fields of ice,
Lie springs that make the valleys glow.
The richness of this verdant vale
Arises in those homes of snow.
Within yon mountain's frozen womb,
Lay, long ago, this fruit and bloom.
Long years those ice fields thus have been
The source of all in Nature's worth.
And ages yet to come shall find
That Plenty has in cold its birth.
Beneath this seeming evil, good!
So is all pain, when understood.

HENRY HARRISON BROWN.

THE NEEDLESS SOLAR SYSTEM.

"The comet, he is coming, Emerson,
And when the dread thing crashes
Over the System, snuffing out the sun,
The planets will be ashes!
"The thing will scatter ruin wild and wide,
Unless perchance we've missed him!"
"Well, I can get along," the sage replied,
"Without the Solar System."
—Edwin Markham in *March Nautilus*.

"HOW DO YOU FEEL?"

I never realized the significance of this inquiry so constantly made, as I did a few days ago when two ladies who met on a street car asked it of each other. Certainly, I have it propounded to me very often, but its real scientific significance never struck me.

"Feel!" Why, yes! that is all there is to health or sickness. In fact, all there is to consciousness. All we are conscious of is either primarily Feeling, or Thought, its transformation.

What is not first felt, does not enter consciousness. The five senses are the avenues from the environment to the soul. The effect upon soul, through the vibrations of the external world is to set up a counter activity which we call "sensation." In common with plants and animals we sense. That is, "We feel!" This "feeling" is awakened possibly in the other kingdoms, perhaps in the mineral. Some think so. I have no evidence. But in animal, and, to some degree, in plants, this vibration causes individual activity. Feeling, then action, is the animal law.

In the genus homo, however, there is created an intellectual activity termed "thinking." The more developed the individual, the more positive and controlling the Thought. The nearer the animal the individual has less thought: the more he acts under impulse. In the animal and animal man, feeling—emotion—the motion started by the vibrations of environment, control. There is contortion and moans of pain: shouts and dance of excitement; loud laughter, and cries of joy. "A loud

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

—Walt Whitman.

laugh shows a vacant mind!" is a true saying. At the moment all reasoning, all control has fled, and the person acts under the impulse of intense feeling. Such are the actions of anger, greed, fear, and sex-passion. All these are remnants of animal expression which man has not aborted, but which he is yet to leave behind in his evolution to the Self-control of the human.

The line of unfoldment is from the slavery of matter to the freedom of Spirit; from the instinctive action of emotion, to intuitive perception and control. Self-mastery lies in the control of the emotions. So that instead of control through feeling, there shall be control through intelligent decision.

All who have seen a cat in pain, falsely called "a fit," will realize how feeling controls. The same is the case of a mad dog. Hydrophobia is a rare condition. But any severe pain makes the dog wild, and as the child stamps upon the stone that hurt him, the sick animal will attack any person or animal. Sick cattle, horses and wild animals act in like manner. Uncontrolled because there is no thought, no judgment; no reason; no decision.

In like manner the average sick person acts. The animal overcomes all sense in him. The less a man has been ill, the worse does he contend whenever he has a little pain.

The one requisite of a good nurse, doctor or teacher, is for them to exercise control where there is none in patient. The average friend will pander to the emotions of the sick until they become tyrannical. "Oh, I feel so badly!" is the excuse for moans, tantrums and peevishness. In my care of the sick in army hospital, and in the home, I have found that whenever in such cases I paid no attention to "FEELings" and controlled the patient, the better was my success. "Stop that!" has often quieted many a tantrum, and silenced many a moan. If

it awakens resentment, it will help on a cure, by turning thoughts away from pain. And it enables the patient ultimately to decide for himself. At one time, sleeping with a friend who was very nervous, I said, impatiently, "Why can't you keep still and let me sleep!" I accused myself then, in the early days of my psychological study. But there was sleep for us both, and in the morning my friend said, "You made me so mad by your want of sympathy that I went to sleep!" Sure! A change of thought, a positive thought, controlled the nervous system.

"How do you feel?" often turns attention to the physical and sensations not noticed before will become active in mentality, and the person will "feel badly!"

As human beings we have power to control "Feelings." Have power to ignore "feelings." Have power to choose *what* we shall feel.

Even animals are trained to change their feelings. Shall we, as men, be less amenable to cultivation?

The fundamental principle of healing is: "Ignore the body! Concentrate thought upon the sensation you wish!" Any sensation, once felt, lives in memory and may be awakened by desire, and decision. But one sensation in consciousness is possible at one time. But one thought in mentality at one time. With power to choose thoughts we have power to recall any sensation we wish.

It is easy by thinking of a pain or a grief to repeat it any time. But thinking of a happy occasion, a pleasant episode, we repeat in sensation of that hour. So my first step in treatments is to say: "Recall some time when you were in perfect health! Think how good you felt then! Concentrate upon that feeling!" When that is done the cure is well started.

This brings me to the fact that impressed me so vividly when the ladies

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

—Edith M. Thomas.

TWILIGHT-THOUGHT.

Today I sit within my little room,
A king I feel of all the glorious earth;
Within is peace, my thoughts with hope go
forth,
For fled is all that once filled me with gloom.
Life now is fragrant with an unseen bloom;
Sweet joy within my heart hath found new
birth;
God's little things are not of untold worth
Since doubt hath met its eternal doom.

A new-born peace within my self I find,
Within are now the springs of happiness—
Upon my soul God breathed a wondrous
breath,
His simple things now satisfy my mind;
In child and leaf I find my blessedness,
God's life behind that subtle trickster death!
SAM EXTON FOULDS.

LESSON NO. 4.

THE NEW IN NEW THOUGHT.

inquired each of the other, "How do you feel?" and that is: When we will not feel anything unpleasant, it cannot be unpleasant for us. All unpleasantness lies in *FEELING UNPLEASANTLY*. When we will not to allow a thought of unpleasantness to enter our mind, it is not possible to feel anything but pleasantness.

"But I can't help it!" Well, if you say so, you don't help it. But since you are human you can do what thousands have done, and are now doing. You can change; first your Affirmation of negativeness, "*I can't!*" into the fact "*I Don't!*" and thus open the way for a later "*I can!*" After a few days of practice you will have cultivated to power to control sensation, by creating the desired one, and will say, "*I DO!*"

"Why, Mr. Brown, I didn't know you ever were sick!" fanatical New Thoughtists sometimes say to me. My reply is, "Did I ever claim perfection? I have still something to learn!" My friends, don't be foolish. Obey the physical, hygienic and sanitary laws. When you know you have been inharmonious with them, right yourself by any means. An M. D. will teach you much that even New Thought people need to learn. He only can live above these lower laws who has so placed himself in the middle of that stream of power and wisdom that he lives Truth. This means he lives in harmony with the laws of Mind as expressed in the body.

X. B. How to use the Will so always to be in harmony with these lower laws is something necessary to be understood and for this purpose I reprint, on another page, from NOW for September,

In the past lessons there have been given the reasons for faith in the self. These reasons have been revealed to us in the psychic and mental nature of man. The psychic side of man is the Subconscious Mind. The mental side of man is the Directive Conscious Mind. Because we are considering man from the standpoint of the twofold nature of mind, we must not think of man as being possessed of two minds. There is but One Mind. This Mind is in perfect expression in all men in the subconscious. Men differ as power only in the conscious manifestation of mind. These statements simply mean that in man the One Mind has extended itself into the realm of actual consciousness, that it has evolved to a state of self-direction. This is what delegates to man individuality. This is the conception of power that puts the New in New Thought. This is the conception that enables man to take conscious control of

Trust thyself! Every heart Vibrates to that iron string.

—Emerson.

thought or conception that the student can grasp, for, in this thought only, is to be found the secret of the conscious direction of the personal life of the individual. It is the thought that lifts the individual from the old thought into the new. It is the one new thought as far as our philosophy is concerned. All the rest of our teachings can be found in the different ancient and modern philosophies; and it is true that *this* thought has been *surmised*, or spiritually discerned by many illuminated souls. To-day this statement is not a spiritual assumption. It is a demonstrable truth. The subconscious mind is man's source of power. The man who guides and directs the subconscious mind *is* the Man of Power. He who *does not* direct the subconscious self is the man of weakness. He is the man of weakness because he lives an undirected life. It is certain that the thought or philosophy that will put me in command of myself is the greatest yet given to the world. This the new thought *can do* for the individual. Man is controlled by ideals. Ideals are thought that man impinges upon the subconscious mind as laws of action. While the subconscious is the source and seat of power, it is controlled and directed by the conscious mind. If you know what a man thinks you know what he is, for every man is the result of his thinking. To get the sum total of his life and character you must add up his thoughts. It is the only way man can be interpreted.

There are certain states of thought or consciousness that determine our ideals. These states are absolutely determined by my mental attitude toward myself as an individual. It is impossible for me to hold normal ideals over my life and action until I establish a right mental attitude, or consciousness of a permanent character, toward my real self, the subconscious mind. I cannot impinge ideal suggestions upon the subconscious

mind until this condition or consciousness is established.

What is the new consciousness that must be established within the individual? It is the consciousness that God has incarnated Himself within the individual as a perfect expression. That the individual *is now* in the subconscious in possession of *all* Power, Wisdom and Truth. The realization that this is the *natural* inheritance of every individual in the subconscious mind. This is the thought that wipes out of the conscious mind all limitation as to the personal control of power. It joins man with God in conscious thought and reality. A careful study of the philosophy of Jesus enables us to see that this was the realization that made him the Man of Power, made him the Supreme Man. He found that within himself which all the world is seeking, found it from the standpoint of reality. He consciously identified himself with God. In this new consciousness you are to identify yourself with God.

When this consciousness is established then there is opened up to the individual a new world of possibilities. No matter what your mental, moral or financial condition is at the time of this awakening, the limitations that are attendant on these conditions are wiped out; for the individual in this awakening realizes that he is only bounded or limited by his thinking. He knows that his condition are of his own making, and they are self imposed. The power of the awakening lies in the fact that the individual realizes that he is *now* possessed of the power to change conditions. He is alive to his power to do. The old mental attitude of "I Can't" is supplanted by the new affirmation "I CAN." This is the new thought that overcomes all mental, physical or financial weakness. Under the affirmation "I CAN" the first thing that I must consider is my *natural* tendencies. In the subconscious we all

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

—Julia Ward Howe.

possess the same power and all of the same. In the subconscious it is possible for me to manifest the same genius as Joseph Hoffman in piano playing; but we must not forget that the subconscious does not take into consideration time. There is no doubt but that the result could be accomplished in time; but would the result be worth the effort? There is an old saying, "If at first you don't succeed, try, try again." This is a true and well condensed portion of old philosophy. It strikes the writer of these lessons that it is a much misunderstood old saw. It is a proverb that keeps a lot of well meaning and determined men and women from success that would under natural circumstances be easily won. It is true that I can do anything that I desire to do. Here is an instance. A young man who possessed neither the faculty of time or tune decided to take up the violin. He wrestled with this instrument for fully seven years before he developed the power to play so that his tunes could be recognized. He in time developed time and tune. Was the effort worth while? It was not. The mastery of time and tune on his part merely represented the victory of a sort of mental stubbornness, the subconscious was forced to travel a road that was hard sledding. The victory was a barren one. This is a literal interpretation of the above given proverb. You can stick to an unprofitable proposition until a certain place freezes over, you may remain to demonstrate on the ice, yet at the end it will be unprofitable still.

There is some special work for which you are eminently fitted. It may be that the work of the subconscious is to

the two functions of the One Mind, and you will from the start BE Conscious Success.

SAM. E. FOULDS.

DESIRE.

*"Under desire I have planned,
Under desire I have imagined."*

—HENRY HARRISON BROWN.

A huddled, hairy mass of thew and bone,
He sat upon a jutting crag, alone,
Affrighted and forlorn,
And watched a winged creature take the air,
With one majestic sweep of wing—and, there,
The dream of flight was born.

Beside a river raging to the sea,
With cunning step he wandered warily,
And sought his watery prey;
Until a fallen tree came floating down
That wrought upon his sloping brow a frown
And gave his fancy play.

And once, awakened from a fitful sleep,
He saw a flame up to the heavens leap,
That awoke his kith and kin;
And he, alone, of all the craven horde,
Set forth to gaze upon the fiery sword,
Amid a guttural din.

Today, begotten of his keen desire,
Men triumph through the mighty slave called
Fire;

But, as they proudly brag,
Forget their mastery of the air and sea
Is due to one who faced the mystery,
And dreamed upon a crag.

A. F. GANNON.

THE RADIANT LIFE OF LIGHT—JOY.

The Creator brought into being the Game of Joy.

In play is the Creation spread out, in play it is established.

Dance, my heart, dance today with Joy.
—Songs of Kabir, Tagore Translation.

JOY is a CHOICE! Those who are refusing the comradeship of Joy are keeping

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

— *Whittier.*

has never once halted. This movement of Universal Harmony is forever playing and dancing through each individual Soul.

Wherever creative activity obtains, and that is everywhere, there may be found its companion, Joy. For Joy is harmony; and harmony is the result of accordant movement. Says the scientist: "Everything in the universe is at the same time relative and accordant, and there is a principle of harmony which forms the clue to all phenomena."

It is natural for us to seek this principle in vibration or motion, because we find that it prevails everywhere. Light, heat, sound, electricity, atomic action, nay, the very existence of atoms and of matter and life itself depend upon vibratory motion. The universe *quivers*, and therefore, and thereby, it lives.

Let the universal vibrations cease or fall into discord, and stars, suns, and world would disappear as completely as if they had never been. In a moment, in the twinkling of an eye, there would be nothing that we call anything. The resulting chaos itself would be a chasm, an abyss of nothingness."

But there is not a discordant chord in this Silent Symphony of Spheres; never a jarring note in that Joy Song sounding in the depths of the Soul.

Command your heart today to dance with the Joy Universal by recognizing and laying hold of *its presence* in the mighty self of yourself and of the selves of others. The "Joy of the Lord," which is your everlasting strength, then will become known to you. Set this Joy Light before your face, and you will be led straight onward to the mark of your highest calling. For this is that Joy whose power has freed the manacled arms of men from chains of steel, forced open iron doors for prisoners, raised martyrs above burning stakes, and sustained souls through mental pain and anguish. This same

Exultant Power can lift *you*, whoever you may be, over rough places and high obstacles in the midst of your onward path. Nothing is too hard for it to accomplish, and all its work is play—no effort, no struggle, for it is the Harmonious Movement of the Whole of Being expressing its own perfection, and none may stay or hinder.

When environment glares threateningly at you, turn and enter the Gates of Joy *within*; its light will set your mind at ease; its music will thrill your heart with bliss, and you may truthfully exclaim with the poet:

I have stilled my restless mind, and my heart is radiant, for in That-ness I have seen beyond That-ness, in company I have seen the Comrade Himself.

With Joy as your comrade, you enter into that deep and all-abiding peace, which ever comes with the realization of the presence of that Light which is Universal Love, Wisdom and Joy.

WILLIAM MORRIS NICHOLS.

* * *

The strength of a nation does not rest so much in its thinking as in its feeling. The heart of a nation is just as pure, just as warm, just as genuine as the hearts of its citizens, and outside of the heart there is no life.—*President Wilson.*

* * *

There is one topic peremptorily forbidden to the well bred, to all rational mortals, namely, their distempers. If you have not slept, or if you have a headache, or sciatica, or leprosy, or thunderstroke, I beseech you, by all the angels, to hold your peace, and not pollute the morning, to which all the house-mates bring serene and pleasant thoughts, by corruption and groans. Come out of the azure. Love the day. Do not leave the sky out of your landscape.—*Emerson, in "Behavior!"*

* * *

One of the Managers of a flourishing New Thought League writes in ordering a number of "Self-Healing Through Suggestion:— "One of our teachers is going to take your 'Self-Healing Through Suggestion' as a text book. He is one of our strong and true teachers."

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

—Emerson.

TRAINING CARD ON HEALTH.

"The Indwelling Mind Does the Work." "Trust in Thyself."

The student is to add to each affirmation:
"I can!"

1. To have profound faith in my True Self.
2. To have faith that is strong, vital, positive, powerful.
3. To have absolute trust.
4. To have all conquering courage.
5. To have deep, powerful confidence.
6. To have positive self-reliance, absolute assurance.
7. To have true conscious knowledge.
8. To be brave.
9. To be wisely fearless.
10. To be unafraid.
11. To be constant.
12. To be dependable.
13. To be unfaltering.
14. To be unwavering.
15. To be absolutely true.
16. To have profound conviction.
17. To radiate and inspire others.
18. To have *positive, powerful* persistence and perseverance.
19. To have calm, continuous insistence.
20. To have joy in persevering.
21. To always have wise, deep patience, especially with myself.
22. To have dynamic intelligence in demonstrating.
23. To direct myself with a hand of steel.
24. To have absolute, vital, Divine determination.

A RIDE ON AIR.

Currents of air
That drive as they bear—
A whiz; and we're there.

Currents of thought
That work as they're wrought—
A flash and they're brought.

No absence, no space,
To the strong, the race.
Mind and man: what a brace.

—Camille Fairchild, in "Poet Lore."

BE SENSIBLE.

Mrs. Towne's editorials in *Nautilus* are always good, some are better, but some of her words in the March issue are of *the best*. Here are some of those best: Listen to the intelligent demands of the body, treat it fairly as one human being should another. . . . *It is a mistake to do violence to the body by defying persistently all laws of common-sense, i. e., sense common to the mass of human beings, based on a consensus of human experience and judgment.* It is a mistake just the same, whether we do it from a sheer ignorance of common sense or from a *Christian Science* determination to declare all common-sense as *poor-sense, without intelligence or truth*—for that is what it amounts to as I see it, to say the "laws of nature" are "carnal mind" non-existent in truth.

If they are nothing they should be ignored and abjured instantly and wholly. If, on the contrary, the "laws of nature" are what I believe they are, i. e., an expression of as much of the divine law of being as man has proved by experience and reason, a consensus of experience and judgment, of the one divine life of being—then they should be reckoned with in our thinking and acting.

Mrs. Towne here punctures a bubble of pseudo-philosophy that is attached to much metaphysical teaching, i. e., "We can will whatever we wish." Nature is harmony.

I thank whatever gods may be For my unconquerable Soul.

—W.C. Henley.

become one with the Universal and am thus in harmony with the Universal Law; and then whatever I will I do according to Law and am still in harmony with the All Good.

It is true that whenever one person shall say, "I will," "I have," or "I will do!" and defies conditions, that which is willed is accomplished, but it is at the loss of some greater good that would have come had that person said, "I will if it is the Divine Will!"

I had an experience. I was determined that I would take a certain journey. Circumstances constantly impeded. Finally I said, "I will go whether or no!" Under a strain, mental and physical, I succeeded in overcoming obstacles and started. When half-way, the train ran off the track, and I had to walk three miles in mud and darkness, stop over night at a poor hotel, and I lost the engagement that I had determined to fill, and also lost the one that I would have had had I been pliable to the Universal Law. I can recall many cases where I had my way when I was not in harmony with Divine Will and lost more than I gained. Now, my first thought is, "Am I right?" I always keep this mental reservation, "If it is in harmony with the Law!" Before I decide I ask myself, "Is it for Universal Good or am I selfish?" If more for my good than that of all I decided not. If I am sure I am not selfish in it, I say, "Yes," and join my will with Divine Will. This is placing myself under the Law.

Do this and let IT carry your project to success. Emerson gives the correct attitude when he says, in "Spiritual Laws": "Place yourself in the middle of the stream of power and wisdom, which animates all whom it floats, and you are without effort impelled to truth, to right and perfect contentment!"

* * *

It is a poor present which shines only by the reflected glory of a past.—Lyman Abbott.

THE CONQUEROR.

The majesty of it all. It thrills the moment!

I have won!

I chant the Victor's song of praise!

Defeated, at my feet, the tyrant lies!

I have won!

No longer bound by hate, and lust, and greed,

Bleeding, groaning, doomed to die,

I rise supreme, the Conqueror! *I!*

Oh, *CONQUERING I!*

I breathe free air! pure air! *free air!*

We had fought for many a day, you and

I,

Greed and hate and lies.

I see *now* but the skies!

And on that moonlit night the stars beckoned to me,

And I obeyed!

I began to fly on wings in space,

Starward apace!

I feared not; I soared high;

The mob below was fighting still;

But I had won!

Passed on and up! *YEA, I HAD WON!*

Oh, soul that rules,

Why how to fools?

Your lower self cast off;

The Spirit Man now waits!

Let not the laws that custom made

Bind you and make you slave!

Awake, oh souls, for you can win

If you'll but dare!

All men can say: "I've won!"

Cast off the garment of despair,

Don ye the golden robe! and fare

Forth into space *with me!*

And find great worlds of Truth of Light

Which *the brave alone can see!*

Oh, come! Oh, come! and say

You've won *the game with me!*

HAROLD F. PALMER.

Pastor New Thought Church, Long Beach, Calif.

* * *

A lady recently enquired at a book-store for a book entitled "The Almighty Dollar!" What she wished was "Dollars Want Me!" She obtained it.

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

51

—George Eliot.

AFFIRMATIONS.

"The Indwelling does all the work!"
The Universal Power finds its expression through me.
This Power is Indwelling.
This Power in me is limitless.
I may express all I will of Power.
I may draw from the Indwelling as from a fountain all I wish.
The Indwelling is "a present help in every time of need!"
Faith in the Indwelling gives me confidence to affirm, "I CAN!"
Because of the Indwelling "I CAN do whatever I will to do!"
No condition causes anxiety, for the Indwelling is there as "*Power to Overcome!*"
I rest in faith in the Indwelling.
I trust the Indwelling.
Whatever I need in the way of Power the Indwelling always supplies.
In this trust lies my health.
In this trust lies my success.
In this trust lies my happiness.
In this trust I am always at peace.

HENRY HARRISON BROWN.

EXPRESSING THE SELF AS WILL.

Should the engineer, when his engine was ready for the road, steam all up, not only open the safety valve, but also punch small holes in his boiler, he would be considered an unfit person to run the machine. What such an engineer would be, most persons in relation to their body, *are*.

We have by nature a most perfect machine. Nature's masterpiece is the human body. It is filled with energy. In a vast majority of cases that energy is frittered away: worse than unused, for it is used to tear down the machine.

To learn how to run an engine requires time. But few persons ever stop to think they need instructions in running the machine in which they have their being, and still less are they who take pains to learn how.

All should learn, at least, not to use the energy, which is Life, so as to injure the body. Life is constantly, when left to itself, rebuilding the body. We should so learn to use our directing power, Thought, as not to impede but to assist Life in the rebuilding process.

But the body is not a machine. *It is a living organism.* Rebuilt from within. Organisms grow from within. Grow from the Indwelling Life. Machines are made; are subject to an external power. *You grow your body.* You grow it into any manifestation you desire, or *you let it grow undirected.*

Cultivate your body as all other organisms are cultivated. Take lessons from florists and stockmen. Realize as you look upon growing organisms that they are pliable, susceptible, and amenable to change through cultivation. After realizing this, decide what your body shall be, and change it by cultivation to suit. How? By right imaging. By building the ideal of your body as perfect, and then holding to that ideal, through concentration.

Here lies the legitimate province of Will. Will the body into condition by *holding in Will the mental picture you have made.*

Remember: *The Indwelling does all the work. It builds to the image you hold in mind!*

With this mental attitude you avoid that diffusion and loss of energy that comes of attempting to will the body into any form of expression. You, as Will, are to direct the Life expression into health. Self-control is the master function of Man. To be Self controlled is to have Will obedient to Thought. To be able to hold as Will to your decisions.

To hold a chosen image of Self in mind, to thus concentrate upon it, is to be, as Will, self-controlled. In the masses, Will is vacillating. Not one image, but many, occupy the mind. The Master

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

—Archie L. Black

he who, as Will, takes a chosen thought, a decided mental image and holds to it as a bulldog holds onto his foe. Thus held, the image is materialized into environment.

Therefore, in all bodily expressions, one is to see that Will directs them. Create such physical habits as you wish to become permanent. Choose every movement, and see that none become automatic that are not wise, and are not chosen ones.

I never ride in a street car that I do not notice the unconscious and automatic movements of many of the persons there, that show lack of self-control. There is a twirling of thumbs; twiddling with watch chains; a constant rearrangement of gloves or some other part of clothing; a wiggling of knees, a tapping of feet, a wrestling of bundles, etc., etc.

This shows that Life is running undirected. That the person is uncontrolled. These motions are all incipient insanity. Insane persons have lost all self-control. These persons have begun to lose it.

It develops into nerveless conditions of body and lack of will in mind.

If you will notice for one day other people and yourself, you will see these signs of restlessness. All these movements are thoughtless and worse than useless. When you notice it in yourself, at once command yourself. Say, "Stop it!" Affirm, "I am self-controlled. I make no motion that I have decided are not good for me to make!"

We make no motion that is not willed, either willed at the time, most often unconsciously, or have been willed into a habit by previous thought.

Insanity is impossible in a person who exercises control as Will over his thought and act.

In thoughtlessness, and in undesired unconscious actions, lie the beginnings of physical and mental disease.

Do nothing aimlessly. Tennyson well says of Nature:—

Nothing walks with aimless feet;

That not one life shall be destroyed,

Or cast as rubbish to the void.

When God hath made the pile complete.

When it is realized that this Law holds equally to mental imaging and physical action, it will be seen that the "pile" of today is composed of the particles of the yesterdays.

Make no movement that is not consciously willed. Put your conscious thought into every action. Not that you are to calculate every movement of hand or foot. But you are to so create the habits of hand and foot action, that you forget them, knowing they will act as you desire because, like the fingers of the pianist and the muscles of the athlete, you know they will be ready to act properly upon your demand for action. Do as you decide to do and fear not.

There can be no waste of Life; no waste of Energy, for these are infinite; but you, by neglect, may lose now the benefit of their expression. It is Life running riot, that you are to avoid; Life like a stream breaking out of its boundaries. Control every movement. Be positive at all times. Affirm until it becomes an unconscious habit, so to look at every movement and every expression:—I AM SELF-CONTROLLED.

HENRY HARRISON BROWN.

* * *

A Wisconsin M. D. writes to NOW a letter so good you must share most of it with me: "I think you are one of the *strongest* New Thought writers we have. I was glad that William Walker Atkinson paid you such a well-deserved and glowing tribute in a recent issue of *Advanced Thought*. I read and re-read those copies of last year's NOW. They are all marked and re-marked up, and underscored, and every time I read an article I get something new out of it. I smile to think how far ahead of me NOW was 14 or 15 years ago. Fortunately I kept all my copies and get them and enjoy them now, finding in them a veritable gold mine. Those six lessons on 'Financial Health' by Wm. Morris Nichols are great, great, GREAT!"

Digitized by A. H. M. D.

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

—Irving Bachelor.

53

A WORD FROM A TEACHER.

Mrs. Sarah F. Meader of Lynn, Mass., is one of the early teachers; is author of books of power. (See her adv. in NOW.) She has successfully conducted a "Center" in Lynn. She arranged there a very successful Course of Lectures for me. As successful as any I had on the Atlantic coast. It is, therefore, very gratifying to have this testimonial from one so capable of rightly valuing a book. Several teachers have written me they are using the "Prayer" as a class book.

Lynn, Mass., Feb. 9, 1917.

Dear Henry Harrison Brown:
I have a special reason for writing you this evening. It has been a grey New England day with rain falling steadily down into the snow making it a day overhead, and under foot, that has no temptation to take one of my years out of the house. It was equally prohibitive of visitors and I just took the day for study.

I took up your little book "The Lord's Prayer." I have read it slowly and prayerfully and made frequent notes for handy reference. I have just finished the middle chapter, "Give us this day our daily bread!"

I cannot read further, without telling you what it means to me. I have taught from that wonderful prayer for many years, but you have opened my eyes to many phrases which I had not touched upon and I want to thank you for it all. I know what it has cost you in research, to bring together the spiritual minded men of ages ago and the great lights of modern thought into such wonderful harmony; in the expression of

the book but to tell you I shall teach from it and shall be strengthened and refreshed by it. I ask God to bless you abundantly for the help you have here striven so unselfishly to give mankind. You and I, dear brother, are getting along in life. I was 75 last month, but did we have any higher ambitions or greater hopes when we were twenty-five? No, indeed! We are lifted by faith and experience, are broadened by things realized, and by the years that intervene. Everything stands out, in fairer aspects as we take on the years. I would not lose one year or part with one experience, hard as it may have been in passing. God is good to us, Henry Harrison, we *realize* now where we used to *anticipate*. Your blessed book will lose nothing by my handling. And your sowing shall surely bring you its harvest.

God bless you and keep you.

Sincerely yours,

SARAH F. MEADER.

* * *

After years of experience in treating disease, I have found health is the greatest and most reliable foe of disease.—Dr. J. H. Tilden.

A successful teacher and healer writes when renewing her subscription:

"Thanks for the message of NOW. It is always uplifting, clear, direct and individual. I enjoyed Dr. Palmer's article on 'The Masters.' But every word in NOW is good. I always feel positive and strong every time I read it, or any of your books. Thanks! May you long continue to give out the Song of Truth so impersonal and free."

Mrs. F. A. L. Oregon

* * *

I wish your Sex Series could be placed in the hands of the young everywhere. I have read many books on this subject written with the intention of doing

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

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SAM EXTON FOULDS, Asst. Editor

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

* * *

I need three copies of the August, 1916, issue to complete my files for binding. If any subscribers do not care to save their files whole, if they will send that number to me I will extend their present subscription three months.

HENRY HARRISON BROWN.

* * *

Mr. Brown proposes to do very little teaching until Autumn.

He can be consulted at "NOW" Office, 589 Haight St., every day except Saturdays. Sundays from 10 a. m. to 1 p. m. Market 7534.

ONE OF T. J. SHELTON'S BOQUETS.

Harold F. Palmer in NOW (589 Haight Street, San Francisco, Cal. is in the right vibration. Just see what he is saying in the February number of that lively magazine. And please do not belittle Harold Palmer by placing "Dr." or "Rev." in front of his name. He is too big a man for such buncombe.

Henry Harrison Brown (no frills), that old lion of the tribe of Judah, is also showing signs of an awakening to a sense of the coming of genuine New Thought. He is making NOW talk sense.

Thanks! But when did NOW talk anything else? This is a bouquet of roses with a brick in it.

* * *

A prominent editor and teacher and author writes concerning some of my writings: "I can't think of your writing anything lacking in sanity. Yes! I *mean* this, H. H. B., you can bet I do!" Well. I have been dubbed "crazy" and told I taught "sweetened wind," and am "too outspoken," "too positive," etc., but it is good to hear one voice proclaiming like this "Sane!" *I knew I was all the time.* So phrases have no effect, except like these of our good brother. They help and cheer me in still saying my say and in singing my song.

* * *

I recommend NOW readers to attend this Conference. It is held at a beautiful season of the year, at a beautiful place, and they will meet with delightful people. Dr. Palmer is always successful in holding these meetings.

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

—Browning.

W. J. COLVILLE.

The well-known lecturer who recently passed to the Higher Life from this city I regard as *one* of the greatest geniuses, if not *the* greatest, of modern times. I have known him well ever since his advent in this country about 1878. He was a mystic. He lived so completely in that realm of spiritual unfoldment that he often seemed eccentric to those who did not understand the place and meaning of psychic unfoldment. Mr. Colville was wonderful in his inspiration. No topic, no question, phased him. A wise answer, philosophical and beautiful, was always ready. He worked under no limitation. Spoke for whatever society or club desired, and always manifested a spirit of brotherhood for all.

At one time we suddenly asked him to give a lecture in our parlors upon Emerson. The discourse was a marvel of understanding of the Concord Seer. At the close he was requested to give one the next week upon Spencer, and again one upon Whittier. They were equally comprehensive and beautiful. He passed on at 41 years of age. He ripened out. Became so much absorbed in the spiritual life and paid so little attention to the body that, as Spirit, he left it behind for a still more glorious work.

The best obituary notice of Mr. Colville and his work has been written by Dr. C. O. Sahler of the Sanitarium, Kingston, N. Y., where Mr. Colville used often to instruct. Those interested in the subject of Mr. Colville's life and work can send 10c to Dr. Sahler for the February issue of his magazine "The Master" and they will be richly repaid.

NEW THOUGHT BECOMING POPULAR.

The place which our New Thought Principles has already made for themselves in literature is illustrated by two articles in the magazine *The Editor*. In an article entitled "Mental Atmosphere" by Grace G. Bostwick the whole thought centers around the recognition of the fact that mental vibrations are sensed by the reader. The author says: "In no other work is the reflection of mental attitude so evident as in writing. Impatience, envy, anxiety, the common forms of discontent and the unfriendly critical spirit . . . lead to an atmosphere which is ruinous. . . . The mentality which is harboring them is choking its lovely garden with weeds. . . . It is a very good bit of wisdom which teaches *never to repeat disagreeable things* . . . and, I should say it gently, that so long as one allows the bemoaning of this or that unpleasant incident in one's career, one is not gaining mental poise." The other article is by Cora Remington upon "Our Great Responsibility!" She says: "There are always two sides. Everything has its opposite, but we do not wish to accentuate the bad, the pessimistic side. Minds are sensitive, susceptible. They can be easily impressed. . . . We should paint the shadows so they do not embitter, but enrich. Let us think, and let us realize, what a strong but subtle influence we have upon the patrons of our thoughts and let us try conscientiously to do our very best with the talents God has given us!"

Note upon the cover of NOW: "Don't bark against the bad!" NOW's Editor and contributors have and will ever adhere to this custom. "Say nothing that will not help and cheer," is ever the thought of NOW. I am glad to see this thought permeating literature. Would the editorials in daily press follow it, there would be, in a little while, a vast less pain, sorrow, disease and crime. "What ye sow ye shall reap!" The world today is reaping the effect of "barking against the bad" from the press, pulpit, school and social life. Always talk and write what

Your beautiful booklet "The Master's

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

—Whittier.

WORK IN CALIFORNIA.

The N. T. Alliance held a four-days' Convention in San Francisco March 11 to 14, inclusive, under the auspices of Harriet Hale Rix- Vice-President for Northern California and Nevada. It was successful in every way and helped on vastly the propaganda work in this vicinity.

The Metaphysical Library and Noon-meetings, 128 Post Street, are extending their influence, and all the Centers in the city report good progress.

A correspondent in Los Angeles sends NOW a report from which I clip these items:—

A new Center has been established at Long Beach by Mr. and Mrs. Walter Raymond.

The Garvanza Home of Truth, conducted by Mrs. A. E. Miller and Mrs. M. J. Merrill, cannot accommodate all those who apply for instructions and healing. Mrs. Millitz has a large class and her pupils are doing much individual work in the city. One is doing fine work among the colored people. Another has a class at Rivera.

The Metaphysical Libraries under Miss Reesberg's management, are doing excellent work. She has over 1400 volumes for loaning. During her library work 150,200 books have been loaned. An excellent showing.

The New Thought League, Fay Building, reports success and is well worthy of support from the New Thought public.

Dr. Palmer reports a great growth in his church.

The work of Mr. Foulds and myself is expanding and we feel the stimulus of a new condition in the mental atmosphere all around us.

* * *

The policeman's club as a reform agency can hardly be considered a success.—*Police Chief Petersen of Oakland, Calif.*

MANUFACTURING COSTS STILL RISING

Scarcity of paper and the other increased costs of magazine-making already have caused nearly a thousand periodicals to raise selling prices. It has forced many others to suspend and has brought about a condition of general instability in the publishing field. Hundreds of publishers are dubious as to the present outlook. Prospects for a reduction in paper and other manufacturing costs are very remote. There is a limit to the price which the public will pay for magazines. —*Crowley's Magazine for March (The Journal for Magazine Sellers.)*

* * *

NOW will not be increased in price, nor reduced in size, if its friends will rally and increase our subscription list. I can support it by my other work if necessary, but I know that those who love its independent position will never allow me to do this, so I expect a full house of newcomers for 1917. Note this.

* * *

NOTICE!

The offer of "The Master's Touch" and NOW for \$1.00, for the year 1917, remains good this and the next two months.

The offer of the "Lord's Prayer" and NOW for 1917 for \$1.25 is good any time during the year.

All these subscriptions to begin with January, 1917.

* * *

The moral boss is if anything the meanest and worst of all bosses. The moral boss is always self-sanctified. And it often happens that after we get rid of many other bosses the moral boss still lords it over us. And it often happens that after we have ceased being willing to be any other sort of a boss we're still ready to be a moral boss.—*Horace Traubel, in his paper "The Conservator."*

* * *

"The Lord's Prayer," by Henry Harrison Brown; "NOW" Co. The author calls this "A Vision of Today," and it is indeed a very attractive vision of what man may become when the Lord's prayer is truly prayed and truly lived. There are 223 pp., and one can hardly think of any aspect of prayer that has not been dealt with, and much helpful light given.—*Spiritual Journal, Boston, Mass.*

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Its FACT is that stated by Jesus—"The Kingdom of God is within you!"

Its AFFIRMATION is—"I and my Father are one!"

It is open to all who desire more perfect expression in Health, Happiness, and Prosperity.

Each member will choose the time of Concentration and in the Silence speak the word first for ALL, then for himself. He thus enters into the Consciousness that the Atmosphere of Health is created for him by the many members of the Fellowship.

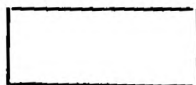
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