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# NOW

## A Journal of Affirmation

VOL. XIV.

MAY, 1917

No. 5

(May 30 is Memorial Day. For that day I print these lines. They are also a contribution to the present patriotic crisis.)

### AWAITING THE REVEILLE.

(Written for a Reunion of my old Regiment, The 18th Connecticut Volunteers.)

..... Say not "Good night!"  
But in that happier clime bid me "Good morning!"  
—Mrs. Barbauld.

Alone! Alone! Nearly all "the Boys" are gone!  
In my tent alone I await the dawn.

All the tents are as widowed as mine.  
Oft at night has the Orderly come.  
He stops at each tent but a moment to call  
Some comrades's name;—

Ah! How silently Death came!—  
Detailing him as oft before!  
Soon down the street into ranks they fall!  
Few are left that answered of yore,  
Few are left to answer "Here!"—  
Few are in line

At Reveille.

They have reported at Colonel's tent,  
Little dreaming what it meant,  
Till they met the Colonel's eye.  
To their salute he made reply:—  
"PROMOTED!"

On the March where the Brave have gone  
These comrades have gladly started on!  
Soon they'll o'ertake comrades gone before!  
They're left us wondering "Why?"  
The "Call" came to them! And I ask:—  
"When will it come for me?"  
Sometime I'll be  
Missed at Reveille!

When now at tents I call  
For those who stood shoulder to shoulder  
with me,  
To oft the answer is, "Promoted,  
Tween 'Taps and Reveille!"

They bivouac now on a mightier field.  
They're led by loved commanders there!  
On can they wear the same old shield

These have done! They have won the prize

Dear in a soldiers eyes:  
"PROMOTED!"

New stars and bars  
They wear 'neath the Stripes and Stars!  
In front with spirits free  
They shout in Victory  
For they have answered  
God's Reveille!

We miss them on our street!  
We no longer greet  
With josh and joke, when ranks are broke!  
They are gone; almost alone,  
Of all Co. D,  
I await the Reveille.

Each eve at "Taps" I ask "Who next?"  
Lie in my blanket perplexed. . .  
Why so many good have passed  
Their "Muster out" and I almost the last  
To hear the call "Come higher!"  
Sometime the Orderly will call my name!  
Fearing not praise or blame,  
I'll answer "Here!"  
Then at dawn one who knew me well  
Will cry out clear:—  
"He heard the Call and reported  
At Reveille!"

I'm again a volunteer!  
The old Boys will welcome me.  
With equipments that shine  
On field of Love Divine!  
We'll salute the Flag again,  
Who have won the guerdon sublime—  
IMMORTALITY!

O Comrades, tried and true,  
Loyal still to the Red, White and Blue!  
Here's a tear and a cheer—  
A cheer for the Flag we love.  
They echo our cheer from above!  
They join in our cheer for Old Glory!  
To our bunks now still lie

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

—Walt Whitman.

### FOUNDATION.

No thing in nature is destroyed, none added;

What is, was ever, and for aye shall be:

Such is the Law of Force Conserved, and  
on it

I build the structure, Immortality.

There is no death in nature, only changing;

The cloud, when not a cloud, is, then, the  
sea:

Back to the minter, nature, for re-minting,  
Goes all the coinage, even Thee and Me.

The range of fleshly senses is quite meager,

The mind alone can roam infinity;

But, for its earthly burden, be contented  
To reach the basic truth deductively.

Yet some affirm that when the flesh has  
fallen

The mind succumbs, withal, and needs  
must die—

The Mind! Resistless, restless, ruthless vic-  
tor!

Let such suffice for them—not I, not I!  
A. F. GANNON.

### "ABOVE THE CLOUDS OF WAR!"

(This is a time for TRUTH to be proclaimed. First of all, as a Soul I am a New Thought person. Next in all that is external I am an American. First, last and all the time, I am a Loyal Citizen. Human Liberty is MY IDEAL COUNTRY. Its exponent, its Home is for me under the Flag of Stripes and Stars. The world has seen our light. Now far Russia has awakened. Liberty is now menaced. God has spoken. Truth goes marching on and we "under God have a new birth of freedom and that government of the people, by the people, shall not perish from the earth!" In NOW for April, 1915, I published an article with the above title. It was prophetic. I quote some passages here as appropriate in this world crisis.)

Above the clouds of war I see future nations learning to make first of all—  
*Manhood their aim!*

I see the *unfolding of the individual character* of more value than artistic culture. *Power to will* will be more instilled than is the study of molecule or star.

The "measuring rod of the angle" will be—*"How much of soul expression!"* Through spiritual unfoldment I see a Brotherhood of self-reliant men yet

forming nations where each is taught to take advantage of opportunities *here and to do his best now.*

I see nations in one large affiliation of states where each is responsible alone to the Highest Ideal possible to their composite expression. Never yet an upheaval in the material earth that has not helped in its evolution toward a condition for the bringing forth of plant, animal and man. Never an upheaval in the race that has not helped the unfolding Soul.

Then why fear? Why be pessimistic? Why doubt the marching on of Truth and Good? The Messiah always comes at the right time and in the right way. He is here in all the demands made upon the race for endurance, for sacrifice, and inspiration. Messiah has a new name today. He is not a personage, neither is he a local movement. He—IT—is *the under current of life—the Life of All.* It is the Spirit of the Universe "moving on the face of the deeps" of the Soul. Man *feels* the upheaval. He is catching the faint echoes of the Infinite Voice within and is expressing it in the Affirmation — I AM UNFOLDING SOUL!

This is the Central Force. I listen to this Voice above the clouds of war. It radiates, as radiate sun rays, in all metaphysical cults affirming the Unity of the individual with the Infinite One. The Messiah is the individual expression of the Absolute recognizing Itself as an expression of God.

The Messiah is coming to man in the realization of the fact stated by Emerson 65 years ago: "There is One Mind common to all individual men. Every man is an inlet to the same and to all the same!"

This war, and all wars, all panics, all sorrow and suffering, are but the birth throes of this One Mind into human consciousness. Out and above the present shines the eternal fact. *Soul is!*

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

—Edith M. Thomas.

God is! Only through experience does IT become conscious of Itself as the only fact; as the supreme expression of the Universe.

To him who sees the Law; to him who sees Unfolding Soul, there is no disturbance within, for he knows that *All is good!* That it is his duty to stand still and see the salvation of Good. He is at all times ready to express, from his plane of consciousness, Truth as he sees it: to be at all times wholly Truth and Love. Ready to be Man, with word of faith, and courage, and goodness to all men as all men are equally Goodness. Others may be ready with cannon and submarine: he is equally ready with word and act. He will work in this plane of appearances with his unfoldment, while in spirit he "Sits at home with Christ!"

Evil as war is to those who look upon it in the light of physical suffering, still to those who climb the heights of Principle, and look into the future, it is seen to be the development of all manly attributes. In it is seen the development of those mental and physical qualities of courage, fortitude, adherence to principle, and willingness to suffer for sake of a right that will insure in their descendants a race where psychic and spiritual powers will more than compensate for lack of those physical qualities which may result because of the war's selection of the physically fit.

Man's fitness is not in his animal body. It lies in those human traits which enable him to overcome resistance. Until these are developed through devotion to a high ideal, there needs must come that physical suffering which develops it in future generations even as

neers that carried Liberty over the Rockies and made this Pacific Coast great and mighty. This stream of Power, materialized through the pioneers' suffering, has resulted in the greatest achievement of man in uniting the two oceans and with wizard wand has not only called forth from ruins this wonderful city, but has also caused the most wonderful "Dream City" to rise from "Thoughts into interior sphere" to bless the world with its beauty.

All these results are not from loins of men who feared war, but from men who were ready, "with life and sacred honor," to serve the Principles for which our Union stands.

Eliminate all that America has gained psychologically from wars, and we would have a nation of nobodies and boobies. Wars are necessary until the spiritual nature of man needs them no more. We shall know when that time is by their automatically ceasing. The time will never come by artificial means. It will come with that growth of soul that sluffs off the war spirit, *the spirit of competition between individuals and nations*, by pushing into expression the spirit of Brotherhood and Unity.

*"Peace on earth among men of GOOD-WILL!"*

Meanwhile we will cultivate the faith thus expressed by Lowell:—

Right forever on the scaffold,

Wrong forever on the throne.

Yet that scaffold sways the future

And behind the dread unknown,  
Standeth God within the shadow

Keeping watch above his own.

(When I wrote this I had a Vision and knew then as well as now that the United States would come into the war as the Power to bring Victory and to have an important voice in establishing Peace.)

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

—Emerson.

ence among many millions—one little star in the galaxy of worlds. But its prophetic power is still upon me; therefore, I quote some passages here.\*

But the address lives and does its work silently. As much as the Spirit allowed me to tell I then told. I quote a few extracts from that address, entitled "New Thought Means a Triumphant Democracy!")

The wisdom of the Fathers is now made manifest in this great body who echo across the century: "*The soul of man can be trusted to the end!*" I wish you to see where you, where this Congress, stands, in the march toward Freedom. I wish you to *feel* with me the great debt we owe and the great responsibility that rests upon each inheritor of the spirit of '76 and the institutions born of it. As children of that early Idealism that materialized the United States of America, it devolves upon us to materialize THE UNITED STATES OF THE WORLD! This is our manifest destiny. . . . Soon there will be a crystallized thought that will, in the Spirit of the old Liberty Bell, "*Proclaim freedom through all the world!*"\*\* It is to us, the only body dealing today with Constructive Thought, to see that proclamation made a universal reality.

Nearly all the world, except the United States, is in chaotic conditions. Ecclesiasticism has lost its hold. It failed when the test came. War is rampant among the great nations called "Christian." The church is powerless. Every institution that has claimed to stand for Brotherhood has failed. The Red Cross welds all into one sympathy, and, while it has no constructive power, it is preparing the way for that thought of Unity, which can come only through suffering. *But we are, as an International body with Universal Truth and Love for our reliance, the one and only*

*power that represents the spirit of the Now and who hold a constructive Ideal for the world. We know the power of Thought; the power of Truth; the constructive power of the Ideal.*

Upon us has fallen the mantle of the prophets and we must fulfill that which they have foreseen and bring in a Universal Brotherhood.

---

### "WHO DREAMS SHALL LIVE"

Who dreams shall live! And if we do not dream

Then we shall build no Temple into Time.  
You dust cloud, whirling slow against the sun,

Was yesterday's cathedral, stirred to gold  
By heedless footsteps of a passing world.  
The faiths of stone and steel are failed of proof,

The King who made religion of a Sword  
Passes, and is forgotten in a day.

The crown he wore rots at a lily's root,  
The rose unfurls her banners o'er his dust.

The dreamer dies, but never dies the dream.  
Though Death shall call the whirlwind to his aid,

Enlist men's passions, trick their hearts with hate,

Still shall the Vision live! Say nevermore  
That dreams are fragile things. What else endures

Of all this broken world save only dreams!  
—Dana Burnet.

---

### IS NEW THOUGHT A REALITY?

Is New Thought a fad, a hobby, a religion, or what? If it is a fad, it will die. We have too many fads already. If it is a hobby, a mere pastime, thinkers have not the time to waste with it. If a religion, we don't need it. We have too many already.

Unless New Thought can give us ideas worth while and can make itself practicable in the every day life, let it alone. Humanity daily is calling for a new light. People are growing tired of the old forms of worship. Those in the pews often know more than the preachers. "His reverence," the so-called

\*The address is now in pamphlet at 10c each.

\*\*Fulfilled today in the union of the U. S. with the Allies. For the first time *The Flag* goes to carry Liberty to the world.

—*Julia Ward Howe.*

"Holy man of God," is becoming a thing of the past. Ministers today are more tolerated than accepted.

The thinking world is demanding the Mental Goods, that will stand reasoning from cause to effect. Reason is the substance of things.

New Thought has a wonderful opportunity to give to these seekers after the truth food for contemplation. Are we going to avail ourselves of this opportunity? If so, we must become at once one big magnet of universal truth; without leaders or founders, must be one in fellowship; must come together; not posing to know it all, or desiring to be a little pope in our own sphere, but through all, learn to know all.

I do not think New Thought will ever accomplish anything while we hold to the name of "church" and our leaders call themselves "ministers" or "pastors." The world has had too much churchianity. When the pure white light of the soul is in evidence, one doesn't have to talk about it. The world demands doers, rather than talkers.

If the New Thought vision is the emancipation of the world, let us get out into the world and talk in the world's language. New Thought, to my mind, has a great mission to perform among the many thousands of non-church goers, those who never enter a church, but who love the truth.

The old established ritual does not belong to a new age. Even a New Thought ritual is at best a poor imitation. Let us do away with form and ceremony. "Come, let us *worship* together." Let us "travel the open road" with Walt Whitman, Emerson, and a host of other New Thought radical thinkers who blazed the trail for us. 'Tis true these radicals do a little damming here and there, but dynamite is good to blast away impediment. Love is sometimes more effective if it has a punch in it.

True education is a series of shocks.

The things that shock us the most, oft-times, experience teaches us to reverence.

New Thought is growing thought. Things that grow burst through their limitations and cause explosions by the way. Let our *thoughts* be our prayer-books; our *deeds*, our ministry. Talk less of love, but *live it*.

Demonstrate health; give lessons in prosperity without talking prosperity. As soon as we begin to live more and talk less, the other fellow will want what we have; we will will no longer have to advertise our goods. Then, as a movement, our mission will have been fulfilled. At that time we, too, will no longer have to be labeled.

HAROLD F. PALMER,

*Vice-President I. N. T. A. for Southern California and Nevada.*

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### POWER OF JOY.

It is supposed to be Gladstone who said that men and women are more hungry for joy than they are for bread and butter. Whether or not Gladstone gave utterance to this truth, it still remains a veritable fact that there is no quality that has such a drawing power for good in actual realization as the power of joy. This quality released into its full expression throughout the being, as a daily habit, affects circumstances surrounding one much as sunshine affects the plant life of the earth.

Do you ever stop to think that the sun penetrates the apparently barren earth at seed time and permeates the soil and seed with its warmth and encourages it into growth. The sun evidently does not think it must wait until the plants have their blossoms and fruitage before it is willing to shine. Quite the contrary—it is because it is quite willing to shine upon that which is apparently barren, that it brings forth the blossoms, and then the fruit, the great



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

—Whittier.

result for which plant life aspires.

There was an English poetess Jean Ingleow, who reminded us of this in one of her poems — "It is a comely fashion to be glad," but many of us who observe the bitterness of the world know that joy is more than a comely fashion—it is one of the most valuable assets we can have in the business world, since, by radiating joy from within outward in a natural, free, spontaneous manner, we make opportunities blossom into the results we want. It is an asset that can be secured with very little effort, with just a little intelligence.

One of the great men in San Francisco uses the following formulated training card, and he says that when he first began using it he did not believe in it at all, but after repeating it for six months, he has found that it has had such a remarkable influence upon himself and his business that he does not wonder at the statement credited to Gladstone about men and women being more hungry for joy than they were for bread and butter.

This is the training card he used:

**JUST BE GLAD.**

1. To be pleased, and yet poised.
2. To be gay, and yet calm.
3. To be delighted, and yet serene.
4. To be exhilarated, and yet tranquil.
5. To be animated, and still within.
6. To be happy, and yet have interior quiet.
7. To be full of joy and deep peace.
8. To rejoice with my whole heart, and yet express self-control.

**9. TO RADIATE:**

- (a) Gladness
- (b) Pleasure
- (c) Delight
- (d) Happiness
- (e) Joy
- (f) Good-nature
- (g) Cheerfulness
- (h) Exultation

- (i) Felicity
- (j) Ecstasy
- (k) Rapture
- (l) Bliss
- (m) Gayety
- (n) Kindly humor

**10. To visualize myself as typefying "Joy."**

- (a) Having my face animated and smiling, and yet peaceful.
- (b) Having my eyes enraptured with happiness.
- (c) Having my voice cheerful and full of felicity.
- (d) Having my carriage firm, erect, expressing evultation.
- (e) Having my step quick and exhilarated, and yet poised.
- (f) To be apt to unconsciously burst into song.
- (g) Having my whole being show the serene rapture and welling-up of joy in myself over the contemplation of the beauty of life.

The strange part of it is that he says he has never made any work out of this training card; that he has repeated it to himself night and morning, and a time or two during the day, when it happened to be convenient, and that in a most matter of fact way, never allowing it to impress him as a task. He states that it has awakened him to the realization of the fact that all intelligent results are gained largely through intelligent repetition, and that since it is through intelligent repetition that he has learned the language he speaks, his alphabet, his numbers—everything that belongs to education, and whether it is through books, etc., schooling or whether it is by observation and experience in the school of hard knocks, he has come to the conclusion that his repetitions should be deliberately chosen and of his *own choosing*. His experience invites one to prove that it is worth while to give it a trial.

HELENA J. MARTIN.

**THE FIRST STEP IN DEMONSTRATION.**

**Lesson No. 5.**

New Thought students are very apt to miss the most important and needful lesson that is to be taught, and because of this find demonstration a hard road to travel. This is because the mind of the student has not been properly prepared in the philosophy. We are all prone to skip the simple and important parts of the philosophy, and desire at the outset of our experience to delve in the deeper mysteries of being. There are no short cuts to demonstration. Before demonstration can be accomplished, the mind has to be prepared in a certain manner. This is something that must be accomplished by the student personally.

The previous lessons have dealt with the conscious and subconscious mind, and the importance of ideal affirmation has been held before the mind of the reader in a very positive manner. The lessons have been simple, practical and true. I am sure that every one who has read them has been able to comprehend the method advanced. Yet I know that few would be able to demonstrate from the lessons so far given. The reason so many fall by the wayside in demonstration is because of discontent. They are not willing to meet the issues of life where they now stand. While we realize and know the power of the individual will, we must at the same time recognize, as Emerson says, that "there is a Will higher than our own!" To demonstrate I must start at that point where I now find myself. I am now where I find myself to be because it is where I belong. I could not be anywhere else. A Will that is above my own has seen fit to put me where I am. When this is seen to be a truth in life, then content comes to the perceiver. This perception is the forerunner of demonstration. The discontented individual may not advance because

he is continually living *his life as it now is*, all his forces are expended in bawailing his fate.

Under the affirmation that I gave in a former lesson, I AM AN UNFOLDING SOUL, this condition of bewailment passes away and an era of hope and advancement is established in the individual's life. There are no punishments or rewards in life. Everything is the result of law. Every thing is a Result. We cannot pick figs from thorns nor grapes from thistles. If I put a potato in the ground and the conditions are right I will most likely harvest a cluster of ten or more potatoes; it would be foolish for me to expect a crop of peaches. The result would be potatoes. The wages of sin are death. This is the *result* of sin. It is not punishment. Man has found this to be a true maxim. It will ever be so. My life as it is today, is a result of the working of the higher Will that is above my will. Therefore, for me to live in constant antagonism to this result is the veriest foolishness. I must agree with mine adversary and agree with him while on the way, if I am to do anything to change my conditions. Emerson says, "Accept the place that Divine Providence has found for thee!" In other words, accept your life as *you now find it with satisfaction* under the affirmation of unfoldment. Everything in your life in this thought will be seen as a result, you will not again think of reward or punishment, but you will go out into the battle of life and consciously strive for results under the law.

The law always works to the advantage of the individual. The right thought in the mind accompanied by intelligent action that is exercised in faith, is sure to give results. Just as sure as the potatoes in the ground will give itself back to the planter many times over.

Accept the place in which you find

## I thank whatever gods may be For my unconquerable Soul.

—W.C. Henley.

yourself and know that *it is* the place where you belong. Build a definite ideal in the mind of that which you desire to demonstrate, and live under the thought of its realization at all times, and if the time is ripe in your unfoldment for you to realize that condition or thing it will come to you as a Result under the law.

A friend of mine desired to demonstrate a Pierce-Arrow automobile, he made the demonstration, but when the auto came it proved to be a Ford. He was not ready for the larger car. The *result under the law* in this case was a Ford. A great many demonstrations will in your life in the same manner seem to be but partially fulfilled, but as time passes we find that under a greater realization of wisdom and knowledge, that the partial fulfillment was in reality a blessing in disguise. Trust the inner wisdom within that far transcends your own and know that all the results in your life are good and tend to enable you to make larger and grander demonstrations. SAM E. FOULDS.

But we must reinforce our American Wishbone with American Backbone. Let Righteousness, not Racial Hate, fill our hearts, but let us meet issues, not shrink from them. . . . America stands for those ideals of the race that make for opportunity; self-government; democracy and political equality; the look forward, free field and no favoritism mental-attitude; the "Give me liberty or give me death" soul-attitude. . . . It is the true New Thought to live for these ideals.—*William Walker Atkinson in Advanced Thought.*

Thank you, William. One would think from the majority of New Thought teachers that there was no America, that country was all illusion, that it is a delusion that there is any need of the Spirit of '76, of '71, of '98 in this '17. "My Country!" should ring truest from the New Thought freeman.

## THE MENTAL LAW OF NON-RESISTANCE.

If an Angel of Light should suddenly appear at our door with a blessing in his hands for us, I wonder how many of us would willfully and knowingly shut the door in his face? Not one, I venture to say. Yet we are constantly closing our mental doors upon unknown blessings because of the habit of mental resistance.

Resistance in principle is everywhere one and the same, but the forms assumed by it are legion.

(Note: Let it be understood that I am not discussing so-called physical resistance, but, rather, am I here writing of that peculiar mental attitude which we sustain towards what are termed "unwelcome" experiences and conditions.) One of the most familiar of habits is mental resistance towards something feared. It is a common habit to resist that which is regarded as "sin" or "evil"; to resist that which is not desired and, sometimes, to resist that which is actually desired, but which early training and religious belief has labelled "bad." It is the custom to mentally resist that which disgusts or which is disliked; to resist disease; to resist people, opinions, injustice, conditions, failure, poverty, and so on ad infinitum. In fact, this habit of mental resistance has become so confirmed in many of us that our lives seem to be made up almost entirely of strife and resistance and we find it difficult (almost impossible) to accept the blessing which the Angel of Peace is always ready and willing to bestow.

Let me make as clear and plain as I can, just what I mean by this term, mental resistance, so that the Mighty Principle of Mental Non-Resistance may be perceived in all clearness.

I endeavor to make clear the negative side of this wonderful principle first in

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

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—George Eliot.

order that its positive side may be the more readily seen.

Here is a "new" boy on the playground of the public school. We all know that a "new" boy is likely to meet with rough usage from most of the other boys. His playfellows want to find out what kind of "stuff" he is made of. He is likely to be teased, fought with, and knocked about generally, but if he is game, he will regularly adopt the attitude of self-confidence, and will give as good as he gets and, sometimes, will give a little better. He will assume and assert an attitude expressed by these words: "Let 'em come on if they want to, they'll find me right on hand and ready to do business!" The other boys soon recognize his strong qualities, and from that moment his troubles vanish.

While we must admit that the boy's attitude towards his fellow-playmates looks very much like resistance, it is not the *mental* resistance of which I am writing. Although the boy refuses to be the underdog in his rough-and-tumble scraps, he does *not* resist the *experience*. To all practical purposes he accepts the experience as *good*, for he puts up no whine, and does not try to avoid it. He makes no effort to put it out of his life, but, rather, moves forward to meet it with a calm confidence in his own power to overcome it, while out of it he wrests the good it holds for him.

Do you get the idea intended to be conveyed? It is *mental* non-resistance to an experience and a condition, *as* an experience. The boy is mentally non-resistant towards a condition which is not altogether pleasant. In his mind he lets it come to him, having full confidence in his ability to mount upward and over-top that experience or condition.

But here is another "new" boy on the playground. He shrinks from the contests, and resists the condition, assum-

ing an attitude like this: "I don't want to fight—it hurts! I don't like these fellows. If they hit me, I shall tell the teacher. I shant stay here! I'm going to run away!"

This looks like non-resistance, doesn't it? Well, so it may be, a certain brand; but really it is very strong mental resistance, and this boy has it in for himself later on. He does not accept the situation as good; he does not want to give out that which the situation demands. His mind is full of repugnance and resistance toward this condition. He does not master the condition, and sometime it is most likely to come to him again, and that too in a more aggravated form—for nothing can keep his good from him.

One boy co-operates with the Universal Principle of All-Good, evolves strength and wins place; the other refuses to work with this principle, gives fear and repugnance a stronger hold upon his mind, and gains a reputation for cowardice.

From the foregoing simple illustration I am sure you understand my idea, viz: that *Mental Non-Resistance* means the accepting of *all experiences* and *conditions* as *good*, and letting them come and go without seeking to hinder them—in *your mind*!

Another illustration: I have, we will say, an ideal that I am seeking to realize. Let us suppose that "present conditions" are very far from actualizing this ideal. Do you think I shall the more quickly bring my ideal into outward manifestation by bewailing and berating the present, its people, or its circumstances; by disliking them and expressing this dislike in words and actions; by bickering, quarreling, criticising, and by comparing the "unpleasant" present with the anticipated "pleasant" of the ideal conditions? Or would such a course have the contrary effect? You know it would have the effect of keep-

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

—Archie L. Black

ing what I desire out of my life the longer.

Such a procedure as just outlined means mental resistance par excellence. Don't you see how I would be depriving myself of peace, tranquility and power; those very qualities that mental non-resistance to experiences and conditions bestows, and under which the Soul can best know and use its vast powers!

If I recognize "poverty" as a permanent principle of being, and turn to it as a reality, an enemy, resisting it with all the might and main of my mentality, I surely am shutting my door in the very face of prosperity; for it is a fact that the individual who spends all his time and power in resisting "poverty" has no time or power left to enjoy the prosperity that is always present with him. And just as long as he maintains this attitude of mind, he will be mentally poverty-stricken, even though he should gain a great fortune in money. That man or woman who may be saving and scrimping, and denying self to accumulate against future want or poverty may be unconsciously at work under the Universal Law of Attraction, piling it up for another, who is either consciously or unconsciously in harmony with that Law in its phase of Opulence, and who will use and circulate freely that which the first is accumulating under hard circumstances. The one recognizes "poverty" as a reality, and fights and works to overcome it; for the other, "poverty" does not exist.

When I fear "failure" and turn aside to avoid it, saying, "Failure is an evil; just look at the unhappy results of failure! It must not come into my life. I must see to it that it does not come!" I am making a *reality* out of failure and acknowledging it as my master by giving it the whipland. He who hobbles with the emptiness of failure, by recognizing it as a permanent principle of being and *resisting* it, cannot know

the *joy* of *true* success.

It is the law that the greater the resistance we offer in our mental attitude towards those things we do not want, the faster they come and the tighter they cling to us.

By going about with a habitual form of mental resistance, one builds a hard wall of environment, which will have to be scaled or destroyed before one's *own* may be reached. By maintaining such an attitude, this wall is kept in good repair, and grows stronger and stronger, but let one become mentally non-resistant and that wall will begin to weaken, for walls left to themselves soon crumble and decay!

That individual who goes about with an attitude of resistance will find mountains ever rising before him, and lions confronting him at every turn of the road.

Jesus said, "But I say unto you, that ye resist not evil."

And I say unto you, The things that ye *would* not, resist *not*. Rather dissolve, transform and transmute *all* for all that which is *good* and *desirable* by virtue of Love and Wisdom.

*Let come* that which you wish to keep away; *let go* of that which you wish to retain.

This mental non-resistance I am advocating is the opening of the mental door to the Spirit of Wisdom; the resistant mind cannot hear its voice or its knocking.

The Law of Non-Resistance is a very gentle law, and has the appearance of powerlessness, and yet, when the truth is known, one finds it to be one of the most powerful principles by the exercise of which the individual mind comes into recognition and control of its vast powers and possessions.

WILLIAM MORRIS NICHOLS.

\* \* \*

No draught shall hold a drop of sin  
If love is only well stirred in.

—O. W. Holmes.



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

—Irving Bachelor.

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### A LETTER FROM A MEMBER OF THE COSMIC FELLOWSHIP.

Those who follow directions and persevere are all reporting benefits. But the tendency of the average person is to slacken as soon as gain is felt, or to give up too soon because they do not at once realize cure. Patience, Practice, Perseverance are the "P's" that grow blossoms and give the perfume of health. Here are extracts from a letter from Canada. The author had but three weeks' membership.

I am glad to report some improvement, through the co-operative help of the Fellowship. I have been looking after the stock this winter alone, under trying conditions. Have water to haul from a distance, our well having frozen. Have had cold and stormy weather to face day after day. And being alone has had a depressing effect upon me. Since your letter of February 14 I have felt more joyful and buoyant. I have recovered hope and vigor. Am more like the happy and aspiring fellow I was. I believe if I am faithful and persevering with the Fellowship it will be the fulfillment of the innermost desire of my life which is, I think, "To express in words what I know of God and to tell of Him to others."

I desire Health, Happiness and Prosperity.

I desire happiness that I may make others happy.

I desire Prosperity and success in honest endeavors.

I desire perfect health that I thus may be of service.

Last week I was suffering from severe pain due to exposure. On Sunday evening I made an especial effort to realize the healing power of the Spirit for self and others. Monday morning I awoke with a song and a whistle. Pain all gone. All suffering stopped. I was grateful. Some of the old church Psalms came into my mind of joy, praise and thankfulness.

Do not all our members rejoice that YOU have helped this lonely fellow? Well, how many are you helping? Join with US all my readers, and give

### ANACHRONISMS!

I did prophesy the bone dry, not because I believe in prohibition, but because I saw the tendency and trend of institutionalism. The institution is going to take charge of the individual, in body and mind and business. It is not exactly bone dry, for there is one exception that is an anachronism—"sacramental purposes." That is an anachronism! Do you know what it means?

Slavery was an anachronism after the Declaration of Independence. But we kept that thing until it was wiped out by war. And "for sacramental purposes," as an exception against booze, is another anachronism. I should think the preachers and church members would be ashamed of it. Use grape juice!

A creed and a formulation of faith and the standardization of books for the International Alliance of New Thought is another anachronism. It has no place, but we are liable to commit the old sin and go on in our transgressions against the truth of Being.—*Shelton, in Scientific Christian.*

It is good to see a few New Thought people who also realize that they really are men and women and have duties here and now. Over-legislation, meddling by statute law with the private concerns of individuals under the name of "morality" or "public good" is in reality a greater menace to Liberty than German submarines. One is open and physical and can easily be defeated. But this subtle undermining of the Principle of Personal Liberty is the entering wedge that ends, if not stopped, in a Prussian Autocracy. The Human Individual CAN be trusted. All so-called evil comes from repressing the natural and upward tendency of the individual soul. Lizzie Doten says:—

O ye! who dare not trust the soul

To guide you in the way to heaven,

Remember that the lifeless whole

Is quickened by the hidden leaven.

And they who, fearless and free,

Thy sacred oaths of life ascend,

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

—Ingersoll.

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## NOW

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Our Nation's pride!

We pledge our fealty,  
Thy Stars and Stripes shall be  
Revered on Land and Sea,  
Whate'er betide.

—C. Fannie Allen.

\* \* \*

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

\* \* \*

An Osteopathic Physician writes of "Self Healing":

"Have enjoyed reading it as I always do any of your books, but this is one to be re-read, studied, and practiced. Have committed to memory many of the affirmations and feel already benefited by them."

She enrolls herself and a friend in the Cosmic Fellowship.

## IMPORTANT TO NEW THOUGHT PEOPLE.

A friend has invited me to join him in a camping out auto tour during three months commencing in June. We shall go north as far as Vancouver, B. C. then east into Idaho and Montana; then south on our way home. We shall visit all points of interest, including various National Parks. We shall have no time schedule. Shall take all the time we wish, for detours from ordinary lines of travel, and in sojourning at places of interest.

I am willing to make a *one night stop* for a lecture in any place we will pass through. Arrangements may be made by letter. All who would like me for a lecture, can address me here and I will notify them when I will be with them, giving them sufficient time for preparation, with all the necessary details. Remember, June, July, August and part of September I will be on this trip. We begin in Northern California and thence to Oregon and Washington. Begin now to write. Your application will be filled and trip arranged to gratify you if possible.

HENRY HARRISON BROWN.

\* \* \*

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.

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**TO THE FRIENDS OF THE INTERNATIONAL NEW THOUGHT ALLIANCE.**

William Walker Atkinson, editor of *The Advanced Thought*, is striking some heavy blows for FREEDOM in the expression and work of the Alliance. Some especially good advice is given in his magazine for April. Like the tendency of all organizations, there is here an tendency to autocracy. Had I had the vote it would have been in opposition to incorporation. This makes it an organization. I wish for an ORGANISM. One is a living body, the other a fossilized—a dead one. I wish the Alliance to grow. An organized body cannot get beyond the plane on which it is organized. So unless there is greatest wisdom exercised the Alliance will be where all sects are—a conservative and established sect. I've no sympathy with the tendency. It rests with the St. Louis Congress to say whether the Alliance commits hari-kari or takes a new life. Subtle tendencies and powers are at work tending to subvert the original purpose. Let the Alliance keep Mr. Edgerton at its head until it is able to walk alone. But *crush out any attempt to define its principles*. The STATEMENT put forth at San Francisco is all that is needed but *see that all accredited agents shall stand and teach from that STATEMENT. NO LIMITATIONS UPON THE MIND AND POSSIBILITIES OF MAN*. This STATEMENT distinguishes NEW THOUGHT from every other movement ever started. It has its distinctive place. From all other movements it has taken Truth, and added to them its ONE distinguishing Perception. It is the *only body of people* that have dared to express, and act in the Perception of the Divinity of Mind. It removes all limitations from the individual and leaves him alone, in his infinite possibilities, subject to his own thought, guided by his own wisdom

or ignorance of himself. For this reason it is NOT Theosophy. It is NOT Spiritualism. It is NOT Unitarianism. It is NOT Christian Science. It is NOT Numerology. It is NOT Astrology. It is NOT Phrenology. It is NOT any philosophy that limits Mind. From all these and in all these are Universal Principles with which we agree. But OUR place is to TEACH *the Divinity of the Human and its Infinite possibilities, and Man's power through creative thought to be his own destiny. We ignore all limitations*. We teach the overcoming of even heredity by affirming our heredity from God HERE and NOW. While in his magazine *Advanced Thought* Mr. Atkinson can admit teachings along all other lines; and other magazines may do the same; still as a body of New Thoughtists we must teach FREEDOM from every limitation. NOW has from the beginning stood for this. Note that on its editorial page every month has appeared this: "*Man is spirit here and now with all the possibilities of divinity within him and he can CONSCIOUSLY manifest those possibilities HERE and NOW*". Beyond this there is no higher statement.

Limitations of book, Bible, previous conditions, stars, evil-spirits, evil thoughts, heredity, material conditions, are only the phantoms of man's ignorance of himself; self-imposed limitations.

The world has never trusted the Individual. Priest, church, king, statute law and the bosses of all kinds, and the Moral Boss worst of all, have been placed between the individual and his divinity. "Be as I say! Be as we say!" has been the order. Emerson said and we echo: "BE THYSELF! Every heart beats in unison with that iron string." It is the only string in which all hearts beat. For this unity NEW THOUGHT should stand. When it

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

—Whittier.

does not, then a new step forward will be taken and Truth, under a new name, will be given utterance. I prophesied that the Alliance would commit suicide in Chicago. It started toward the grave in its incorporation and a committee for a creed. Now will it remove the rope or strangle itself?

I write these lines to forestall in the minds of LOVERS OF TRUTH any attempt to change the policy of Freedom adopted in San Francisco. *Popular teachers* are not always the best guides. The masses are not always in Truth's front ranks. Authority has still a stronghold upon the human mind and the teacher that can and will give a crutch and form a new biblical interpretation; will still leave the student the Bible to lean upon; those who will help him to place responsibility upon something outside himself; upon previous birth, stars, spirits, heredity, etc., etc., will have a large following. This is Old Thought masquerading under the guise of the New. But under this lion's skin protrude the ass ears of Authority and Limitation. Atkinson is doing here a good work and Shelton is a close follower. We are clearing the field for next September's Congress.

#### IN THE DARK.

Lord, since the strongest human I know  
Reach through my darkness, will not let me  
go,  
Hold me as if most dear when fallen most  
low;

Since, even now, when my spent courage lies  
Stricken beneath disastrous, quivering skies,  
I learn the tenderness of human eyes;

Surely, though night unthinkable impend,  
When human hands nor human eyes befriend,  
Thou wilt avail me in the lonely end.

—Sophie J. Trett.

\* \* \*

#### THE DIVINE ART OF LIVING.

By Kathleen M. H. Besley. Rand, McNally  
& Co. Chicago. 75 cents net.

This little book is a plain, simple, restatement of the common perceptions of New Thought. A good book for beginners.

#### A NEW THOUGHT CENSORSHIP.

The Alliance proposes to put out a list of the books it recommends, and will keep such for sale. Many fear this is a limitation upon Liberty of the readers. The only trouble I see lies in the officials giving out the notice. So great is the flood—freshet—now, that all so-called New Thought books cannot be catalogued and kept on sale. I believe in the right of any one to print, and any one to read, whatever he chooses. I despise all censors, and, most of all, the *moral* censorship of today. It is the duty of each person to recommend and to sell the ones he chooses. For my part, I feel, when I look upon the great mass of periodicals and books termed "Metaphysical," as Dr. Holmes did upon medicine. He said: "If the mass of medicine was loaded on a ship and sunk in the sea the world would gain by it!"

Liberty necessarily produces chaos. Crystallization comes later. I never read, never recommend, and will not keep on sale, one book out of a hundred sent out under the name NEW thought. Mediocre talent; immature thought; poor rhetoric; mysterious and newly invented phrases; and new meanings given to old words; commonplace truth made to seem occult, etc., etc. Each reader has a load of all kinds to select from. Popular books are *not* the ones I recommend. The "best sellers" soon die. Worth is of slow growth in public esteem. NOW never recommends a book that I do not think worthy to be in one's library as a companion for years. *Hash* is a common dish in public libraries; Metaphysical literature furnished a large quantity of such provision. The Alliance can choose such as it desires to sell, but to save criticism it better let *all* alone. If a book *needs* the Alliance to recommend it, it is worthless. The I. N. T. A. is able to stand criticism *if it is really alive*.

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Kingdom of God is within you!"

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

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self. He thus enters into the Conscious-  
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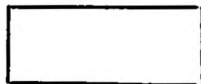
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