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Part 2

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Part 1

By Eugene Del Mar

The Lesson of the Meadow Larks

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Self-Development

By Uriel Buchanan

SAM E. FOULDS, Editor and Publisher

589 HAIGHT ST., SAN FRANCISCO, CAL.

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NOVEMBER, 1923.

No. 11

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SAM E. FOULDS, Editor

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NOW

A Journal of Affirmation

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NOVEMBER, 1923.

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GEMS OF THOUGHT.

“Be ye transformed by the renewing of your mind.”

Old things are passing away and all things are being made new.

Are you one of the new, or are the old things good enough for you.

Nothing is too good to be true. Keep an open mind; let the good become a manifestation through you.

Let the good be glorified in you by a greater manifestation through you of all that is of good report and helpful.

Do you have a mind in you that is clean, good and helpful to all with whom you may come in contact, that you may be one of the workers for good.

Now is the day of salvation. Deliverance from all the undesirable and harmful conditions by establishing your consciousness in all that is true, helpful and good in yourself and others.

“But thou shalt remember the Lord thy God: for it is He that giveth thee power to get wealth, that He may establish His covenant which He sware unto thy fathers, as it is this day.”—Deut. 8:18.

Affirmation—“I am abundantly supplied.”

—*The New Age Herald.*

There is a grandeur in the soul that dares
To live out all the life God lit within;
That battles with the passions hand to hand,
And wears no mail, and hides behind no shield;
That plucks it's joy in the shadow of death's wing,
That drains with one deep draught the wine of life,
And that with fearless foot and heaven-turned eyes
May stand upon a dizzy precipice,
High over the abyss of ruin, and not fall.

—*Sara J. Clarke.*

DEMONSTRABLE PSYCHOLOGY.

(From the Mss. of H. H. B.)

Lesson 13.**Self-Healing.**

Health is the normal condition. Nature desires us here or we would not be here. Nature prepared all conditions for us before we came. Earth and all that is are for us. Man is the crown and the ultimate of all Nature's manifestations on earth. To perpetuate man and to develop Man she has concentrated herself in him and has not only given him dominion over all things, but over himself. MAN is the Race, and it exists through all time and under all conditions.

The race is but a collection of individuals. What the race is, each man is. What the race has done, each man can do. *What Man as individual, or as the race, has done, I can do.* This is to be your Affirmation.

The race has adapted itself to every climate, to all kinds of food, to all kinds of shelter, to all kinds of employment, and to all kinds of habits. Under all religions and civilizations, the race has lived. Whenever a man has died, he has died from cause. Remove the causes of dying, and there can be no disease and death. Persons die because they do not know how to avoid the causes of disease. The important question is:—What are the causes of disease. Heretofore, they have been located without man. Climate, diet, exposure, food, or the anger of the gods, the arbitrary will of omnipotence, evil eye, etc., have been claimed as cause and under some of these theories man is today drugged, dosed, fed, taxed, prayed for and at last dies. Never has medical science or theology found the cure of disease. Patients get well but the disease continues. It is here as it has been from time immemorial. Never has humanity been relieved from a disease. The race is at all times ill. Cause has not been removed. Till it is, disease will be. Doctors and priests have treated effects. Jesus treated causes. He said: "The Kingdom of God is within you." God alone is cause. God is cause of all manifestations. God, then,

is cause of sickness, *if it exists*. Where is God? "Within," he said. Then the cause of disease is within Man. Nor can he hold external cause responsible. I AM RESPONSIBLE! I am Health, and I am Disease, is to be your Affirmation and your thought. Locate Cause, and assume this responsibility, then, and not till then, can you heal yourself.

The Law of Suggestion teaches this: *I am that which I think I am!* When I think I am cause, then I am cause, and will cure myself by removing Cause. When I think I am not cause, I will seek to remove external causes and find that I still think I am sick, for the Soul rebels against slavery to the external. Thinking I am subject to external, at last I yield and die. When I think myself alone responsible, I will neither be sick nor die, for I will institute no cause that produces sickness.

When lies Cause of illness? In the mind. Thoughts cause all bodily conditions. Disease is not a reality, as sun and conditions are. Disease is a condition,—it is a manifestation of the Individual Life. The manifestations of Human Life are all controlled by the thoughts of the Individual. As the Universal Mind manifests in the Universe, so do I—a manifestation of that One Mind—by virtue of my perfect individuality, direct my manifestations as God does his: by Thought. "Perfect?" Yes. Did not Jesus say: "Be ye perfect as God is!" Then, Be perfect, in the only way you can be: by *thinking* yourself so. By affirming, I am Perfect! you give liberty to the Soul in the trust this Affirmation expresses. In Self-trust alone the inner perfectness manifests in health, beauty, happiness and success.

Heretofore you have considered yourself to be the creature of circumstances and subject to environment. Reverse this! Consider yourself the centerstance around which revolve, obedient to your will, all circumstances. Affirm your power of self-direction. Live above environment by first creating in your mind that which you wish and letting it materialize. In this way you live above the animal nature, and the spiritual—the divine—

becomes dominant. Nothing we term evil is connected with this divine manifestation. So-called evil is but the unfolding of the Soul and the struggle of the animal for its supremacy. Once the divine becomes the controlling power, as it does through self-trust, the animal becomes subject and all is peace.

This condition comes only by affirming, I am Spirit! and then by turning your attention away from body, thinking of yourself as spirit, and doing all things with the thought of being spirit, till you shall become so accustomed to thus thinking of yourself that you will *live* as Spirit and enter now into your inheritance as a spiritual being. Having attained this mental attitude, you can never be sick. No accident can befall you. Need you ever pass through the change of death? No! You will gradually purify the body till it shall become transparent and light, so that gravity shall have no power over it, and the eyes of mortals upon the plane where you now are will not see you, while you will see and, by telepathy, communicate with them and with those who, passing through death, have gained the transparency you have without death. This is a logical conclusion. Accept it as so strong a hope that it will lift you above illness. For self-healing, there is not another thought so potent as this of the divine power of Life within, and its subjection to your conscious thought.

Disease is but your mental attitude towards Life. Life is. Search through space for its absence. ALL IS LIFE! There is no spot where Life is not. I am Life! Therefore, I cannot die. I cannot be sick. But I can THINK sickness till Life takes on the appearance that I term sickness. Thus all sickness is an appearance that Life takes because you create it in mind and it reflects in bodily conditions. Health is a mental condition. Health is the normal, and sickness the abnormal, condition of mind. Normal conditions are those that make for happiness. Only when we are happy does our life flow into expression without some repression. All repression is caused by some fear-thought.

For self-healing, eliminate from the mind the fear that caused the illness. Analyze your thoughts. If you cannot locate the fear, have some psycho-analyst find it. Fear of poverty, taking forms of worry, anxiety, avariciousness, stinginess, miserliness, will create disease. Fear of public opinion, fear of criticism, fear of doing wrong, fear of loss, fear of pain, fear of disease, fear of death, are all disease breeders. The Law is: "According to your faith!" Fear and faith are one. Fear is faith in evil. As long as you believe in evil, you will be either diseased or preparing for it. Therefore, the mental medicine you must first take is the Affirmation: **ALL IS GOOD.** Faith in Goodness, is the universal panacea. With this, also take the special Affirmation you need. If afraid of poverty, affirm: I am Opulent! My Supply is Infinite! My Wants are Supplied! For worry over anything, affirm: I am Peace! For fretfulness, affirm: I am Content! For impatience, affirm: I Patiently Wait, for what is mine comes to me. For quick temper, affirm: At All Times, I am Self-Controlled! For blues, affirm: I am Cheerful! O, how Happy I am! For lonesomeness, affirm: I have Plenty of Company in Good Thoughts!

If you fear age, affirm: I am Eternally Young! This will remove wrinkles and, when persisted in, will change even gray hair to original blackness. Affirm all these and others that will occur to you. Affirm from the ideal you hold over yourself and persist until you **FEEL** what you affirm. When they become convictions you *will* feel them—will **BE** them—and the next step in unfoldment is before you. You are ready for a new Affirmation. Healing can come only through the cultivation of faith in the All-Good and in the Infinite possibilities in the Soul, and in your power to call them into expression.

Chronic complaints must be persistently met and the Affirmation held till you have changed the nerve tissue and grey brain matter to vibrate to your thought. Acute cases will readily yield. Relax, quit antagonizing.

THINK HEALTH, and then LET it come. You will soon develop so that any pain, any condition, will almost instantly pass away. You have only to follow nature. Take periods of relaxation. Five minutes of unconsciousness with the right thought will restore your wasted energy. One minute will do it. A millionth part of a second will do it when you learn how. You will then never know weariness, for Nature's vibrant method is a constant supply, and, as the sun is an unconscious channel, you become a *conscious* channel for Infinite Energy to flow into expression. You become a center that is conscious of itself. A Soul that knows its way *and knows that it knows it*.

Health is normal action of Soul through its environment. Therefore, it includes your social, business, and civil relations. You cannot be said to be in health when you feel poor, or friendless, are in unpleasant social relations, or in the midst of antagonisms, worried about business or excited political conditions. As you become normal in your expressions of life, all these relations will gradually change and harmonize with your thought. Only keep your ideal of perfection before you and, since it includes all these conditions, they must manifest.

Beware of hurry. Beware of thoughts of loss, of going backward in your development. These cannot be in reality. You may create conditions for a time by your fears, but the Soul never retrogrades. The chicken cannot get back into the shell. The person who once accepts Truth, cannot lose it. It has changed the life.

Here is the only rule which I lay down, and it is only a rule of thinking and not a rule of conduct:—

RULE. *Think* health only. Build an ideal of perfect health. *Suggest* to yourself from that Ideal every time you think of your body. *Affirm* from that Ideal whenever you are wont to think of body.

Result: You will become that Ideal.

PRACTICE

for this Lesson consists in your leaving behind some ill condition. Sit down and decide what is the most desir-

able condition for you. Find what thought most impedes the realization of that condition. Having found the fear that lies between you and your happiness, affirm the opposite thought.

This self-treatment may lie along bodily, monetary, social, educational, or mechanical lines, or relate to any condition it is possible for you to be in which does not contribute to your happiness.

The saddest thing that can befall a soul
Is when it loses faith in God and woman.
Lost I those gems,
Though the world's throne stood empty in my path,
I would go wandering back into my childhood,
Searching for them with tears.

—*Alexander Smith.*

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Sworn to and subscribed before me this 29th day of September, 1923.

(Signed) N. E. W. Smith, *Notary Public,*

in and for the City and County of San Francisco, Calif.

(Commission expires April 12, 1925.)

THE LAW OF MENTAL MEDICINE.

By DR. WM. FRANKLIN KELLEY.**Part 2.**

There is one supreme law of life and bodily healing. We have termed it the Law of Mental Medicine. This law, properly understood, shows that there is a certain fixed principle in all systems of healing which invoked, kills or cures according to the operation of the law. The principle is this; *life is what it is because of some controlling impulse.* A man is what he is because of some one or more controlling influences. Everything in the universe is likewise what it is and acts as it does because of some controlling force. The great question is, what is this force? What is this law? What is the principle or controlling influence?

To reduce these varied modes of expression to a single purpose and meaning, we shall consider that this something which makes man what he is and the world in which he lives as it is, and the things of the world as they are, is a deep seated, Vital Conviction or Mental Impression in the Subconscious Nature of Being. That is, a man is the kind of man he is, and acts as he does, because he has in his Subconscious Mind certain mental impressions which impel him to be what he is. We are wont to say that a twig growing on the ground becomes the twisted and distorted tree it chances to become, because of the modifications of environment upon the innate life force of the growing tree. Exactly so with man. *But there is a life force within, which determines the influence of environment and the internal response to external stimuli. That force of the Soul is the Predominant Mental Impression.*

In analyzing this law, we find three essential factors to be considered. By understanding these three factors you will readily understand the body-building process, and the principles which enable the Mind to act upon cell life, and cause the cells to carry into execution the designs of the Mind. To understand properly the law of

healing, these three factors must be considered. First is the *Predominant Impression* or element which controls the Mind and cells. Second is the *Law of Suggestion* or means by which impressions become the controlling power. Third is the *Nerve Energy* which conveys that power to the brain, the nerves and the cells, and enables them to correspond their activities to the impulses of the Mind.

In the lessons to follow much will be said about Nerve Energy or that force which operates the body and stands as the medium by which the Mind directs cell activity. Consequently we need but touch upon that principle at this time. But these other two elements of Mental Influence should be clearly fixed in the student's mind in this lesson, as in all the subsequent lessons, these two factors will be referred to many times. We shall first consider the nature of this controlling power we have designated as the Predominant Mental Impression.

The Great Law of All Being—We have now told you of the great law of all life and Being which underlies all conditions and experiences of human personality and which determines and governs everything which pertains to human conduct or welfare. We have called it the Law of Predominant Mental Impression of the Subconscious Mind. This law determines the controlling Intelligence or Vital Action which stands sponsor for all the human activities, even to the activities of the cell life of the body; and from cell life to the higher conditions and activities of personal life, voluntary and involuntary, mental, physical and otherwise, conscious and unconscious.

I repeat that this Law of Predominant Mental Impression is universal in its application. It holds sway in all forms of life and manifestation. It is the law of Mental Medicine and of all healing agencies. It is also the law of chemistry which causes the chemicals to act as they do. It is the law of the mineral world, of the vegetable kingdom and of animal life, as well as of human beings. In short, it controls the phenomenal uni-

verse. It holds sway throughout all creation. It is the law by which the solar systems are created. It controls all things from those infinite domains of solar systems to the minutest atom. It governs all things animate and inanimate. It is the law of laws which underlies the creation of all things. The student will now readily recognize the one great power which stands back of all other controlling influences in human life and activity. It is the Predominant Subconscious Mental Image. But that all may gain a clear conception of this subconscious part of man, let us go more deeply into the subject.

Why Are People Different?—Did you ever thoughtfully study a crowd as you passed along the street or sat in an assembly? Did you ever note the endless difference and variation among people? No two are exactly alike. Some are tall, some short; some fat, some lean; some spry and some decrepit. Very few are well rounded, well developed, healthy, normal human beings. Very few are what they should be—clean, thoughtful, cultured, modest, patient, considerate, altruistic, and at the same time strong, active, aggressive, with ample motive energy to do things of consequence.

Why is this? Why this great diversity? Why so few as well balanced as they should be? Is it the environment? No. People who are born about the same time, in the same environment, possibly in the same family, reared and educated under the same circumstances, often develop entirely different personalities, physically, mentally, spiritually and otherwise. Thus, we cannot say that it is altogether environment, and for the same reason it is not altogether heredity. Why, then, all these differences? That is one of the great questions of Psychology and Psychology alone can give the answer which can be given in a few words, but it takes considerable study to understand it. It is this. *We are what we are because of what we think and the way we live. This results in establishing in the Subconscious Mind Predominant Impressions which in turn makes us what we are.* This principle is the Law of Mental Medicine.

The difference in people, whether they are strong and vigorous, or weak, inefficient and diseased, is due to the potency of ideas in the Subconscious Mind of the individual. In other words, *we are what we are because of the thoughts we think and the way we interpret the experiences of life, the beliefs we entertain and the ideals to which we aspire.* These contribute more definitely to the physical, mental, moral and spiritual nature of our being than the physical experiences and conditions which arise from environment. However, it requires a combination of Mind and matter to make the man. Environment plays its part, but in the last analysis it is the Mind that makes the man.

We often hear it said that experience makes the man, but I prefer to say that *it is the way the Soul interprets things that counts most.* Some people thrive on food and in environments which would kill others. Why is this? It is because of the influence of the Mind on the body. This influence is different with each individual because of the different ways in which people interpret experience. It is necessary to recognize this fact if we are to explain why the same thing often acts differently on different people.

We must also recognize that the Mind has the ability to interpret experiences according to its own standard. This is a vital point to know. While the experience that the Mind receives from environment gives rise to thoughts and lends color and meaning to the ideas which the Mind receives, these sense impressions must be interpreted and given meaning by the Soul before they become intelligent and effective in the control of the forces of life. The food we eat, the experiences we have, plus the activities of the Spirit which animates us, makes us what we are. These three elements are the requisites of personal life in all forms of organic existence. *Yourself, your food, and your experiences, are the three elements of your life.*

THE ABSOLUTE AND THE PERFECT.**By EUGENE DEL MAR.****Part 1.**

What is meant by a consciousness of the Absolute and the Perfect? Does such consciousness signify merely an understanding of principle? Does Perfect mean simply a comprehension of the eternal or unchangeable? Does it refer entirely to the abstract, or does it apply to what may be idealized and imaged, expressed and manifest?

If Perfect pertains to principle alone, to the abstract spiritual essence that is unexpressed and un-manifest, or if it mean normal or natural, it does not call for discussion. But for the most part, it is used to indicate an assumed condition that is definitely pictured or imaged, and which is capable of being manifest. It is used in reference not only to mental conceptions and ideals, but even to their physical manifestations.

Unless the consciousness of the Perfect involves a definite picture of the Perfect, the word is misleading and unwarranted; for the consciousness being imperfect, cannot image the Perfect. If the consciousness images the Perfect but dimly, it is unwarranted in claiming to possess that which may not be improved upon. For a consciousness of the Perfect necessitates a perfect consciousness.

Unless, in the use of the term "the Perfect" is meant the limit of perfection, and the ideal of all ideals, it means nothing more than the imperfect or the incomplete. If the Perfect consciousness admits of degrees of perfection, it is a misnomer. Calling a condition Perfect does not make it so, or relieve it of whatever relativity or imperfection it represents. Such designation conveys a misapprehension of the truth, and a misunderstanding of principles.

If the consciousness indulge in misconceptions, it is obliged afterward to eliminate them. And in accepting an impossibility as a truth, a painful reaction is inevitable. Sooner or later it must become clear that one cannot live or manifest perfection.

If one cannot define or picture his ideal of the Perfect, it is evident that he is able to reach a clearer realization of it. As it may be improved upon, then it cannot be the Perfect that he defines or pictures. If one can define or picture the Perfect, he has reached the ultimate of mental development and spiritual consciousness, and the manifestation of his attained ideals must be a Perfect man.

To say that a condition, an expression, or a manifestation, is Perfect, is to attribute finality to it. Therefore it cannot be improved upon in any way, at any time. With the consciousness of the Perfect, one's horizon is ever narrowing, for one is gradually reaching its condition. There is no life, no hope, no promise and no future lying beyond such an assumed consciousness.

One's horizon expands continually, one's ideal broadens ever, one's love increases always, and one's happiness intensifies constantly. The assumption of a consciousness of the Perfect is a limitation and a hindrance to growth. It means an ever-contracting horizon and an ever-narrowing ideal.

The pleasure of life and the joy of living are in changing, growing, progressing; are in the consciousness of a higher growth to be reached; are in the hope of attaining greater wisdom; are in the expectation of experiencing greater harmonies; are in the securing of more intense happiness. Were there nothing more to be attained, and no higher goal to be reached, life would not be worth living. With nothing to be desired, nothing to hope for, and nothing to obtain, life would be miserable and unendurable. Paradoxical as it may seem, such a condition as "Perfection" would be utterly destitute of every element of happiness.

Certainly no one may become Perfect or attain a consciousness of Perfection by formula. There is no real growth through mere spiritual or mental gymnastics. All growth is gradual, and must be lived on all planes. There is no progress without life, environment and experience. Principle is fundamental, but without experi-

ence understanding of principle is impossible. It is the living that tells. Each condition necessarily forms a part of the plan of unfoldment or salvation. And when one undertakes to obliterate or ignore, he assumes a higher wisdom than that which permeates and directs the Universe.

The Universe represents abstract Being, and its Expression and Manifestation. Abstract Being is Principle or Truth, which is invisible, formless and esoteric. It appeals to the comprehension and understanding, but cannot be imaged or pictured mentally. Expression is the mental and relative conception of Being. It is esoteric, and is formed on the mental plane of existence. Manifestation is the physical or material existence of Being. It is exoteric, concrete and tangible.

Being, Expression and Manifestation correspond with Spirit, Soul and Body. One may not reach beyond the Soul, or individualized Spirit, in conscious formulation. One must ever distinguish between Abstract Principle, and his understanding and expression of it. If one assumes a Perfect or an Absolute, his knowledge of it must ever be relative to, and limited by, the measure of his understanding. And throughout eternity, one's ideals and images must continually correspond with Soul development.

To contrast:—

One consciousness is that of an assumed Perfect, the Ideal of Ideals, the Limit of Limits, and the Finality of All Eternity. It interprets experience as useless. And inferentially, spiritual growth is impossible for, from its interpretation, there is nothing beyond. It assumes to do away with the necessity for environment and growth, for experiences and mistakes, and even for physical life itself. The Perfect and the Absolute necessarily transcend and include all, so to understand the Perfect and the Absolute involves the comprehension of all that is imperfect or relative.

The other consciousness is that of ideals or ever-increasing beauty, or ever-widening vision, of ever-

expanding love. As each ideal is translated into consciousness, broader ideals are developed; since growth and progress are unceasing and eternal. At some future time today's ideals shall have become the actual, and the future's ideal similarly will await its manifestation.

The Perfect, interpreted as the Ideal of Ideals, would imply the end of all activity, the finality of physical existence, the conventional Heaven of the Christian, and the conventional Nirvana of the Hindoo. In breaking away from the old and degrading conceptions that interpreted man a "worm of the dust" and an impotent slave of circumstances and environments, in this conception the other extreme has been resorted to as a refuge and sanctuary. It evidences the reaction from one extreme to the other, and lacks in balance and equilibrium.

The conception of a possible consciousness of the Perfect leads to a life of inaction and passivity, wherein forms, observances and silences take the place of living the life. The activities of physical life lose all apparent usefulness and purpose, for they are regarded as no longer essential.

Each thought demands the instrumentality of the physical, and necessarily partakes of the imperfections of the physical instrument. The highest spiritual conceptions are involved and evolved through physical avenues. The spiritual and the physical, however, constitute but One Life. To be perfect on any one plane, one must be perfect on all planes, since there is but one Self and since life is a Unit.

One cannot comprehend or understand the Perfect or the Absolute perfectly, much less picture it. Each may regard his today's horizon as containing the full limit of space, but inevitably he will find tomorrow's horizon expanded. Each may consider his present ideal a conception of the Perfect, but his future ideal will be more nearly Perfect.

THE LESSON OF THE MEADOW LARKS.

Being my own Little Journey into Success. Buying a home. Overcoming the stubborn will of others. Finding supply, etc., by the use of Mind's action over Matter.

By **MRS. AGNES MAE GLASGOW.**

Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns: yet your heavenly Father feedeth them. Are ye not much better than they?—Matthew, 6th Chapter, 26th Verse.

I have a new home. It is a demonstration direct from the source of all good. This is my one big reason for taking up some space to tell you about it. Read carefully. Study the methods used and you will, too, be enabled to demonstrate that thing you have been wishing for so long.

For twelve long years I have been identified with this address. So much so that at times others living in this big apartment house—there are 72 apartments, room for seventy-two families, in the house; but many in giving the address, 160 Claremont Avenue, to tradesmen, have been asked, "Is that not where Agnes Mae lives?" Having been told that it is they know right away just where to deliver the goods. Now I have a new address. For I will be in my new little home by the time you read this. It is 490 Grand Avenue, Leonia, New Jersey. Be careful to write Jersey now and not York. 490 Grand Avenue, Leonia, New Jersey.

For years until coming to New York City I had been used to having my own home, where there was grass, flowers, and where I could at will go into my own garden and gather my dinner. Alas, you cannot plant flowers on asphalt paved court yards. Now a few weeks ago I went to visit in a beautiful home and had my picture taken standing under a great Red Rambler rose vine that covered the whole side of a big barn. Oh, how I did long to have such a home—perhaps not a big one like that, but one just as cozy and pretty.

On my way home again away in the night I could not sleep for just lying there and thinking what a joyous

time I had been having and how much I would like to have just such a home. Suddenly it came to me that I might have. All I had to do was ask the Father *believing* and it would be given me. Now there was a little house that I had seen and thought that it would be just the thing. So on arriving home I sat down and wrote my agent to go and find out what he could buy that house for. Then the next day my husband and I took the interurban cars and rode out there to see the house, when lo, there was a sign saying "Sold" on that house. I was tempted to be discouraged for a few minutes, for be it known that husband and I had looked and looked around almost everywhere that we had heard there was such a house for sale and this was the only one that we had found that seemed suitable in every way—that is, almost every way. We could have wished that the general surroundings were a little more pleasing. But the house was the right distance out of New York and the trains ran just right for husband to get to his office at the right hour in the mornings, so I had felt that it would be wise to grab that house while the grabbing was good, and then to find that some one else had beat me to it was disconcerting. But I remembered that "*God does not take one good thing away from his child except to make room for something better.*" So I said, "Dear Father, I will now go and look for that *better* thing that you have in store for me." And having said this away down in my heart I allowed husband to help me back upon the next interurban car going New Yorkward. A few miles nearer the city we came to what is called Leonia Junction and there on the corner of the street was a real estate agent's office. I said to husband:

"Let's get off here and see what this man has to offer."

He said:

"This is a very high priced development and I *fear* that you will not find anything to suit you here."

I said:

"I am only fearing that I will not look carefully enough for the better home that my Father has reserved

for me." And we got off the car and went into that real estate office and there I told the man just what I was looking for. He said right away: "I think that I have the very place for you." Then he took us in his car to see that little house and I fell in love with it on the spot. Yes, sir, head over heels in love with that house that was fitting my needs almost as if it had been built for me. But on talking the terms over with the agent it appeared that they were not terms that I wished to accept at all, so we told the agent that we would go home and think the matter over carefully.

Well, I *thought to a purpose*. I worked to mentally see, feel, realize in every way that that was my home and that I was at that moment living, working in it, and enjoying it, and then I sat down and wrote that agent just the terms that I could accept. The very next morning I had a letter from him saying that the owner *happened* to be in the office when my letter arrived and that he was *willing to accept my terms*.

The next thing to do was to go and put down a deposit on the house and get a title search. We did this and then faith had to undergo another severe test. A letter came from another state telling me that it would be necessary for me to raise a certain sum of money within a given length of time. I could do this quite easily, but, alas, the doing of this would prevent me making the payment that was required and which I myself had offered upon that little home. What was I to do? I confess that I am but human and faith was hurt badly for an hour or so, but then it came to me that perhaps I might do better work if I would again go out to that house and do my mental work right on the spot. Once again I got upon the interurban cars and rode out to Leonia. There, sitting on the grass, I tried to do my work, but somehow my thoughts did not clear up. That money was needed out West even more than I needed the house and of course I never dreamed for a moment of not sending it along. Soon I discovered that I had stayed there on that grass for a long time. It was getting late. The sun

was sinking behind the hilltops. I had forgotten to worry about money matters while gazing upon that glorious sunset. It was sublime. To make you realize how wondrously beautiful it was I must now tell you about the little place God had—yes, He had—reserved for me. The back of the house looks out upon a vast expanse of salt meadows. Half way between these meadows and a line of forest trees is a river running through low banks. This is an arm of the sea and subject like the sea to high and low tides. It was high tide at that hour. There was a little cloud away up somewhere near the sky-line. So you now can mentally enjoy with me the wonders of a great round red sun, glowing, glowing and sending out its million rays over, back of and through that veil of purple mist. But it was getting late and without having solved my problem I now knew that I must hurry homeward again. A great interurban car was coming across the bridge about a mile away and I hastened my steps to where I could catch that car. Arriving there a good five minutes before the car did I turned once again to look upon that glorious sunset, when, lo, up out of those meadows, which were all green grey and dotted with red and yellow lilies, cosmos flowers, wild iris, flew something that looked very much like a brown leaf. But the leaf was singing while it soared straight up toward the sky. Suddenly another leaf singing flew after the first and then others, until there were many songs in the air and I knew that they were all meadow larks frolicking in the sunset. Dear meadow larks, playing while they taught me a lesson. That which the Master of old had taught some people when he reminded them that not a sparrow fell to the ground but that the Father cared for it. That he who fed the sparrows, clothed the lilies, was caring for those meadow larks and could care for me just as easily, and that all I had to do was to *cease to be anxious for the morrow*. On arriving home I found a letter from an old-time student asking for a whole year's treatment and enclosing his check for payment in advance. This student knows that he can

expect to reap more wheat from a two acre field than he could hope to secure from but one acre, so instead of asking "cut rates" he does the other thing, doubles regular rates.

The first you will write me when you do so to The Meadows, 490 Grand Avenue, Leonia, New Jersey. And when you visit New York you can just take a Broadway subway train to 125th Street. Then cross-town surface car to Fort Lee ferry and an interurban—any of them—to Leonia Junction, and I would not wonder if I am not even now well enough known in that pretty little place for some one to be able to point out "The MEADOWS" for you. A hearty welcome awaits you all.

◆

SELF-DEVELOPMENT.

By URIEL BUCHANAN.

Though man may perish in life's autumn like the flowers of the garden or the leaves of the forest, and his name be forgotten, the influence of his achievements and the inspiration of his life will warm and quicken the pulsation of hearts until the dawn of a new morning of the world merges into the sunlight of irresistible day. He will infuse currents of deathless energy into the psychic constitution of the human race, and the glory of his life will gladden a vast multitude of minds during the march of generations. Man not only weaves the web of his own existence, but by every secret thought and act is daily and hourly helping to shape the character of all with whom he intermingles, thus creating waves of power which go on forever. No one lives alone; though he be remote from man's habitation, his thoughts will annihilate distance and time, penetrate every barrier and illumine with the flashlight of love the interior spaces of the ethereal realm, striking a correlative chord in other human beings who respond like himself to the resistless waves of energy which encircle the world.

There are master minds on earth today, living apart from the tumult of the restless throng, disassociated from

the whirl of society and the visible presence of men, who by self-discipline and years of special consecration to the uplift of the race, have evolved specialties of function which enable them to influence the movement of men, though unseen, and to charge the interior spaces with magnetic currents of thought which are like the tides of the sea. Out of deeps infinite roll the billows of their inspired thoughts and unselfish loves which nourish the growth of humanity.

There is a close bond of fellowship existing between a large number who have awakened to the light of the new age; and those who have felt the warm waves of human sympathy which unite mankind realize that no visible shrines are needed to keep alive the elemental fire and spread the divine light which is destined to regenerate the race, for it is no reflected light that is rising on the world; and those who behold it for the first time feel the quickening impulse which links mind to mind and makes possible the transmission of thoughts too deep and pure for the touch of words.

This tendency of the individual mind to amalgamate with other minds by the constant interchange of thought and feeling, and by intimate association in social and commercial life, is fraught with certain influences which threaten to obliterate personal characteristics and merge the individual into the mass by the countless images and impressions stamped upon the plastic mind by the thoughts of others. One whose purpose wavers, whose ideals are vague, who falters at every turn and scarcely knows the direction of his destined goal, finds himself a tool in the hands of more positive persons, subject to the swayings of their desires and will. All men differ in their essential natures, and each one has a special talent of his own which should be cultivated to the highest possible degree of perfection; and all other faculties should be disciplined to sustain and enhance the power and usefulness of the leading trait. There is a distinctive desire in every human heart which may be called the hidden spark of genius. If sacredly cherished and fanned by the

breath of hope and resolve it will spread into a flame which shall light man's pathway to the supreme heights of power.

Listen to the voice of destiny which is being uttered in subdued tones by the divine monitor within. Develop an independent judgment. Study yourself, your hopes and aims, your relation to environment and the possibilities that are yours. Look deep into your being and receive from the inward source the revelations of life. With steadfast eye fixed on the highest goal, maintain your allegiance to truth, and resolve that no power shall control and direct you save the commands issued from the throne of that invisible kingdom which is yours by every law. Use the knowledge and experience of others, if it is helpful to personal advancement; but maintain an independence of judgment and flash the searchlight of reason on all subjects that are vague.

As the harmony of music is made by the concord of different sounds, and the beauties of nature by the endless variety of forms, so the true brotherhood of the race can be fostered and maintained by the development of distinctive individualities, each one representing a note which shall vibrate in accord with others in producing the universal symphony. Hence you should cultivate the special faculties of the self with a mind free from the influence of disturbing forces. Lift yourself above the shadow of pessimism and despair and bask in the sunlight of freedom and progress. The gift of a liberal and progressive individuality, independent, determined and sincere, is the noblest heritage of man. Its culture and growth lead to the emancipation of the mind and will from the rule of others. There are infinite capacities within the self which simply await our loving recognition to bud and blossom into tangible realities. The deep inward yearning is the progressive spirit of life which impels humanity onward; it is the mute pleading of the aspiring self in search of the destined goal of its mission.

Hold ever before you a mental image of the ideal self you would become—the self which is radiant with love

for all humanity; alive with the energy which prompts the doing of worthy deeds; beautiful with the brightness of a deathless hope, realizing latent possibilities and looking forward to their most glorious unfoldment. Be calm in the faith which is born of the certainty that power sufficient for all demands lies slumbering within; be fearless in regard to the opinions of others.. Inspired by the desire to uplift mankind, impervious to reproach, insensible to flattery, remain steadfast in your allegiance to your highest ideal. Invisible and intangible yet none the less ever present and powerful, are the forces which we set in motion by thoughts and desires. With every selfish or worldly thought, with every bitter reflection or useless recrimination, we call around us the influences of darkness and death. With every unselfish thought, every pure aspiration, we woo the attendance of the invisible hosts of light and life. And by these various powers we are forced downward or drawn upward, according to the nature of the ideals which control us.

No one can be satisfied with a meaningless existence. The innate restlessness which is felt by all at times, is the evolutionary impulse of the soul, yearning for the fulfillment of its rightful destiny; it is the incessant demand of the higher self calling out in the silence for that fullness of life which shall develop its incalculable possibilities.

Being endowed with glorious possibilities which patiently await their discovery, as an instrument awaits the magic touch of dexterous fingers to call forth divinest strains, arise, therefore, to a sense of your dignity as a denizen of the universe and heir of the ages. Awaken to a keener perception of that which slumbers within. Being a component part of that energy which controls and directs the world and all the suns and planets of the myriads that revolve in the infinitude of space, ever impelled by the undying spirit of progression, let us press onward to the final goal of an infinite perfection.

A CHAT WITH NOW READERS.

Christmas is again upon us and I want to draw your attention again to the use of Now Magazine as a Christmas gift. You cannot do anything better for a friend than put him or her in touch with New Thought. If you could read the letters that I receive every day from readers who tell me of the benefits that they have been able to derive from putting into practice the teachings of NOW—you would, I'm sure, want to send the magazine to every friend you have. The rate will be this year:

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I respectfully ask that the subscribers who are interested in the success of the magazine will try and augment its list in this manner.

On Oct. 11 the editor was visited by Geo. Elmer Littlefield, of the Red Rose Ministry of Santa Barbara, Calif., and J. F. Rowney, of the Rowney Press of Los Angeles, Calif.

S. E. F.

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