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Suggestion Mental Science

Psychology

JULY 1925

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Nerve us with incessant affirmatives. Don't bark against the bad, but chant the beauties of the good. -EMERSON.

> Time past and time to be are one, And both are NOW .- WHITTIER.

"Twas only striking from the calendar Dead yesterdays and unborn tomorrows.

-OMAR KHAYYAM.

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# NOW

# A Journal of Affirmation

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#### THE DAFFODILS

I wandered lonely as a cloud
That floats on high o'er vales and hills,
Whe all at once I saw a crowd,
A host of golden daffodils,
Beside the lake, beside the trees,
Fluttering and dancing in the breeze.

Continuous as the stars that shine
And twinkle on the milky way
They stretched in never-ending line
Along the margin of a bay;
Ten thousand saw I at a glance,
Tossing their heads in sprightly dance.

The waves beside them danced, but they Outdid the sparkling waves in glee-A poet could not but be gay, In such a jocund company:
I gazed and gazed but little thought What wealth that show to me had brought.

For oft, when on my couch I lie, In vacant or in pensive mood, They flash upon that inward eye Which is the bliss of solitude; And then my heart with pleasure fills, And dances with the daffodils.

-WORDSWORTH.

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# THE GOAL OF EVOLUTION (A Study in Cosmic Consciousness) -By Henry Victor Morgan

VOLUTION implies involution. Nothing can be e-volved that has not first been in-volved.

The perception of this primal truth is essential to all who would realize the easy way of attainment, as stated by Jesus when he said, "My yoke is easy and my burden is light." While it is true that man is a creator in the finite we should ever remember that individual creation simply consists in molding the formless substance which is forever uncreate and eternal.

"By faith, we understand the worlds were framed (not created) by the word of God, so that things which are seen were not made of things which do appear." In other words, form is fugitive but substance is eternal. The highly mystical statement of Paul, "Faith is the substance of things hoped for," is luminous with truth. It is ours to frame our world in our Chamber of Imagery, and then through the power of the Word to mold the formless substance into the building of our desire, an house not made with hands, eternal in the heavens.

We need never fear loss or change if our minds are fixed on the abiding Reality that moves through all forms but itself remains unchanged. When our eyes turn inward to that center where "Truth abides in fullness," and we perceive that God is involved in nature, and that evolution is but the manifestation of that power through which God's image is being brought into expression, truly we can delight in the law that is ours to use and directly

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When this creative law is perceived and applied man becomes an active partner with God in working out his own salvation. Hitherto he has been passive and suggestible. Now he becomes a reasoning soul, and knows that stronger than fate is Will. He studies the law of evolution that through countless ages has been working slowly toward a better and more beneficient end, and finds that he can now co-operate with the law and produce, even in a day, what would have required centuries without his cooperation; for when we enter into the thought of God a thousand years are as a day. Our individual effort should ever be to bring God's world into manifestation. for God's world is permanently perfect.

Nothing can be taken from it nor added to it. Man's thinking cannot change its essential nature, nor can his destructive energy destroy the substance of even a blade of grass. But man can mold the formless substance into millions of new forms. Not only can he greatly improve existing forms but bring new ones into manifestation, for nature is subject to the will of man.

By holding the image of a certain kind and color of rose and working intelligently with nature, the rose image will materialize, for every improved variety of flower, plant, bird or animal is but a materialized thought. Much wonder would be evinced if a number of persons sitting together could cause a rose to actually materialize but every day the wonder of materialization through man's thought on nature takes place unnoticed.

In our uninstructed states our natural bodies are built and materialized according to the race image that is implanted at the moment of conception, and sun, moon, air, water and food are called upon to materialize the image involved, for nature must materialize according to the image that is placed before it. Herein lies the opportunity of every individual to outgrow the race thought. Place a selected image on the mount of consciousness! As we have borne the image of the earthly so may we bear the image of the heavenly! The fact that nature is plastic and suggestible, seen in the light of the spirit, constitutes the true freedom of man and guarantees the possibility of eternal progress.

In this respect man occupies an unique place in creation. Beneath him all forms of life are arbitrarily fixed from without, and bounds set beyond which there can be no progress. But in the mind of man we behold a new order, and a new factor in evolution has to be considered. That which to the brute is the iron bar of circumstance, when seen in reason's light, becomes a means of power. While the leopard cannot change his spots, thinking man can change his environment, heal his body and remold his character.

Through artificial selection man has greatly improved existing breeds of animals and varieties of plants. It is now known that there is a corresponding law in relation to man himself and that the improver can be improved. It is a thousand times more important to know that conscious man is capable of endless self-improvement and that he can rebuild his body into health and harmony through applied metaphysics than it is to know the working of the creative process in plants and animals.

It is only by taking thought that man's happiness and emancipation can be achieved. Not from without but from within must true victory be obtained. When the inner

kingdom is realized the outer circumstance is harmonized. Jesus called this insight into man's effective relation to God, the Kingdom of Heaven, a state wherein each individual becomes a conscious partner with God and is thereby clothed with authority and dominion through an understanding love. Then it is that the true light, that lighteth every man that cometh into the world, is kindled into a flame and in the sublimity of an uplifting faith the God-inhabited soul forever declares, "I and my Father are one."

Cosmic consciousness is the goal of evolution wherein the part becomes conscious of the whole and shares the strength of Henceforth we are no longer infinity. strangers and pilgrims nor prisoned in separate consciousness, but workers together with God. This is the Truth Jesus said would make man a free citizen of the universe. Herein is captivity led captive and fear annihilated. When this truth is fully realized our flesh will become again as the flesh of a little child, old age will be obliterated and death be swallowed up in victory; for no one can think of these limitations as belonging to God.

This is the great emancipation toward which nature has worked with groans and travail cries, namely, to produce the God conscious man claiming and exercising his involved dominion. This is the divine event, the consummation of the ages, toward which the whole creation moves. Blessed are the eyes that behold this inward coming of the kingdom and blessed are those who count all things but loss in order to hasten its advent.

Blessed are the dead whose souls have seen the coming of man's promised dominion, for to all such physical death has been but a releasement from the visible and limited into the invisible and unlimited. From behind the scene they work invisibly for the things we seek in the visible, for it is a cosmic truth that without us they could not be made perfect.

Know then, O child of God, you are never alone. You need never say, I would that help were near. For as your mind turns to God in true thought, spiritual influences are set in motion throughout the universe of God, and response is certain.

This is the utmost goal toward which we move, the contemplation whereof brings health of body and that peace which passeth understanding.

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#### DISAGREEABLE TRUTH

Don't flatter yourself that frienship authorizes you to say disagreeable things to your intimates. The nearer you come into relation with a person, the more necessary do tact and courtesy become. Except in cases of necessity, which are rare, leave your friend to learn unpleasant truths from his enemies; they are ready enough to tell them.

-Oliver Wendell Holmes

# PSYCHO-ANALYSIS AND RATIONAL BUSINESS SUCCESS ETC.

A Course of Advanced Lessons BY Dr. Wm. Franklin Kelley

Lesson 4. Part 3.

# PSYCHOANALYTICAL PROCEDURE AND METHODS ILLUSTRATED

UNLESS you are content to have the association remain disagreeable and to end disastrously. One's rights stop where the rights of the other fellow begin. individual, married or not, has a right to his own being and his own existence. Let him work out his own destiny as far as you can, - and then strain a point to let him do it even more completely than that, -just as long as it doesn't interfere too much with yours. Try to understand that. That is the proposition. If he wants your advice and help, all right, well and good; but don't impose them on him. Unreasoned opposition to the other fellow is what gets us into more trouble than anything else. The wise thing to do is to cut it out. Do not impose."

The lady said: "It will be very hard for me to keep my mouth still, but certainly I will try it." A couple of months later I received a letter from her husband saying: "My wife is an angel; she is entirely different. I am glad she joined that class."

What has been illustrated in this citation, is a simple "domestic relationship complex." A "complex" may exist on any item or subject. For instance, in regard

to the strenuous occupation and economic conditions of the present day, it is common to meet people who have a well developed and paralyzing "financial complex." Such will be by no means easy to analyze, unless the first interviews are designed to "educate" him well to constructive intention and effect of the entire procedure. In a general way too, you will find that the people will stall around on answering questions concerning the things on which their complex is most pronounced.

# CALCULATE ACCURATELY AS TO THE KIND OF COMPLEX

In practicing psychoanalysis on people, always have that in mind. Just as soon as you come to the place where they begin to be evasive, or just shut up like a clam in the face of all your questioning,—you may smile and say to yourself: "Aha, my friend, I am getting your number." And you are. That evasion or silence is your cue. It is as though some inside informer had warned you that right there is the place to use your intuition. Use reason and inference as well as intuition.

Now in analyzing or "making out" anything in regard to a financial situation. or a domestic situation, or any personal problem which has any bearing upon things of an intimate nature, it is absolutely essential that your patient has explicit confidence in you. In fact, in order to be a success in any line of business, any line of practice, it is absolutely necessary that you conduct yourself in such a way that you win the supreme confidence of your patrons. If you fail in that, you have absolutely failed in the most essential thing in psychology. You must win and keep the confidence of the people with whom you deal. You may succeed through

trickery to get people's money once in a while, but that is not success.

In practicing analysis, whether on yourself or others, train to get down into consciousness, into its submerged or subconscious phases. Train to open up the paths and channels there, and let the light of awareness and of consciousness bathe the subconscious. That will establish grooves of contact between the subconscious mind and the conscious. The thought forces will then begin to equalize and flow freely, and as soon as that equalization takes place completely, the pressure ceases and the "complex" is gone.

# PERSONALITY COMPLEX EXPLAINED

Many people have a personality complex. By that is meant this: you may have plenty of money, you may be perfectly healthy, you may have a good disposition and all of that,— but there is some proposition that keeps you from being and doing what you want to do because of somebody else... that is, because of some other person or persons. Suppose you see somebody else over here who is a good lecturer, - and that is just what you want to be. You try to lecture and do not do it quite as well as this person. You are jealous, and yet you go away rather downcast, as if saying to yourself, - "I know more than that individual. I understand the subjects he handles better. But somehow I simply can't make good." Automatically, probably, you repeat this to yourself from a variety of angles. The first thing you know, you are developing a "personality inferior com-plex." You are depressing yourself and holding yourself down, because you see other people doing something that you would like to do but can't. That is one kind of "personality complex".

The other kind is being jealous or envious of somebody. It may be hatred, or it may be a case of the "somebody" getting on your nerves. The somebody question may be "getting your goat" and doing it so thoroughly that their very presence becomes a nightmare to you. If you suspect a complex that involves people and personalities, get at it quickly, for its removal should not be too difficult.

Realize that the consultation with you may mean a great deal more to your patron than it means to you. Make the procedure interesting to your subject. Explain enough of psychology, enough of the need for analysis, to secure unreserved confidence. As time allows, give your caller more than agreed upon, -- something a little extra. This may readily take the form of a miniature education in psychoanalysis itself, so that when your patient is cured, he will also have a better knowledge than has the average layman. This may actually work out as advertising for you; but whether it does or not, it makes people consulting you feel good. It may cost you something in the way of slight sacrifice now, but in the end it will bring you back mighty big interest. That is a matter of common everyday experience which, course, applies in every line of human endeavor; but in the practice of psychology and psychoanalysis, its importance is peculiarly magnified, due to the intimate and personal nature of much of the work that is required of you.

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This lesson will be concluded in the August issue.

# SEND A CALL (copyright)

You who are weary wherever you are, Send a Call.

Helpers are near you tho' friends be afar,

Send a Call.

Love's station is open by night and by day

The train travels safely tho' dark be the way

The service is gratis. You start when you may.

Send a Call. Send a Call.

O weary pilgrim the great day is here Send a Call .

Lay down your burden and banish your fear

Send a Call.

Holding the lantern, love lights up the chart,

All preparations are made to depart, The Master is holding the line on your heart.

Send a Call. Send a Call.

The echo will carry your voice on its wing

Send a Call.

Your message he safely and surely will bring.

Send a Call.

He rests on your lips like a lingering kiss,

Not a word that you utter he ever will miss,

He'll carry a whisper, this Angel of Bliss

Send a Call. Send a Call.

MARY T. PAGE-

# NEW THOUGHT VERSUS OLD GRAMMAR -ByHenry Harrison Brown.

HE custom is, in all forms of education, be it home, school, church or press, to express thought as a desired and possible, rather than as an actual condition. Man has been told "he ought," "he could," "he should." Teaching has been in the old conjugation: "I might, could, would or should be." Preaching and praying have been in the potential, and reforms in the subjunctive moods. "Wilt thou," "may we," "let us," is the burden of prayer. "We ought," "we can," "we may," interlard all conversation and literature. Scarcely a sermon, essay or homily is written in the indicitive mood. The present tense seems unknown to preacher and reformer, so rarely do they use it, save in a moan or a whine at that which IS, and all that IS, and all that IS, is bad; the good is YET TO BE. This grammar is that with which men have attempted to reform the world and-failed. Necessarily so, for the world is FORMED, and NOW is the only time. Words of power are in the indicitive mood and present tense. "I am" is power. "I shall be" is as weak as "I have been!" These last have no place in a successful man's vocabulary. "I am" are the only words of inspiration. The teaching that is up-todate is "I am." Education that is worthy of the name is confined to the present. AFFIRMATION is true teaching. In "I am" is the only culture. The Law of Suggestion is my warrant for saying, the only assistance one can give another is by way of AFFIRMATION. This Law is as sure as the law of gravity. A structure to be se-

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cure must keep its perpendicular within its base. AFFIRMATION is Human Gravity, it keeps the perpendicular of effort within the base line of the Ideal. When the indicitive mood, present tense is used in connection with any wished for condition that condition IS, because the thought creates it. The potential, conditional, or doubtful moods leave that wished-for condition, just where the thought places it, and there it will ever remain, till the person shall say, "It is!"

These remarks are called out by much in the way of beautiful Truth, that appears in the old preaching way in New Thought journals. An excellent author, in a fine journal says: "We should not always be in the same class. We should see that we are advancing. We who have entered into the realm of New Thought ought not to follow in the track of the past." Yet this same writer in expressing his Ideal "follows in the track of the past" and says "should" and "ought." NOW is in the track of the present, and is the only journal that is always there. NOW says, "I am, I do, I have, I live, It is, You are." This weakness in language in New Thought teachers, shows an unpractical knowledge of the Law of Suggestion. Too many of them possess an ignorance, or a fear, of the word "Hypnotism," which keeps them in the track of ancient suggestion, and causes them to create the very condition they would avoid, or at best to delay their coming with a "Let" or a "May" or a "Will."

That which is held as ""will come" or a "may come" is never here. To realize how little real New Thought literature there is, read the best journals in the light of Henry Wood's "Ideal Suggestion." Our best authors weaken their thought by

lack of Affirmation. I give one illustration—"Waiting," by John Burroughs, is one of the real poems of inspiration and was for years a rod and staff to me giving me rest in many a hard place, but it kept me WAITING. Yet while waiting I would sweet—ly murmur:

Serene I fold my hands and wait, Nor care for wind nor tide nor sea! I rave no more 'gainst time or fate, For what is mine will come to me.

But mine never came. It was ever coming. More courage than it took to storm a battery, did it require to say, "What is mine comes to me!" As soon as I did say it, it came. It stays. It comes at need every day. This Affirmation: WHAT IS MINE COMES TO ME! is more than all the hopes, desires and ambitions of the forty mature years that I did not use it. Now I live it. Five years ago I wrote:

Love, the 1 AM, is lord within!
Daily he brings mine own to me!

He never fails to bring it. He brings it to all who in trust enter into a realization of their possession now as God manifest.

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#### DEMONSTRATION

## (A Practical Lesson)

"WHAT is Truth? is an old question. Let us answer it thus: Truth is all that is,-All that is, is Truth. But man's perception of Truth is partial. He has Truth only as he unfolds. Being a part of that which is, he is, therefore, Truth. All that he is, is truth. Truth is, then, Man manifest, -is man as he knows himself to be.-as he KNOWS himself to be. He knows only BEING. Much that passes for knowledge is only learning, is acceptance of some one's say so. Truth never comes to manifestation through any one else than SELF. I AM TRUTH! means, what I Am is truth. Nothing is truth till it is manifest in my living it. All else may be truth to others, but not to me. Until I live it, it is not truth to me. Comprehend this fully before you go further in this lesson. Remember, only what you have demonstrated in living is truth to you. All else is possible truth. Demonstrate by experiment; LIVE IT; then you have knowledge. You cannot make a success as far as manhood and womanhood is concerned until you KNOW that what you hold IS truth. To accept statements from others, is for you to be a counterfeit, an echo. To be a living voice is the only manhood.

How to demonstrate? Just as the boy tries the ice in winter before he ventures to skate. Just as the farmer tries the soil. You are to demonstrate by trying, what I tell you is truth, by experiment. When, by experiment, you have found that it is truth, then you have knowledge. As knowledge comes, much that you have learn-

ed will be found to be valueless. Much of the theology in vogue is learned. Theologians are very learned. Professors in college are very learned in most things except in matters in regard to mind. In regard to psychic phenomena, they are very ignorant. You are to KNOW. This is the first requirement of Soul Culture. first thing I require of students is that they shall not accept, but shall KNOW that what I teach is truth. Therefore as principles are stated, you are to demonstrate them by living them. Try them out in everyday life. Affirm the truth, and see the result.

Therefore I give you this next rule: Accept no authority for Truth. It is its own authority. Cut aloof from all books, teachers, friends, who would lead you and follow Truth. NO AUTHORITY FOR TRUTH is to be your Affirmation.

It is my purpose to put you into conscious possession of that which you already, as a manifestation of Omnipotence, possess. This lesson is merely a by-way to lead you to the fountain-head of all Truth, your Soul, your Real Self.

For it is with this Real Self, the Human Soul, that Suggestion deals. Through it you are to be brought into closer relations with the souls of others and with your own than man has ever been consciously brought before. He has been there by accident, by instinct, by habit, but never into conscious communion as he is with bodies. Muse upon this promise: Through Suggestion you will come into conscious relation with your own Soul and the souls of your friends.

Soul is a manifestation of Mind, of Intelligence. Intelligence lies latent until called into expression. What awakens it? Suggestion. Intelligence is expressed because something calls it out. That which calls it into expression is all that is not the Ego, all that is without the man. He is awakened into expression by feeling. This feeling or sensation is occasioned by vibrations from without. We know we are, first because we feel. Anything that awakens a sensation is a Suggestion. Here you have laid out for your study the whole field of experience. All Human Life is called forth by Suggestion. To know Suggestion is to know all possible knowledge.

We therefore have the definition of Suggestion: WHATEVER AWAKENS A FEELING OR A THOUGHT is a Suggestion. To know how to suggest to others is to cause them to think and feel as you wish them to think and feel. If they do not know how to protect themselves from Suggestions, they are not self-controlled, but are the slaves of circumstances. To know then what suggestions to accept and what ones to ignore is to be Master of Fate.

Self-control begins with control of the emotions. We should not feel anything we do not wish to feel. We do not wish to feel unpleasantly. We have the power of choice. We can feel whatever we choose. We can refuse to receive any suggestions that would make us feel unpleasantly.

Demonstrate this fact in your own life. It is intended that this lesson shall teach you how NOT to feel anything you do not wish to feel, NOT to hear anything you do not wish to hear, and NOT to see anything you do not wish to see, to always find the good, the pleasant, the sweet in life.

This is the power of self-control the Law of Suggestion gives you.

(To be Concluded)

#### OUR FRIENDS

What Wise Men All Through The Ages Have Written About Those That Are Dear To Us.

Our friends interpret the world and ourselves to us if we take them tenderly and truly.

A. Bronson Olcott.

When men are friends, there is no need of justice; but when they are just, they still need friendship.

-Aristotle.

Friendship is a thing most necessary to life, since without friends no one would choose to live though possessed of all other advantages.

Aristotle.

If our friends are badly chosen, they will inevitably drag us down; if well, they will raise us up.

-Lord Avebury.

Alonso of Aragon was wont to say in commendation of age that age appears to be best in four things: old wood best to burn, old wine to drink, old friends to trust, and old authors to read.

-Francis Bacon.

Every man should have a fair sized cemetary in which to bury the faults of his friends.

-Henry Ward Beecher.

To bury a friendship is a keener grief than to bury a friend. -Hugh Black.

Our friends see the best in us, and by that very fact call forth the best from us.

-Hugh Black.

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