



JUNE, 1903.

# NOW

## A Journal of Affirmation

Thought

Suggestion

Soul Culture

Psychometry

VOL. IV. NO. 3.  
MONTHLY.

\$1.00 A YEAR.  
10c A COPY.

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.

HENRY HARRISON BROWN,  
Editor.

How many smiles there might be,  
If people only knew  
That they feel better every time  
Their faces smile anew.

How many smiles there would be,  
If people simply thought  
Their look is fairer when they smile  
Than when they're smiling not.

How many smiles there will be,  
My friend, when you and I  
Have learned to practice what we wish  
Those other folks would try.

—J. R. Trowbridge.

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## "NOW" FOLK PUBLICATIONS:

### NOW, A Journal of Affirmation.

Monthly; \$1 a year. Henry Harrison Brown, Editor. Devoted to the education of man in the use of his Spiritual Faculties, the unfoldment of Psychic Power, and the development of Self-Control. It is a monthly messenger with Spiritual Food.

Helen Wilmans, in *Freedom*, says: "There are so many good things in NOW that when I begin to quote from it the first thing I know I am getting it all. Such being the case, I advise my readers to send a dollar and get it. It is in magazine form, a good shape for preserving, and there are few publications as well worth keeping as it is."

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## "NOW" FOLK

1437 MARKET STREET,

SAN FRANCISCO, CAL.

THE GREAT MAN DOES NOT LOSE HIS CHILD HEART.—MÆNECIUS.

# NOW.

## A JOURNAL OF AFFIRMATION.

VOL. IV.

SEPTEMBER, 1903.

No. 6.

### POEMS.

#### THREE L'S.

Life is, but cannot say "I am!"  
 Life is but Motion in the One!  
 Whether it moves in plant or worm,  
 Or shines in planet or in sun,  
 'Tis Life Divine! There's Life where're  
 There's Motion that knows not it's here.

Love also is of Motion born;  
 And Love is Life, 'tis Passion, Power!  
 Love is Life through Soul transformed!  
 But Love counts neither space nor hour.  
 Love is the power the Ego wields,  
 But Love thinks not; Love only feels!

Till Thought is born and Soul is free,  
 Unconscious Love's vibrations roll  
 Subject to Universal Law  
 By which the One controls the whole.  
 With Thought came Liberty! Now I  
 Determine when I joy or sigh.

Life and Love are Absolute,  
 Impersonal and Limitless!  
 There must be Freedom! When within  
 The Soul is born Self-consciousness.  
 Life knows Itself. Love says, "I am!"  
 This conscious Life and Love is MAN!

Life, Love, and Liberty! Through these  
 By triune birth came I, and now  
 With them, I am that which I am!  
 To no external Power I bow.  
 A Soul immortal here I stand!  
 Liberty's lien is in my hand.

—HENRY HARRISON BROWN.

#### COMMUNION.

Each hour is a communion hour with him  
 Who knows that God abides within his heart;  
 He finds the holy cup filled to the brim  
 Who never bids the Blessed Guest depart.

—Susie M. Best.

For Nature ever faithful is  
 To such as trust her faithfulness.  
 When the forest shall mislead me,  
 When the night and morning lie,  
 When sea and land refuse to feed me,  
 'Twill be time enough to die.—Emerson.

SOUL INHERITS ALL THAT SOUL CAN DARE.—EMERSON.

#### WHAT SHALL I EAT?

Food only restores waste tissue, supplies heat and force, feeds the brain and nervous system. The brain and nervous system control and give power and action to all the muscles of the body including the stomach. This power of the brain is derived from *rest and sleep alone and not from food.*—Alkaloid Clinic.

Our bodies are made up of what we eat, drink, breathe and *think.*—Dr. W. P. Burke, in *Health.*

These italics are mine. This is a great advance in the medical thought,—this admission which means all that Mental Science ever claimed. Food is "feed" for the brain, but the power to use this feed does not come from food; it is found by the brain in sleep. This being true, it comes from something outside the brain and nervous system. The doctor does not tell us whence. His admonition that food does not give power, is all that we need to understand the place of food. This same authority continues: "Digestion of food is a tax upon brain energy. *All curative power is brain energy.*" BRAIN ENERGY CURES! Note this well. What then is the use of medicine? Rather let the brain sleep and gather energy, use it to cure and to regenerate the body. What is the use of food? .

In this day of "food fads" and "health foods," I have wished to write something sensible upon the topic. This is my opportunity. This is the thesis I will advance: *Food never supplied one ounce of vitality to the body and never can. It makes not one atom of difference to the body what one eats.* In its last analysis, all food is ONE. Food is a manifestation of that original Substance which we like to term God. Rock, plant, ox, and man, are all God. I eat God in peach and beef, in wheat and hog. It makes no more difference

Old theology says: "No!" Medical science says: "No!" Many reformers say: "No!" I say:—Trust the Soul. Desire is Soul command. "Trust the current that knows its way." Those who think Soul cannot be trusted, will not trust it, and will not understand those who do trust it. It is impossible for one to love and eat food trustingly who holds thoughts of fear over his food. When the eater is in harmony with Truth as I state it, he will eat and enjoy.

"Isn't force from food another manifestation of energy, and isn't it governed by laws, the same as light or electricity?" asks a correspondent. Certainly, by laws for him who lives obedient to laws of the lower octaves. But Soul is Law unto itself, when it becomes cognizant of its power and directs the operation of all these lower laws. Whatever may be the conclusion drawn from the present little knowledge of energy, facts are of more importance. I write from demonstration. Love will make any FOOD palatable and digestible. Food is defined as "Nourishment; nutrition; that which is eaten or drunk for nourishment." A premise based upon poisons, or anything that man is not in the habit of eating, considered food, cannot properly come into this discussion. *Eat only when hungry. Eat the food you love, and love the food you eat, is the Law.*

"Why do you select your flour, as per your item in September NOW?" Because I love it. Try to influence me to eat any variety of flour because it is wholesome, and I will not touch it. I say in the item:—"We prefer—" At "NOW" Home, all food is selected because we like it, and not because it is recommended for cheapness, wholesomeness, or because it is the fad. What is desired? is the only question buyer, or cook, or eater, asks.

#### SPACE A NON-REALITY.

Space is merely a consciousness of the relativity of things. It is merely the

result of the mental faculty of Comparison. Comparison is but the result of sensations. Vibrations from things affect us and, according to the Sensations, we measure not alone distance, but weight and size. These mental conditions are the results of Vibrations. The old ideas of Gravity are tottering under recent discoveries of scientists. Where is space? What is space? Where in space are we? are questions that are no longer for the metaphysician to answer. Physical science must grapple with them.

This thought is called fourth by the remarks of Prof. Edgar L. Larkin, of Mt. Lowe Observatory, in a recent article. Speaking of the earth and its motions, he says: "The sun moves through infinite space 12.5 miles per second; the earth slides along with it, so the space motions of the earth are complex. *It will never come back to the point where it now is for all duration.*" I have italicized the thought I wish emphasized in the public mind. What is and where is the point where it now is? With the earth are going every fixed star. The whole known universe is moving with our sun. Where to? Where from? We know the earth's position only in its relation to these stars. We only approximately keep this relation.

But about our place in the real One, about our place in space, about our place in the universe, we know nothing. All the movements of bodies, whether they are suns or systems, are falling from somewhere to somewhere, so science tells us. With the same knowledge they have, I affirm that they are falling from nowhere to nowhere. They are everywhere at all times. Science studies appearances and is as far from Truth as is the M. D. who studies appearances and thus diagnoses and treats disease. We know all disease is located in Mind,—that appearances are illusions of the senses. In like manner, all the astronomer sees is an illusion of the senses. Space and time are illusions. Only God and Motion are, and I am IT.

WE FORM IDEALS AND THEY REACT AND FORM US.—JOSEPH LeCONTE.

RANCH PHILOSOPHY.

BROTHERHOOD.

I feel the time 's comin' near  
In this fair world of ours,  
When men 'll drop all hate an' fear,  
To pluck life's fairer flowers;  
They 'll grasp each other by the hand  
An' look deep in their eyes,  
An' find therein the promised land,—  
The long sought paradise.

The time's sure comin' on apace,  
It's gettin' mighty nigh,  
When this poor jostlin' human race  
For wealth 'll never sigh;  
They 'll jog adown life's widened road  
With step as light as air,  
An' carry each an equal load  
An' mutual burdens bear.

An' each 'll do the work at hand,  
An' do it with a will,  
They 'll know that All alone is grand,  
An' loud is tone that's still;  
An' each for all an' all for each,  
They 'll journey ever up,  
An' man to God his arm 'll reach  
Far past the sun's bright cup.

For men shall march around the stars,  
An' sing the song of the Song o' Truth,  
The planets be their jaunty cars,  
An' time be put to proof,—  
For what is time but will o' man?  
An' what is man but soul?  
An' what is God's eternal plan?  
I tell you: Man's the whole!

—SAM EXTON FOULDS.

SCIENTISTS AT SEA.

Science is fast, like the "three wise men of Gotham," going to sea in a bowl. Not only is the discovery of radio-activity disturbing it, but along every line old theories are being found no longer explanations of phenomena and new hypotheses have to be imagined. But the Law of the Conservation of Energy is becoming more and more demonstrated. We are in a Uni-verse and science is coming more and more to recognize Unity. It is surprising to hear the present cry: "All is electricity!" All is Motion, and electricity is motion, but all motion is not electricity. Sound, heat, light, magnetism, gravity, are motion, but they are not electricity; but they can by the Law of the Indestructibility of Motion, known as the Law of Conservation and Correlation of Energy,

be changed into electricity. But there are still other unknown forms of motion and *radio-activity is not electricity*. This I affirm, not as a physical scientist, but as a Mental Scientist, and a believer in Unity. Higher vibrations are becoming recognized by man because he is becoming more and more sensitive and FEELS the finer forces about him. Psychometry has long detected radiant matter. Clairvoyance has long seen the halo, radiant matter, from the human body. Magnetic healers have long used the radiations from the human body with which scientists are photographing.

By and by, as shown in "Man's Greatest Discovery," there will be no use for the tools, hypotheses, deductions, and applications of present science, for it will move out into the greater world and study and live from the finer forces. To all that are now in the dark as to the cause of radio-activity, and especially to the scientists who feel that their old hypotheses are of no value, I recommend my book, entitled "Man's Greatest Discovery." It will lead to the consciousness that Mind is all, and that the future scientist will follow the line of investigation marked out for it by Professor Elmer Gates, and study only his own mind.

Fearing that food will disagree with you, helps to make it disagree, for really one becomes what he fears. When one chooses food through instinct and intuition, there should be no fear of its disagreement, for it is then that he is led by Life in the realm of food. Instinct and intuition will not choose any kind of food unless the individual's condition requires it. Instinct and intuition rejects all kinds of food when they are not needed, but when needed these choose the precise kind of food that will digest and make good the waste places in the body. This natural rejection of food by instinct and intuition is but another name for *fasting*. Fasting under these conditions becomes both natural and easy.—W. P. Burke, in *Health Magazine*.

CONSCIENCE MUST BE FREE.—GARRISON.

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\* SOUL CULTURE LESSON. \*  
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HOW TO BE HAPPY THROUGH  
AFFIRMATION.

*Seventh Affirmation:—I CAN.*

When duty whispers low, "Thou must!"  
The youth replies, "I can!"—Emerson.

The first conception man has of the universe about him is that it is Power. This is his conception of God, because not until he feels he is himself power can he make a concept of that which is not himself. Analyzing Self-Consciousness, we find its origin to lie in a sense of power. This is necessarily so since Life is but a manifestation of Omnipotence.

The first impediment to happiness is the sense of inability to do or be that which is desired. All human unhappiness arises in a sense of want. "The constant feud of Want and Have," says Emerson.

In the Affirmation, I POSSESS! which was the Fourth in this series, must necessarily be included a consciousness of Power. I AM POWER! is the thought out of which is born the Affirmation, I CAN! Not till we feel we have power to do, can we affirm—I CAN.

When any proposition presents itself to us, we first calculate our power. Is it possible? If possible, then I CAN. If it is not in our thought possible, we do not affirm this. Military commanders sometimes lead "a forlorn hope" because it is their duty to obey.

"Ours not to make reply!  
Ours but to do or die!"

Too many in business and social life lead "forlorn hopes." Out of such, nothing but unhappiness can come. There are no forlorn hopes in a true Life. All that is mine to do, Nature makes it possible for me to do. Paul saw this so clearly when he wrote to the Corinthians: "There hath no temptation taken you but such as man can bear; but God is faithful, who will not

suffer you to be tempted beyond that ye are able!"

Temptations ever come in forms of desire. I am able to choose how that desire shall be met. I CAN give it loose rein or I CAN direct it. I AM POWER AND I CAN DIRECT MY OWN LIFE! Not until this is thought and felt can there be happiness. Only in the possibility of Self-Mastery is happiness found. Resignation, submission, acceptance, belief in the inevitable, all these are compromises which by stifling the aspirations of the Soul, bring a mental and spiritual paralysis that is miss-called happiness or peace. But elastic is the Soul; once give it hope, it rises out of any condition of resignation, and the discontent awakened is proof that there was not happiness but its counterfeit. Happiness is found only in the sense of Power to BE in expression that which is desired. Never while a slave to Can't is man happy. While one is the child of Want, happiness is impossible. Possession and helpfulness are twins. Possession is the mental consciousness of Power; happiness is the spiritual result.

There is no one cause of illness, failure and misery greater than the two words: *I Can't*. "Can't" is the one disease that afflicts all humanity. This disease, Mental Science has come to remove. *It is cured by faith in self*. The Affirmations: I AM POWER! I POSSESS! I CAN! are the only remedies needed under the Master Affirmation, ALL IS GOOD, to redeem the world.

Take this receipt and carry it with you constantly: *Ever affirm, I CAN, in regard to any thing you wish to do. Ever affirm, I HAVE, in regard to anything you desire to possess. Ever affirm, I AM, in regard to anything you wish to be.*

All doubt of your ability to carry out your desires, all fears of accomplishing your purposes, all weakness in executing your plans, disappears as morning mist before the sun when you arise in the dignity of your manhood and affirm: I CAN.

DARE, AND THE WORLD ALWAYS YIELDS.—THACKERY.

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\* **AFFIRMATIONS.** \*  
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[An affirmation bears the same relation to Soul Culture that an axiom bears to mathematics. It is to be taken as Truth, not reasoned upon, but accepted. Thus held, it will mould the expression of life into its own likeness. The "I" is the ego of the person who affirms. As one says, "I am happy," when all goes well with him, he is to learn to say, "I am happy," when all seems ill to him. He will thus, by Auto-suggestion, produce in himself that mental state which is happiness. These Affirmations are given every month as spiritual gymnastics by which one may grow into self-control. When they are repeated, or held in mind, other and injurious thoughts cannot come in. Thus by conscious choice one becomes Master of Fate.]

Then said Samuel: "Speak, for thy servant heareth."—*Bible.*

O Sun, thou art ever ready with thy beams when earth turns to thee! but not more ready than I when Life calls for expression.

O Earth, with all thy germinal life, ever ready art thou for the embraces of Light! but not more ready than I for all the calls of Love.

O Stars, ever ready with twinkling beams! I too am ever ready with radiations of joy and thankfulness.

O Seasons, ye come and go with changing purpose! but not more ready with cloud and sun, heat and cold, are ye than I with Truth and Love for all demands.

O Ocean, your tides follow the attendant moon with waves ready at her call! but equally ready am I to meet the promptings of Spirit.

O Waves, that, with rhythmic well, roll from shore, bearing life giving breezes! I, like you, am always ready to vibrate with the undulations of Infinite Life and bear Soul-messages to all my brothers.

O Winds, that follow rhythmic Law, ready at command of Sun and Earth! like ye, I say: "Speak, for thy servant heareth!" and willingly I arise to the tasks Love assigns me.

O Forest, standing with leaf and branch ready at all times to be the harp of the wind's silent fingers! I am equally ready at all times for the fingers of Thought upon the harp of my life.

O Birds, ever ready to greet the morning, or to come forth in song at the

call of Love! my Soul is as responsive as thine to Love's whispers, yielding its willing obedience.

O Stream, Breeze, Flower, and Bird, unconscious reservoirs of Spirit! I also am a reservoir of Life, ever ready for manifestation.

Like all Nature, I am a reservoir of Infinite Truth, ever ready for Inspiration.

I am a reservoir of Infinite Love. My Supply is constant and I am ever ready for its expression.

I am ever ready at call of lover, friend, humanity, with cup of water or ministrations of Power.

God and I are One! and, as he is ever ready in the unconscious world, so am I ever ready in the Self-conscious world of Life.

No call of Love finds me unprepared, for I am as constant as God is, for He worketh in me.

Truth is everpresent, and I am ever ready with words to cheer and bless, for where Truth is, I am.

"Love never faileth." Love I am. In Love I trust, and nothing finds me unprepared.

"Love is the fulfilling of the Law," and Love is constant. With Love, I am ever ready and in this readiness find my happiness, my heaven, my prosperity, my health.

Now is the appointed time! Now is the day of salvation! In Truth and Love, I am ready.

Professor Anderson, of Yale, says: "I can prove by my muscle-bed that the important thing in all exercises is the mental effort put forth. I can lie down on this muscle-bed and think of a jig, and, though apparently my feet do not move and actually the muscles are not active, the muscle-bed sinks toward my feet, showing that there has been a flow of blood toward the muscles, and that, if I did dance a jig, the muscles would be well supplied with blood under this mental stimulus."

There is a certain rule which you should adopt and never fail. It is this: *Never say anything concerning your own self, your surroundings, your affairs, your family, or your friends, except that which you wish to see realized in Truth.*  
—COL. OLIVER C. SABINE, in "Divine Healing."

A LITTLE FEAR IS A GREAT LEAK IN POWER.—HENRY HARRISON BROWN.

\*\*\*\*\*  
\* ECHOES FROM "NOW" HOME. \*  
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Coming into the New Thought means dropping all unpleasant memories of the past and stepping freely into the glorious possibilities of the now. Dropping the garments of the old and robing ourselves in the new. Experiences have made us what we are, and we are to rejoice and be glad in the good they have given us. With this Realization, we just begin to understand what the eternal now has for us. We enter into our universal possession. God has given us himself. This includes All, and out of all we can create every *thing*—all we need. God, as Soul, is all powerful. Realize and remove all limitations we have placed upon the soul. Claim our heritage and manifest that which we are. We let this God in the Soul out of self-imposed conditions. Express along the line we wish to go in perfect fearlessness. No limitations! Infinity is behind us, why need we fear? We cannot exhaust infinity. Once realize this and draw, and all is ours. We are to take hold of now and manifest all.

LEONA.

Nowhere can the truth, goodness, and beauty of life be brought into fuller expression than in the Ideal Home. Be it palace or hut, one room or many, it is our own domain where we may throw aside all pretense and the natural self find expression. It is a problem to get a home, but it is a greater one how to create within it an atmosphere in which the soul can unfold and blossom like the flowers in a garden. Above all else, love must reign supreme. Without true love as a center, there can be no true atmosphere of home. There must be earnestness and unselfishness; *perfect freedom* of thought and action. Cheerfulness is an absolutely essential quality in home atmosphere. It will glorify the humblest abode; one hardly breathes where it is absent. Let there be gentleness, for gentleness

is both beauty and power. Let it shine from heart and life. There must be a sense of the higher living. This sweetens life and adds power and joy. Thank God, home does not consist of four walls and fine furniture, but the God within us makes it possible for all, even the poorest and humblest, to make the Ideal Home. THE TRUE HOME IS THE HEART'S RESTING PLACE, where the soul is free to express itself.

ELLA.

Happiness comes from within. We do not depend upon externals for happiness. Everything we find outside ourselves we should use for unfoldment. As we unfold, we have power to choose things the soul needs for growth and happiness. If we do not learn to choose, then Nature teaches us by throwing us into unpleasant conditions. We do not stay down long, as our Ideal is forever beckoning us on and, at last, leaving many a rough place behind, we step forth into the glory of Truth's noonday sun. The victory is ours. For ages past, countries have had their ideals and maintained them. It is necessary for the individual to have ideals. The Ideal is the definite end, or purpose, for which we are working. It ever urges us to greater endeavor. We are to study the best way of reaching it. We may try many ways before we find the right one, but it is the endeavor that tells and brings us at last to Realization. When we thus find and know our own power, we radiate strength and happiness.

MARGARET.

Truth is simple enough to grasp when we realize that doing our best each day is living Truth. Each one brings Truth into this Home by living it. We take each day what we draw to us and, turning it into good to ourselves, we make it so to others. We make the best of everything in a spirit of happiness, well knowing that as we unfold the better will come. As we learn to trust the Soul, we create only pleasant conditions.

MAMMA.

NOW IS THE TIME FOR A NOBLE DEED.—LIZZIE DOTEN.

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\* PHENOMENA. \*  
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John H. Suss, of Visalia, Calif., under date of June 6, writes:—

While sitting at dinner with my wife, I sensed a disaster and said to her: "There is a collision between passengers steamers. One is hurt in the bow. It turns and the boiler explodes and under full speed she goes under bow first and lives are lost." Last week's papers tell of two French steamers colliding. One has her bow hurt badly. She turns and under full steam heads for the beach, but an explosion occurs and sinks her with many passengers. I had no relatives there. This was on the other side of the world. I was wide awake.

He also says:—

I am impressed that the Reliance will win in the great yacht race, but at the same time I will not bet on it.

Spirit knows neither space nor time. Cause lies behind every effect. Where there is no cause to prevent the natural laws of energy, they must work. Prophetic minds catch in the psychic that which is coming because it is there a reality. A premonition may cause one to put forth a preventive thought. Thus a new cause is introduced, and the accident foreseen is prevented. Man can be cause and rule his destiny. He will so rule when he knows his power.

Geo. W. Gibbs, late Lieut. Light Battery "A" Utah Artillery, sends NOW these instances of Telepathy:—

I expected a business letter. A week ago Sunday I had a thought-message that the letter was in the postoffice. I would not otherwise have gone to the postoffice but went and found it. I paid a lady a check, left her house and went to town. When I returned home the lady came and requested me to stop payment on the check as she had lost it. In my mind, I saw it lying in a drawer in her writing desk and told her so. She declared that she had not been to her desk. But later she found it where I told her she would. Wife and I often do what the other wishes without a word being spoken.

HIS SOUL WAS LED BY ETERNAL LAW.—LOWELL.

AN AUTHENTIC CASE OF PRESENTMENT

The following incidents were recorded by a gentleman of this place with whom I am well acquainted, as I was also with the gentleman, now deceased, whose experiences are related, and which I believe to be true:—

While in the employ of Mr. S—, during the years 1879-'80, he told me some of his experiences with clairaudience. Some years before a son was doing business in a neighboring town, and he telegraphed that he would be there at a certain time. To meet the engagement, he took the train seating himself in the forward car, he being the only occupant. Hardly was he seated before an audible voice earnestly requested him to change his position. He looked around but no one was there. Again the voice was heard repeating the same request, but he heeded it not, never having heard anything of the kind before. But when the request was repeated the third time, he involuntarily picked up his satchel and took a seat in the rear car, after which he heard no more.

The train moved on and the circumstance was forgotten among other thoughts, when suddenly there was a crash and sudden stop. He alighted and went forward, finding that part of the train had gone through the span of a bridge, the engine being on one side and part of the train on the other, while the car in which he was first seated was literally smashed to pieces, the worst damage being in the very place where he had been seated.

He resolved, if ever warned again, to heed it. His next experience was a warning about a real estate investment which he supposed all safe, but, heeding the voice, an investigation was made, a defect was found in the papers, not a moment too soon, and quick work alone saved investment from being a total loss.—*The Anvil*.

PULPIT HYPNOTISM.

Do any of our ministers understand any of the laws of hypnotism? Do they realize that all the power that a man possesses is really the power of the spirit? Do they realize that even the body is under the control of the spirit—the ego—and that not one muscle of the body can move unless impelled by the spirit? That the spirit leaves the body and it (the body) is dead? The spirit of man is God's image, and is no flimsy apology either.—*From an address by Rev. F. J. Van Horn, pastor of Old South Church, Worcester, Mass.*

MISCELLANEOUS.

EMERSON.

When Emerson came the sphinx to see,  
It was brother visiting brother.  
For he said: "Indeed you are a sphinx!"  
And the sphinx said: "You are another!"  
And when then the Egyptians heard  
They must have been moved to tears;  
For the dull old sphinx hadn't spoken a word  
In more than three thousand years.  
But Emerson needn't have gone so far  
He would say a sphinx to find:—  
Because the sphinx is what we are,  
And Egypt is the Mind.

—Charles Mallroy, in *Peot Lore*.

TRUTH THE ONLY REMEDY.

The trout in the brook, the bird in air, the tiger in his native haunts, never grows infirm with age. Why should man? Is the added gift of reason the curse that follows him and makes him an invalid or cripple? To think this is to impute folly or even malevolence to the creator. Man was made to be well and youthful always. The work of the Infinite is perfect. It is the hand of man alone that mars. \* \* \* The true cause of disease is not micro-organisms, nor any germs of vegetable or animal life, nor any purely physical cause; it lies in error of thought and feeling, or in a failure to understand and apply the beneficent principles of our being. The nature of disease or disease itself is not any sign or symptom or appearance upon the body, but is pain or distress of mind; and this again is only the promptings of the spirit within to have us change our course. And lastly, disease can be permanently cured or effectually prevented, not by any drug or compound of drugs, nor by any inoculation or contamination of the blood with any virus, but only by removing the cause and correcting the conditions of life. This can be done only by an universal health education. \* \* \* A healthy emotion is a remedy far better than drugs, since disease is always the misconception of Truth.—*From an Address by the Dean of the Vermont Medical College.*

Mental Science says, "Ay! Ay! Sir!" to this. Disease is a Human production. Because Man is Man, he has power of Self-Direction, and under the thought he has ignorantly and unconsciously chosen, he has closed the

flow of life through his nervous system. This absence of Life he calls disease. He must necessarily pass long ages in learning how to use the Life he is, and direct it by the Power he is, as Thought. The Twentieth Century is applying to Human expression the greatest discoveries of the nineteenth, namely: the Law of Conservation and deductions drawn from the facts of Telepathy. Man is consciously coming to his own, and is learning that disease and death are unnecessary human productions—are conditions of absence—and by his thought is giving full opportunity for Infinite Life to manifest. All that has heretofore made earth a charnel house, is passed away and the day of Redemption, the dawn of the Millennium, is here in the Consciousness of the I AM which proclaims:—*I am Spirit, and Eternal Life is mine here and now.* Science is slowly verifying this position. Even the great German, Virchow, said death was unnecessary and would depart when man learned how to live without disease. Mental Science and Soul Culture are only demonstrating what others hold as a possibility. Life is, and we are Life. Our Supply of Life is Infinite and we claim and take it now.

THOUGHT CONTROLS DIET.

When I drank coffee, I thought I suffered; when I did not, I thought I was comfortable. I have reasoned all round the most provoking little bean, and at last have reached the conclusion that the whole trouble lies in myself. The coffee bean is as innocent of harm as a string bean. I am not sure I can say to coffee any more than to an acquaintance: "You shall like me because I am very fond of you." How ridiculous! do you say? Perhaps so; but if, as science teaches, every atom of every substance is intelligent, how can we leave coffee out of the category? \* \* \* I believe that the desire for coffee gives me an unprohibited right to its use, and if certain mental traits or physical conditions stand in the way of the enjoyment of things I like, they must go the way of all foolishness. It seems to me that if anything we like disagrees with us, we shall find the cause in ourselves and not in the

LOVE, LIKE GENIUS, OBEYS NO LAW BUT ITS OWN.—ANDREW JACKSON DAVIS.

substance. It is easier to discard a thing that we like than to knock out old habits and alleged chronic conditions. I know because I have tried it. But is not such a course ignominiously weak and cowardly? Let us remember the promise to "Him that overcometh."—*Eleanor Kirk*, in her Monthly.

This is good! It harmonizes with the NOW position. She gives a hint of the Law when she says: "The desire gives me the unprohibited right," etc. "I like." Liking for a food is the only reason for eating it. "Liking" is the only digestive power. "Liking" is the only assimilating power. She gives another Law in the doubt she expresses: "I am not sure that I can say to coffee any more than to a friend, 'You shall like me.'" Let us see:—"What makes everybody love you?" was asked of the daughter of the great Dr. Dodridge. The answer applies to things, food, and liquids, as well as to persons: "I suppose 'cause I love everybody!" People who FEEL our love will not harm us. Food that FEELS our love will not harm us. Things FEEL but do not think. Make them FEEL you and they will do you good. Dollars feel your fears, doubts, love, and trust. So does food. Run from opportunities of growth and you lose growth. Assert your power by overcoming fears, food, fiend and dollars.

#### A LETTER FROM AN EDITOR.

Eugene Del Mar, editor of *Common Sense Advocate*, writes this pleasant letter. We always like to be judged by a jury of our peers:—

I am always glad to see "Henry Harrison" getting out some new publication. He and his official family have always my best wishes. If I had a "family" to assist me with my paper, I should have more time for saying and writing good things about my neighbors, and so get more out of life.

"NOW" Folk hold themselves only as a hope for the race. We know Truth and Love will make one family of all mankind, sometime. Why not now? What we have demonstrated in our little sphere is possible in all spheres.

When mankind quits working for the dollar or for power or for place, or even for love and truth, and LETS SUPPLY in every direction come, the purpose meanwhile being to let the I AM express ITSELF in joy, then all will be one family. Live to enjoy expression, knowing we possess all, then life becomes more in expression each day. This is the Millennium of the prophet. Teachers along all New Thought lines have this in view. Eugene Del Mar sees and feels this and his "Folk" will rally around him at the right time in his development. He understands the Law of Attraction. Would you understand, read his book upon it.

Hunger, as a physiological and normal process, is possible only after the consciousness of the individual has been aroused to the desirability of some gustatory act. Then the sluices to the secretory glands are flung open. The stream of gastric juice thus turned out over the interior walls of the stomach, stimulates the nerve-endings of the gastric nerve plexus, which being in communication with the brain and spinal cord, send a storm of reflexes to these centers, and thereby give rise to the emergence in consciousness of the sensation called hunger. Thus for the sensation of normal hunger, three physiological factors must be brought into activity: an empty stomach, an intact nerve connection from the gastric nerve endings to the brain, and the concentration of consciousness on the gastric nerve reports. The individual consciousness, by thus forcing the flow of gastric juice, gives rise to the sensation of hunger.—DR. A. E. GIBSON, in *The Osteopathic World*.

*Paid*, a little, a very little journal, is an effort toward abolishing race prejudice on behalf of the Anglo-American. 25c per year. Nora E. Hullings-Siegel, 1549 Lawrence Street, Denver, Colo. The editor says: "I thoroughly realize that the white slave may not be eliminated from his grinding conditions until the general mind releases the black slave from the thrice ban under which his enslavement placed him."

A successful playwright, ordering a dozen "Dollars Want Me," says: "I read it while visiting Mr. —, the actor, a few days ago. *It is Immense.*"

JOY IS WEALTH AND LOVE THE LEGAL TENDER OF THE SOUL—INGERSOL.

PRACTICE.

Never mind the creeds,  
So the noble deeds  
Grow like flowers in the spring;  
Working day and night,  
Striving towards the light,  
'Till upon the stock the blossoms cling.

Never mind the dark,  
Light is in the spark  
Which the body, dense, may not behold;  
Tend it every day,  
Then upon the way,  
See it burnt into a flame of gold.

Never mind the man,  
Live the true "I AM"  
Which the Christ came down to teach on earth;  
Living in the "Now,"  
At no image bow,  
Seek the God within, and higher birth.

—ABBIE WALKER GOULD.

A THOUGHT.

So much is known and told by those whose fuller recognition is warrant of their ability to expound great healing truths, that the less favored of us are to consider of small account thoughts that come and go, or come and stay. Still all should do their part. Suppose one of us, the writer for instance, start out with a thought and find what it will lead to. According to science, solidity is but an appearance, or, as Faraday declared, but "a point of force held together by force." Carlyle said: "The rock thou seest is not there on its own account; strictly speaking, it is not there at all," being an appearance caused by action of intangible forces which are its make up.

Edison has said that there is no inanimate matter; that at its last analysis, all is force and that force is Intelligence. In other words, that all is Mind in activity.

Now, activity is Life, and as there can be no Life but Eternal Life, which fills all and is all, we conclude finally that body and Mind is One Substance, namely Ether.

This Eternal Life which holds us and the whole universe in its keeping, must be Infinite Strength, Energy, Vigor, Health, Activity, Endurance, Vitality—all the preserving and vitalizing qualities. These, then, are the make-up of every one of us. Our individual part is to recognize this Infinite Life and claim it for all it is worth. Thus should meekness, inharmony, or any lack of any absolute values, venture to assert itself, we have but to take a stand upon what is our own and declare: I am Energy! I am Strength!

I am Vigor! I am Endurance! I am Vitality! I am Health! I am Activity! I am Life! This claim can be made and held under any circumstances, and is instantly met, for are we not "buildd together as a habitation of God in the Spirit?" This Presence, this Eternal Life, is the "Lord found in human experience—"a very present help in every time of need;" our "rock," our "high tower," "Shield," and "Deliverer," whose "Kingdom" or reign is within ourselves. Philip Brooks said in regard to such dependence that some think of God as a garrison might an officer on a hill, to be called down in case of need, but that others thought of him as the mountain might of the forces which held it together, these being made up of the mountain, what begets it—gets it to be—and keeps it in being. An Oriental verse says:

"O ye that seek to solve the knot,  
Ye live in God, but know it not."

ABBY MORTON DIAS,

Author of "Spirit as a Power," "Leaves of Healing," "Domestic Problems," "Bybury to Beacon St.," "Wm. Henry Books," Etc.

THE GREAT AFFIRMATION.

"I AM!" Two little words, yet of mightiest importance and power to man. If the sunbeam could say, "I am," and thus be personal Mary Sunbeam and Harry Sunbeam, do you not perceive that it might be conscious of its oneness—its identity—with the great Sun? And so related, would not Harry and Mary Sunbeams possess all the glory of their kinship? possess the very life vibrations, and partake of the sun's power, effulgence, omnipresence, and realize their deathlessness so long as the Sun, in all his splendor, exists.

Well, GOD IS and I AM. I am one with God. I am, like the supposed sunbeam, a conscious divine ray of the Infinite, Eternal Life. GOD IS all-glorious, all-joyous, all-perfect. Therefore I share his glory, his joy, his perfection. I AM wealthy, powerful, healthy, wise, happy, and immortally youthful, just because GOD in me affirms, "I am."

This is what makes me a minister, although I refuse to preach for pay. This also is why I am a Socialist. But socialism is only an expression of God's Justice,—the love-life of comrade souls. I am Justice, too, so I must be a human expression of it in society. But socialism does not absorb me. Socialism is the motive ideal through which, on the earth, I manifest myself as one of

THE THIRST FOR THE INFINITE PROVES INFINITY.—VICTOR HUGO.

the Social Universe. I have other manifestations also of Infinite Personal Individualism—I need not wait for society ere my cup of joy overflows. I must keep in touch with the age and work for progress. Yes! But I must live *now* the full-orbed life of an awakened soul, enriched with the beauty, the greatness, the ecstasy, the love of the IMMANENT-OVER-SOUL with whom I AM.

When one comes to this cosmic consciousness, all the anxiety, the hankering for pelf, position, and sordid pride are eliminated, the things of the earth, earthy, take their inferior places and give you freedom for the life more abundant. It is heaven, here and now. It is God-like. With unlimited health, wealth, happiness, youth, all the lesser goods of the world seek you, to be used by you in God's wisdom, for human welfare according to the rule,—you multiply your blessings by sharing them. This is what Henry Harrison Brown's remarkable new booklet, "Dollars Want Me," teaches.—GEORGE E. LITTLEFIELD, in *The Ariel*.

**AN EXPERT'S DIRECTIONS FOR AFFIRMATIONS.**

Here is an example of the way in which to employ auto-suggestion:—"This mouthful of water is one of the life essentials; I am taking it to increase the secretions in my body and it will help to carry away the waste materials. It is to increase the quantity of saliva and I will masticate every mouthful of food thoroughly. It will increase the quantity of gastric juice and my stomach will perform its work of digestion properly. It is to increase the quantity of pancreatic juice and the quantity of bile and my bowels will complete the digestion of my food and turn it into good, red, rich blood. My appetite is growing better—I am hungry all the time. I am eating like a healthy man and am obtaining as much strength from my food as he can. This water also makes my bowels move at a regular hour every day. It is a stimulant to my liver and is forcing my bowels to move. My kidneys and skin are working perfectly. I am bright, happy and cheerful. I am obtaining perfect health from the life essentials. The good rich blood I am making now is carrying health to every cell in my body. Health is my birthright. There is health all around me. I am eating it, drinking it, breathing it. I am healthy *NOW*. This mouthful of water is also a reminder that I must also "eat some air," and I shall now proceed to educate my lungs to breathe

deeply by taking half a dozen deep breaths. I shall take a moderate amount of exercise commensurate with my store of energy, but am making certain that I am appropriating more strength each day, from the life essentials, than I am expending. Thus I am banking on my energy. I feel better and stronger this moment." —H. A. PARKYN, M. D., C. M., in *Suggestion*.

*Mind*, for September, has a fine article upon "The Common Ground," by Adelaide Williams Wright which it would be well for the "founders" and sectarians in New Thought lines to read. It takes the position NOW has from the first: that there is but one Healing Principle, but one Truth, and that all the various methods and phases are but human limitations of the One Truth. The opening sentence is worth quoting: "There is always danger that one who takes up any new line of advanced thought and follows it closely, will lose sight of the fact that, while he may have made great discoveries as yet unrevealed to those seeking truth in other paths, yet there is no such thing as a monopoly of truth."

**New Thought Meetings in San Francisco.**

SOUL CULTURE INSTITUTE, Odd Fellows' bldg., Market and 7th Streets. Henry Harrison Brown lectures every Sunday at 8 p. m.

Lectures by J. Stitt Wilson, in Golden Gate Hall, Sunday mornings, at 11:00.

COLLEGE OF DIVINE SCIENCE, 3360 17th Street. Meetings every Sunday at 11 a. m.

HOME OF TRUTH, 1221 Pine Street. Meetings Sunday at 11 a. m.

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AS LONG AS MEN HIRE THEMSELVES, THEY WILL BE SLAVES.—TOLSTOI.

IF LOVE BE NOT OF LIFE A PART,  
'TIS EVER WINTER IN THE HEART.—HENRY HARRISON BROWN.

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N O W .

OFFICE OF NOW,  
1437 Market street, San Francisco, California

OCTOBER, 1903.

**NOW,**

**HENRY HARRISON BROWN,**  
EDITOR.

A monthly Journal of Positive Affirmations.  
Devoted to the Science and Art of Soul Culture.  
It is the utterance of the Editor only. All thought  
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manifest as spirit here and now.

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Entered Jan. 6, 1903, at San Francisco, Cal., as 2d-  
class matter, under Act of Congress of March, 3, 1879.

Henry Harrison Brown has a large  
and thoughtful class in Suggestion at  
"NOW" Parlors, and in October will  
give some lectures and hold a class in  
Oakland. Readers in that city and its  
neighbors will confer a favor if they  
will send us the names of interested  
parties, and also circulate the fact  
that Mr. Brown will be there. Notice  
of lectures will be given in city papers.

Dr. F. N. Doud, whose plans for a New  
Thought colony were reported in Au-  
gust NOW, is still in Southern Califor-  
nia. He will be in no haste to decide,  
and will examine sites in all parts of  
the state. As soon as there is any-  
thing to report, it will appear in our  
columns. Letters may be addressed  
to him in care of this office.

Will our readers assist us in extending  
the circulation of NOW by sending us  
the addresses of people liable to be in-  
terested in New Thought? A lady, when  
sending her subscription, writes: "I re-

ceived a sample copy of NOW, and it  
is just what I want. I am sorry I did  
not know of it sooner." Dear reader,  
you surely have friends who who also  
would be delighted to read NOW. We  
will gladly send a sample copy to  
every name you will send us. We wish  
every reader to feel himself or herself a  
co-worker with us. By four years of  
effort, we have demonstrated our  
worth and have placed NOW among  
the leading Thought journals of the  
world. We feel that in its sphere it  
has few equals and no superior. NOW  
has a definite Principle, a definite end  
and aim:—It stands for the Human  
Soul as Divine, with infinite possibili-  
ties that may be unfolded *here* and *now*.  
Its one purpose is to bring the indi-  
vidual into conscious possession of  
these possibilities, bringing the real  
man into expression under Self-Con-  
trol. The editorials are designed to  
intellectually help each reader to a  
realization of Unity with "The One  
that inhabiteth eternity." Its Affirma-  
tions are intended to bring him spirit-  
ually to that realization. Our aim is  
to bring to pass the dream of seer and  
saint of a Millennium by living here  
and now the spiritual life. Could you  
sit in our office for a week and read  
the letters and hear the remarks of  
callers, you would feel that that day  
had already come to many. You would  
catch the spirit of Soul Culture and go  
forth to awaken your brothers to  
the Realization so many have found.  
Since all cannot do this, it is suggested  
as the next best thing that you help  
to increase the circulation of NOW. It  
is a pleasing fact that, during NOW'S  
life, not a person has written an un-  
pleasant letter to it or its editor.  
NOW is universally a favorite with its  
readers. With this endorsement, you  
can conscientiously work to help us  
bind all humanity into One by strands  
of Love and Truth. How many names  
will you send? How many copies of  
October NOW will you hand to inter-  
ested friends? We will mail them to  
you, as we propose a "Forward Move-  
ment" next month.

THOR THE THUNDERER SHALL RULE THE EARTH NO MORE.—LONGFELLOW.

REMEMBER OCTOBER 10th.

15 Minutes then for NOW!

A friend of NOW has some valuable property in this city and wishes to sell it. It is proposed that enough shall be donated from the proceeds, when it is sold, to "NOW" Folk to enable them to fit up a printing office with all that is necessary for first-class work, providing we make the sale before a certain date. This seems a legitimate proposition and we propose to have the office. Will each reader of NOW help us? Upon October 10, give fifteen minutes Silence to the sale of this property. SEE IT SOLD at price asked and our press installed. *Create the sale in imagination* as you read this and upon this date *sell*, and from that time think of it only as sold. The man who wants it IS somewhere. Our thought will tell him where the property he wants is. He will come with the cash that wants to be put into it. At that date, "NOW" Folk will SELL, and wait for the buyer to come. Remember the date,—October 10th, for fifteen minutes.

#### "DOLLARS WANT ME"

meets with peculiar receptions in some quarters. It is a revelation and a commentary upon the mental state of the average man and woman that the conclusion is at once reached by them as they read the title that the book will teach them to "make money." Its object it to enable one to *draw* money at need,—to help persons to that mental condition which will insure at all times SUPPLY.

One of the most curious of our letters reads something like this: "Please send your little book telling how to find money. If it helps me to find the buried treasure that I have been looking for, I will recommend it to my friends." "Buried treasure" is an ignis fatuus that has lured many an otherwise clear headed person into pitfalls. Something for nothing, is the spirit of modern speculation. This is not possible. Nature's plan is, "Value received." Pay for everything and re-

ceive everything you pay for. Dollars, no matter how they come, must be paid for in some manner. Our way is by Faith in the integrity of our motives and by putting into our side of the balance the necessary thought. Others may put thought, through business channels and run the business risks. We work with the infallible method: that of thinking. *What I think, that I am.* Conditions in the external represent subjective conditions, therefore we keep opulent in the external. "Dollars want me," not because I want them, but because I am a magnet that draws them and gives them power.

Meetings along various lines of the New Thought are plentiful in San Francisco, and we are glad to note that they are well sustained. Henry Frank is very successful with his classes and J. Stitt Wilson has returned and, as ever with him, is meeting with a cordial reception in his lectures and classes upon the Inspired Life. Dr. Alexander J. McIvor-Tyndall is having crowded halls and is demonstrating in a striking manner that Thought is a form of force. Facts like these will ultimately compel science to change position. No better demonstration of Telepathy than those we have seen of Dr. Tyndall's. There is room and opportunity here for all. San Francisco is one of the psychic centers of the world. NOW welcomes all beginnings and all successes in a liberal direction.

N. B.—Our business name is "NOW" Folk, and all correspondents are requested to so address us. Money orders, checks, drafts, etc., made out to "NOW" Folk, are easily handled. Do not send personal checks unless you add 10c to them for collection. A recent personal check for 25c cost us 10c to collect; this gave the bank all our profits. We are well known to post-office, express office, and the wholesale houses where we trade. We are a family, united in a common work, with a common home, a common purse, and a common name:—"NOW" Folk.

THE RIGHT WORD IS ALWAYS A POWER.—GEORGE ELIOT.

\*\*\*\*\*  
\* EDITORIAL. \*  
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SOUL AND BODY.

*Their Interdependence and Relations to Unity.*  
No. 7.

UNITY OF CONSCIOUSNESS.

The entire process of ascending evolution appears to be dependent on the presence of mind—that is, of consciousness—in its successive stages from simple to the complex.—*E. D. Cope.*

From the modern biological point of view, we may say that evolution is possible only because a spirit of hopeful endeavor possesses everything.—*Prof. Mellone.*

A brute beast looks up with utter indifference to the same stars and constellations which brings man to awe and adoration. The brute is indifferent because he lacks mind. The man admires and worships because he knows, understands, and feels; has the correlate of the great heavens in his own greater soul. To think of the world is to be greater than the world. To know the stars, is to be greater than the stars.—*Rev. J. T. Sutherland, in Chicago Unity.*

Gradually differentiated from the lower order of changes constituting bodily life, this higher order of changes constituting mental life assumes a decidedly serial arrangement in proportion as intelligence advances.—*Herbert Spencer, in "Principles of Psychology."*

And striving to be man, the worm  
Mounts through all the spires of form  
—*Emerson.*

The grandeur and unity of this wonderful life process, as unfolded by the evolution hypothesis, has for reverent minds no impulse toward atheism. For while it dispenses with the useless potter who made a few specimens of his skill for self-glorification, it does not rob us of that sense of being a part of that supreme life—and life, Life eternal, is God.—*E. P. Powell, in "Our Heredity from God."*

I know I am solid and sound.  
To me converging objects of the universe perpetually flow.

I know I am deathless.  
I know this orbit of mine cannot be swept with a carpenter's compass.

I am the acme of things accomplished and the encloser of things to be.

—*Walt Whitman.*

Science and Philosophy have heretofore been based upon a conception of Duality. Those scientists and philosophers who have outgrown the ordinary conception of matter and mind, still hold to the conception of God and Man. It is to the common mind, God and I. Now, God and I make IT. A few teachers have accepted the Hindoo conception of Unity, but to them that One is God. God is Cause, is the ordinary conception. If God is Cause then I am Effect, and it is never to be forgotten that Cause and Effect are equal. If effects are but *appearances*, they are the balance of that which causes them. If we must hold to this Duality of Cause and Effect, then I, as an Effect, am the equal of Cause. I, as an Effect, and God, as Cause, must be equal. If Effect disappears, Cause goes with it. If I am annihilated, then the same process which annihilates me, destroys God also. I AM! It matters not, so far as the Universe is concerned, whether I am Cause or Effect, for both are necessary to this dual philosophy and one cannot be without the other is.

But the Principle of Unity will modify our conception of Causation. Cause and Effect are one. Which shall we name the One, Cause or Effect? God or I? To recognize God as Cause and destroy ME, is to leave blankness. Therefore, to say: God and I are One and that One is God, is to leave Cause effectless, which means powerless, and this destroys Cause, leaving nothing. To say: God and I are One and I am that one, is to have Effect without Cause. In the conception of Duality, there is here, as everywhere, confusion. What are we to do? I suggest something like this:—All eternally *is*. God externally *is*. I am the Eternal All. That All cannot be parcelled, divided, or in any way separated. ALL is God! ALL is Unity! ALL is I!

Unity is to be at the base of all philosophising. Separateness is now the bane of science, producing confusion and causing a constant change of theories. Every new discovery, like ra-

HE WILL GET TO THE GOAL FIRST WHO STANDS THE STILLEST.—THOREAU.

dium, upsets science for a moment, till, by coming nearer Unity, it finds a new explanation. The science of the future will deal only with Unity—with God—with the Human Soul, as the All. For the Human Soul is identical with God; it is God. God and I not cannot be one without being identical. Heroic I know is this treatment of the question, but let us be logical, no matter where it leads us. We will take, in this discussion, our cue from Lowell:—

I do not fear to follow Truth,  
Albeit along the precipice's edgel

And I have that faith in Truth that I believe with him:—

Truth only needs to be for once spoke out,  
And there's such music in her, such strange rythm  
As makes men's memories her joyous slaves,  
And clings around the soul, as the sky clings  
Round the mute earth, forever beautiful.

I understand the Law, and know that whatever vibrations of Truth I utter will never cease, but will find response in other minds, and so the Truth which in my ripening I am trying to express, will ultimately find more perfect expression. For Truth is God, and God and I are ONE, and I make Truth a *conscious* fact as far as I need this consciousness each day.

I therefore proclaim that I am a center, and the only center in the One I can ever know. That center is a Soul. Its body is the All. God centers in me. Outside myself, there is nothing. My body includes all other centers whom I can know only as I know myself. I am both Cause and Effect and, since I am that, I am neither, for I am that which is uncaused and undifferentiated into effects. Cause and Effect are the appearances that I intellectually find in myself. I create even Cause and Effect. While they do not exist in the One, they do exist when I create them. For, till I become self-conscious, I am only latent power. Power expressed becomes Cause and Effect. I am conscious Power, Power Expressed, because I am a center in that which is not expressed. I am the only creator, for creation is a mental process, and God, without Me, is not mental; He

(or IT) is spiritual. Mentality centers in me. Cause and Effect are mental processes. The Absolute, which is my body, has no such process. It Eternally is. Through the center—the Soul—IT finds expression, and I Am—and I am only because I *think* I am.

Were it possible to destroy my power to think, you would destroy my self-consciousness and this would annihilate my individuality. But without thought, I would feel because my body—the Unity—the Universe—is full of wave motions and in the Soul these motions become feeling, and when I say, I am! these feelings become love. Love is the recognition of vibrations in my body. As I become conscious of them, I say: I LOVE! But I am All that feels.

Were there a break in my body, a chasm in Unity, a vacuum anywhere, then there were a break in the wave-motion and I would not feel. Because my body is coextensive with the Universe, vibrations from star-centers are with me and, feeling them, I say: "Light." When I become conscious of my powers, I will sense these vibrations clearer than any lense ever made and shall know the most distant star as I know the nearest plant. Why? Because I am present in all my body at all times, just as the Absolute is everywhere present. My Omnipresence makes it possible for me to manifest Truth, as Truth is manifested by Unity, no matter where or when the senses locate that manifestation. My senses are but the degree to which I have become cognizant of my powers. This is not speculation; I deduce it from observed phenomena. Psychometry demonstrates every proposition I have made. The motions I sense and name, light, sound, and all that of which the five senses take cognizance are but a few octaves in the Infinite scale of Vibration. Individual consciousness is unfolding and recognizing now other octaves. It will gradually enlarge its consciousness of body and will ultimately find that stars and cosmic dust are but manifesta-

YOU OUGHT NOT ATTEMPT TO CURE THE BODY WITHOUT THE SOUL.—PLATO.

tions within its body, just as beating of pulse and the growth of hair are manifestations within that limited portion of the universal body it now recognizes. I am an Unfolding Soul, that is, I am constantly coming intellectually to a larger consciousness of my SELF, and unfolding my perceptions of the body in which I manifest my Being.

All possible wisdom, all possible power, centers in me. As a babe, I had no consciousness of body. It was awakened. Slowly at first. Now I have come into my own so far that I measure, by my intellect, the stars. By and by I shall see, that as heart and lung are parts of my body, so are suns and comets. Unfolding but not adding to, for I possess all; unfolding and coming to a consciousness of my power as the Personal God, whose body all nature is. Pope made the mistake of one word in his well known lines. Change "God" to "I," and it is Truth:—

All are but parts of one tremendous whole,  
Whose body Nature is and I the Soul.

#### NEW THOUGHT CONVENTION.

An International New Thought Convention is to be held in Chicago, November 17, 18, 19 and 20, 1903. This convention is held under the auspices of the many New Thought centers in Chicago. Each of these centers has delegates on the committee. This united action presages much, not only for the convention, but for the public and the increased interest in the New Life for which New Thought stands. Well known leaders and teachers will address the Convention. Arrangements have been made for reduced rates and for entertainment. Everything that Chicagoans so well know how to do to make conditions pleasant, will be done. Those who desire information can send to the secretary, Elmer Ellsworth Carey, 600 Masonic Temple, Chicago, for circulars.

The editor and "NOW" Folk have cordial invitations and we most heartily join in spirit and wish the Convention all possible success. Were it expedient,

we would be there. For many reasons it is not best to make the effort. Our friends will remember our greetings, and plan to meet us at the 2d Convention which we trust will be held in St. Louis during the Fair.

This Convention stands for *Unity of Effort*. This is a movement for which NOW has stood from its first issue. There cannot be among free thinking men and women unity of Thought. The individual must be protected at whatever expense. Unity in Principle, and diversity in method and detail, must be where there is Untoldment. This Chicago movement which has for several months maintained Sunday meetings and which now culminates in this Convention, is the beginning of a New Era in the life of our Republic. When the spiritually free unite under the conscious power of Truth and Love to inspire each other and the world to a more perfect expression of Life, we are brought many steps nearer the Liberty-Ideal of the Fathers. Were I prophet, and had I the tongue of melody and eloquence, I would now sing the pean of a world redeemed from present conditions by the united power of Truth and Love, as exemplified in the lives of those who will be represented at Chicago in November:

15,000 children in San Francisco, of school age, are either truants or employed at labor. Other cities are equally barbarian. And yet Labor Unions never strike out of Humanity towards these little ones. Is it not time these Unions quit emphasizing the Dollar, and emphasize Humanity by championing the cause of motherhood and childhood? When the laborer refuses to work in any employment where mothers and children are employed, not for the dollar's sake, but because neither of these classes should labor in an enlightened land, and because it is the duty of Man to support them, then will these organizations regain the public sympathy which, by their extra zeal under the wage-thought, they have lost.

I CELEBRATE MYSELF.—WALT WHITMAN.

\*\*\*\*\*  
✻ ✻ ETHICS ✻ ✻  
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THE MISSION OF RELIGION.

The spirit which of old moved upon the face of the waters is once more brooding over chaos to bring forth a beautiful order. This action of religion is to be seen now wherever honest and earnest effort is being made to lift the life of the brute man into the life of the spirit-man; to rank the forces of the flesh by the forces of the soul; to bring economics under the the authority of ethics; to reveal above the natural laws ruling in the market, the spiritual laws of the Mount; to lead competition on into co-operation; to conclude the long strife of capital and labor in the peace of industrial partnership; and to end the irresponsible tyrannies of the reign of Supply and demand in the sovereignty of Conscience.

The inspiration to this transformation of society is the mission of religion. What a grave and weighty task! How delicate and difficult a mission! How great the danger that the prophet's lips may be silenced by the hand of the priest before the altar! The sincerest minds, under such circumstances, cannot fail of being more or less affected in their judgments quite unconsciously. Religion may in good faith encourage an unjust conservatism, and thus abet wrongs and endanger its own hold upon the heir to the throne, now coming of age, and already none too well disposed toward the spiritual power. Here is the opportunity for that free religion which, in the past in our country, proved ready to speak forth the unpopular word when the churches were timorously silent, and which may once more fulfill its prophet function, and rouse the priesthood of our land to the duty pressing upon it. But, if the prophet would call the priest up to this task, he must be in a hurry, or he may find his slow-going brother already wide-

WHOSO WOULD BE A MAN MUST BE A NON-CONFORMIST.—EMERSON.

awake and at his work.—R. HEBER NEWTON, in "Social Studies."

"MONOPOLIES AND TRUSTS"

is the title of a sermon by Rev. E. M. Wheelock, of the Unitarian church, Austin, Texas. Here are some specimen thoughts:—

"He who wears a fetter, needs it; and he who bears a blow or a kick, deserves it.

"No man should be permitted to own two houses while another is without one, and labor should own every dollar it earns.

"Each person born into this life is more than a "hand"—he is a son of God.

"Trusts are needed for arranging the industries of the world on a democratic basis.

"God's delays are not God's denials. "The world is deserting the church, but it is discovering God.

"The beginning of the end of competition appears with the formation of trusts, which is capital combining to save itself from competition. This means that the competitive system is dead. It means that, in order to live, universal co-operation must be established.

"Let us not destroy, but utilize the trusts; let the government, representing the people, own trusts and the land. Then there would be no paupers and no millionaires, and all would have an opportunity to earn a living. It is coming and they who are wise would have it come through evolution than by revolution. Thus the Utopias of today become the utilities of tomorrow."

(But send him 10c and study all the sermon.)

Child labor not only robs children of their childhood, but also of their old age.—*The Iowa Socialist.*

I thank the kind round-shouldered men  
And treat them with respect,  
For teaching me to raise my chin  
And hold myself erect.—*Whim.*

\*\*\*\*\*  
\* WITH NOW READERS. \*  
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[In this department, queries from our regular subscribers will be answered briefly. Questions will be signed with initials only. If an answer by mail is desired, enclose \$1.]

Do you attribute any value to the "Mystic Seven," unless it be one's own numbers? Can you tell me how to find my number and keynote?—A. G. D.

NOW deals not with mysteries. Nature is methodical and mechanical. Rythm and number are the fundamental principles upon which the universe is built. Number equals space, and rythm equals time. They are the appearance the Universe puts on to the Intellectual man. Since this is true, there must be a natural relation between notes and numbers and individual life. But that anyone has wrought this out so that it is of much practical benefit, I have not yet proven. And that it is necessary, I do not believe. I AM Destiny. I can decide what shall be my place in the Universe and thus decide my note and number. All these partial sciences are limitations upon the Hnman Soul. Free it and BE what you desire despite stars, notes, or the mystic seven.

Will Suggestion cure any disease?—S. A. B.

Yes. The only limitations are ignorance of operator and patient in applying the Principle, and faith in it. No matter what is cured or by what method, Suggestion is there and without Suggestion no cure. And I will also add, wherever there is disease or death or failure, Suggestion is there and, without Suggestion, Man would not be. It is on ever-present Principle (or Law, just as you choose) and without it nothing is done.

Would you advise me to go to — and study?

I advise everyone to become familiar with New Thought,—to read books, journals, and attend classes,—but I go no further. Each individual must make his own decision. We recognize

no competition, for every honest teacher is working as we are—in Truth.

What thought must I hold to photograph the Law of Love? How may I love in such strength that I may untold?—R. F. T.

To become the incarnation of the Law of Love, affirm: I LOVE EVERYBODY! Whenever you think of a person, think of them kindly and bless them. Nothing will so tend to make life one continual joy as to think, "I bless you," of every person of whom you meet. Try it for one week.

One can eat poison in things he relishes and will be sick, since he loved it there should be no evil results.—A. L. S.

If he eat poison because he loved it, it would not make him sick. In this case he eats poison without knowing it. Poison is not food. The food he loved does not poison him. It is that which he would *not* eat were it placed before him that poisons him. Tobacco poisons till one learns to love it. Arsenic eaters are not poisoned. The body becomes adapted to that which in love we persist in putting into it. We inherit the race-fears of poison and we shall be poisoned by that thought till we change heredity for self-mastery.

To put yourself in touch with the universal current of success thought, think nothing but Success, speak nothing but Success, have the *unwavering confidence* that Success is yours. Do not allow a thought of failure to gain entrance into your mind; just *know* that prosperity and abundance belong to you by right of inheritance, for you are one with the Source of all good. In this way, you are setting up success vibrations in your own consciousness, and will attract the success thoughts of others who are in the same current, and your success is assured and abiding.—*Unity*.

Henry Harrison Brown, in his journal NOW, gives his best efforts to teach the people that *now* is all the time there is.—*The New Life*.

RUSKIN KEPT ON HIS DESK A PIECE OF CHALCEDONY INSCRIBED, "TO-DAY."

**MENTAL TONIC.**

SHE WAS FROM MISSOURI.

Said the widow, a pretty young Mrs.:  
"Sir, I really don't know what a krs."  
Then the bold man in haste  
Put his arm round her waist  
And exclaimed: "My dear madam, thrs."  
—*Chicago Daily News.*

Boy: "Please, sir, give me a sandwich.  
Delicatassen Man: "Will you eat it here or  
take it with you?"  
Boy: "Both."—*Philadelphia Enquirer.*

Minister (to one of his members, a venerable  
old gardener): "You have reached a great age."  
John: "Deed ha'e I, sir: for gin I levee to the  
11th of next month I'll be an octogeranium."  
—*Glasgow Times.*

Mrs. Jones: "Why don't you lay up your money  
for a rainy day, Patrick?"  
Patrick (the hostler): "Shure, 'twud be no use,  
mum, fer Oi culdn't sphend it thin. Oi'm al-  
ways laid up meself on a rainy day wid the  
rheumatism.—*Judge.*

Stranger: "Have you a good catarrh cure?"  
Druggist: "Yes, sir; I have the very thing you  
want.  
Stranger: "Can you recommend it?"  
Druggist: "Shure. I have catarrh myself, and  
I've used nothing but this preparation for near-  
ly twenty years.—*Chicago Daily News.*

One day the mate of a trading schooner, over-  
hauling the log, found that the captain had  
written in it, "Mate drunk today." The mate  
expostulated with the captain, saying: "What  
is the use of putting that down?" The captain  
said: "It happened. Why shouldn't I write it  
down?" The next day the mate wrote the log,  
in which afterward the captian found the record,  
"Captain sober today."—*Christian Register.*

HARD LINES.

He sang beneath her window,  
The moon was in the sky;  
She heard his voice, and answered  
His yearnings with a sigh.  
She opened soft her lattice,  
And—listen, what was that?  
She doused him good with water,  
And yelled like sixty: "Scat!"  
—*Philadelphia Bulletin.*

I AM CONSCIOUS OF ETERNAL LIFE.—THEODORE PARKER.

WORDS OF GOLD.

"I cannot tell you how much good and of the  
quiet peace that comes to me when I receive  
NOW. I can scarcely wait until the next num-  
ber comes. You may consider me a permanent  
subscriber."—Miss E. V. B.

A subscriber in New South Wales writes under  
date of April 29: "Just a winged word to thank  
you for "Principles Not Fads" in April NOW.  
Your thoughts have helped me to Realization."

An author of note in the story field, writes: "A  
copy of NOW fell into the hands of an Episco-  
palian friend and she expressed herself delighted  
with it. I like NOW because it is filled with  
vital Truth so precious and so needful to us all,  
and does not litter its pages with a lot of per-  
sonal gabble of no account to the reader and  
uninteresting in itself."

"I am getting along finely. My own is coming  
to me daily and hourly. I recognize the I AM  
with in and I know that I will receive all I need  
for the now. NOW seems better each time it  
comes. There are so many thoughts in it that  
are grand, uplifting and sublime. Thanking  
you for helping me on the way, I remain,— of  
"NOW" Class, Oakland.

Miss Minnie E. B., of Cleveland, Ohio, writes:  
"The Psychometric reading received yesterday.  
I am much impressed by the perfect accuracy of  
your delineation. I have thought for a long  
time that what you suggested was what I need-  
ed, but was afraid to trust my own judgment.  
Now I shall do as you advise. Thank you with  
all my heart."

"I greatly admire your books and NOW. The  
Sept. number is a grand, good one. They are  
so practical and helpful. Your editorial in the  
last number is the only thing I have seen in  
print that expresses my views of IT—views that  
I reached without the assistance of any author.  
Though I am 74, I am as young as I ever was  
and as old as I ever shall be."—S. K. V.

"Happy thought! Thus far I have traveled  
alone with Emerson. This makes it plain to  
me why all you write in NOW fits me so per-  
fectly. I felt the joy of a homesick child in read-  
ing May NOW. It has been five years since I  
have had a volume of Emerson in my hands.  
Twice in five years did I have everything swept  
away from me and I have not been able to  
gather any books. Sometime I shall have  
them."—Mrs. H. L. Feller, Columbia Furnace, Va.

BOOK REVIEWS.

[Books received will be noticed under this heading. Those we have space for will be truthfully reviewed.]

The Literary Digest, which is one of our most valuable exchanges, for August has an excellent article copied from Harper's for this month, entitled: "Why not Speak English?" In prefacing the article, it quotes Bradner Matthews as saying that in the year 2000, English will be considered a world-language. At the beginning of the Nineteenth Century, English was spoken by only 20,000,000 people. At the end of the century, it was the language of 130,000,000. During the next century, that language must be simplified in its spelling and in its syntax, and thus fitted for wider service. The article is a plea for the Anglizing and non-use of all foreign words. Why not use English? Never use a foreign word when an English word can be used in its stead. But I go farther and ask: Why not use good English? Carelessness, fashion and slang, are corrupting the best language man ever used. The best of us are unconsciously drawn into the current of poor English. To avoid this, we need to watch and be watched. There is nothing better in this line than Mrs. Baker's journal, Correct English, published in Chicago at \$1.00 per year. We find that it helps us. It is read at our dinner table every month, its helpful suggestions adopted, and the errors it points out avoided. We often learn that we use poor English without being aware of it. Use English, and good English. Sometime our schools will educate pupils in use of good English.

Mrs. Shephard's magazine (Allegheny, Pa.) has been changed in title from the New Thought to the New Thought Searchlight. This has been necessary because, after she had used the title for quite a while, another editor appropriated it for his magazine.

The New Life is a new journal along New Thought lines. It is announced as "A periodical devoted to attaining a finer and nobler realization of Life." This is a noble aim, and we wish the little journal success. Published at Orfino, Idaho. 75c per year.

"The Secret of Power," by G. Ralph Weston, M. D., San Antonio, Texas. Published by the

author. Dr. Weston is editor of It. Those who know his style of expression and his thought in his magazine, will find him at his best in this. He wastes no words and never minces matters. Says his say in clear-cut phrases, and you have no hesitancy in deciding what he means. And he means just what NOW does in its Lessons on Success and Happiness. The legend on the cover conveys the thought of the book. CREATE WHAT YOU WANT. YOU CAN DO IT. 25c.

Christine Brown, of Back Bay P. O., Boston, Mass., sends NOW an "Emerson Spectrum." It is hand painted and the seven colors are used to represent the different phases of Emerson's thought. This note accompanies the gift: "The star that shone over Concord, whose white light, refracted and broken into thoughts, give us a spectrum of the representative, fundamental ideas of Emerson as revealed in the colored spectra." A copy can be obtained by enclosing 25c to above address. In her letter accompanying this, Mrs. Brown says: "After reading NOW one would almost think the sun had changed its course and rose in the west now. In the matter of time, the hour is essential, so in the matter of place, the here; for both, the now is essential. Somewhere the birds are singing evermore! The spirit of your idea is what I feel: the living truth. I send this gem from this crevice of Being:—'Affection is a pillow; Love is a dynamo.'"

"How to Control Fate through Suggestion," "Not Hypnotism but Suggestion," and "Man's Greatest Discovery," are three neat pamphlets that come to me from "NOW" Folk, San Francisco. Their author is Henry Harrison Brown, editor of NOW, one of the clearest and brightest thinkers in the New Thought work. One of the great advantages of all Mr. Brown's books is their helpfulness. Some books are read merely for pastime, others are read for assimilation and the satisfaction of knowing their contents, and still others are read to be made a very part of your being and for stimulation to helpful and growing activity. Of this latter class are these books. Through them all, the important feature is Soul Culture, and surely all must concede the great value of development of the individual, whatever term we may use to express it. These appeals in behalf of this idea are well-worth reading and making a part of your daily life. The price of each is 25c and can be had by addressing the publishers.—Soundview.

YOUR ZENITH FOR NO MAN ELSE IS TRUE.—EDWARD ROWLAND SILL.

THE BATTLE IS FOUGHT IN THE HOME STRETCH,—  
'TIS WON 'TIXT THE FLAG AND THE WIRE.—JOHN MOORE.

N O W .

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## A PHILOSOPHER'S DEFINITION OF LIFE.

Herbert Spencer is undoubtedly the greatest of philosophers and yet, when he attempts to define life, he gives us nothing but a statement of that which presents itself to the eye of the observer. This statement is all philosophy can do for us. It is found on p. 319 of Vol. 1, "Principles of Psychology:" "Life and the ability to maintain life are the two sides of the same fact. Life is a combination of processes the result of whose workings is their own continuance."

This then is simply saying: "Life is perpetual motion." And this the simplest man who is not a philosopher can tell.

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I SAW THE MIRACLE OF LIFE  
FROM DEATH UPSPRINGING EVERMORE.—JOHN WHITE CHADWICK.

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