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# Occult

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SUBJECT:

## Methods of Self-Help.

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Ernest Loomis & Co.,

No. 4731 Champlain Avenue, Chicago, Ill.

# TESTIMONIALS.

We quote from a few of the many letters received during the past month, from those who have voluntarily expressed themselves regarding their

## Character Delineations.

We would recommend this important department of our work to students or others who wish to start the new year with good resolutions that are based on Self Knowledge thus scientifically obtained. (See adv. elsewhere.)

(The following is from one who is very widely known, and whose brain measurements equal those of Daniel Webster. Both name and address are omitted, as either would identify him to many.)

Nov. 1st, 1897.

Your delineation of my character was most satisfactory. Will remit the well-earned \$5 extra, and also send hand cast, brain measurements, etc., of my wife so that you may make a delineation for her.

Dr. ———

Grand Ledge, Mich., Oct. 3d, 1897.

The character delineation came Saturday, and to say I am delighted does not express it. I re-read it daily, and find more each time. It is beautiful from first to last and true in every point. I will do all I can to make the most of the excellent teaching which it gave. The back numbers of O. S. L. came also. I like them best of anything I have read, and am learning much from them.

M. W. E.

Aurora, Ill., 10-12-97.

My delineation received. It is remarkably correct, and helpful.

M. S.

Chicago, Oct. 24th, 1897.

I have received the delineation and am much encouraged on reading it. I feel most keenly the imperfections you have hardly more than hinted at. It seems too good to be true that I have such latent possibilities. I hope you do not take a too optimistic view of my character. Perhaps you kindly present that side of it most strongly because you know how discouraged I have been. I have found the delineation most helpful, and will depend upon you to indicate to me the next step.

M. D. B. B.

Blue Earth City, Minn., Oct. 30th, 1897.

The delineation was accurate and most remarkable.

A. H.

London, Gr. Pa., Oct. 24th, 1897.

Most gratefully do I acknowledge the receipt of the character delineation. It is a source of great encouragement to me. At first, much of it seemed too good to believe, but after a careful consideration I became convinced of its accuracy and truth. You have made me feel that there are possibilities before me, and my next thought is how to find the way thereunto.

P. J.

Chicago, Oct. 6th, 1897.

Many thanks for your character reading which seems to be very true and accurate, and I think expresses very clearly what I might achieve. If I have the opportunity later on, I shall hope to come to you for a more complete delineation.

T. C.

Someville, Mass., Nov. 4th, 1897.

The character delineation came just as I was leaving town. It was very satisfactory indeed.

A. K. M.

Bloomington, Ill., Oct. 3d, 1897.

My delineation was received in due time, and has been read and re-read many times. It has given me much to think of which I can understand. Allow me to thank you for the good advice which I can now see will give me much strength and help in my every undertaking.

The delineation, as well as your little O. S. L. booklets are more and more enjoyable and valuable after the first few readings.

C. H. F.

Allentown, Penn., Oct. 20th, 1897.

The delineation was received ten days ago. I have read and re-read thoughtfully its many pages. It affords me pleasure to assure you that I have derived great benefit from your words, and am convinced of a still greater profit to be reaped as time flows on.

Buffalo, N. Y., 10-4-97.

The delineation was received this a. m. I have read and re-read it. Each time it takes on a deeper meaning. I ask myself again and again, how shall I fulfill the possibilities which it shows to be within my reach? I said to myself when I filled out the blank, "He will find me a puzzle, for I am so alone—so different from others." I will make a great effort to follow your advice.

H. E.

Mankato, Minn., 11-2-97.

It might be inferred by my delay in acknowledging the receipt of the delineation, that I am lukewarm and indifferent in regard to it, but such an inference from my silence would be wrong. I was greatly pleased with it, and especially with those parts of it which pointed out defects and deficiencies in my character and thought methods, of whose existence I was more or less aware. I am terribly in earnest in my desire to profit by it in every possible way, and by speedily finding my place as a concordant note in the grand harmony of the Brotherhood and its work.

C. O. H.

# NOTICE.

THE demand for back numbers of the OCCULT SCIENCE LIBRARY has been so great that some of the editions are already exhausted. As the first seven numbers, together with other matter, are now published in book form (silk cloth, larger than 12mo., price \$1.25) it is not certain that they can be had separately after the few remaining copies are sold. We can yet furnish separately the following numbers of Vol. I, viz: "Power of Co-operative Thought to Produce Results in all Business and Art," "Love is Power," "How to Rule Your Kingdom," "Useful Occult Practices," "Esoteric Laws of Happiness" and "Occult Helps," and of Vol. II we have "Occultism in a Nutshell," "Marriage" and "How to Create Opportunities." (Price 15 cents each.)

The tremendous importance of these publications, and of the practical occult helps which go with them, are now widely recognized. The Smithsonian Institute, at Washington, recently sent for them for their library, and many other of the highest scientific, educational and ethical authorities in the land have in many ways given especial recognition to their worth.

Thousands of individuals of more or less prominence have voluntarily expressed their gratitude for the helps it has been our pleasure to so render them. We are only too glad to help and regret that we cannot give individual advice to the many who write for it, but who do not conform to our simple rules. The first five degrees of our Brotherhood are for the purpose of giving helps, and if we give individual advice in personal affairs we must have the data which will enable us to base it on sound scientific principles. It is only right that we should decline to take the responsibility of giving it otherwise. All communications should be addressed to

ERNEST LOOMIS & CO.,

4731 CHAMPLAIN AVE., CHICAGO.

# Character Delineations

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It is designed in this important department of our work, to offer students the **safe means** of obtaining that true self-knowledge which is at the foundation of all development of occult powers. It is only when one **fully understands** his individual talents and capacities, that he can **make** the **most** of them. To the degree that one lacks conscious omnipotence, does he need self-knowledge.

This department was originally intended, exclusively, for the somewhat advanced members of our Brotherhood. The entire cost of our first five degrees of the Brotherhood, which includes these delineations, two books, and the OCCULT SCIENCE LIBRARY MAGAZINE for a year, is \$7.50 (only \$2.50 more than the delineations alone), and, it is a **great advantage** to take the delineations in connection with the degrees; but, they will be given separately if desired. The five degrees may be taken at one time.

In these delineations we undertake by exhaustive and scientific methods, to ascertain what are the various esoteric undercurrents of the character in question, and thus are we able to give helps and accurate advice for the development of the individual talents so discovered, such as could be obtained, perhaps, in no other way. Do you value business success and growth?

## Your Business Adaptation

is the most important question you have to consider. You cannot **over-estimate** its importance. Failure, disappointment, regrets, and humiliations are the almost **certain** results of ill-chosen pursuits. Most persons **stumble** into business, or, are thrown into it by accident, temporary necessity, misguided ambition, or perverted fancy, without any serious **thought** as to their real **fitness** for the vocation they adopt. The natural consequence is waste of time and life's forces, loss of hope and courage, and a sapping of the very **foundations** of success and talent.

## Success is Certain

in most cases where they get into the right place, and then work faithfully, **with** the earnestness which hope and adaptation inspires. Most persons have ten times more talent than they think, and waste their very **lives** in occupations which yield only about **one-tenth** of the money and happiness that would be possible in an occupation scientifically determined by their inherent constitutional biases.

Address

**OCCULT SCIENCE LIBRARY.....Chicago, Ill.**

## Methods of Self-Help.

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It is possible and should be your effort to realize those fond hopes, noble ideals and lofty aspirations which lead most directly to your highest possibilities.

You are not likely to realize them until you earn them by your own individual efforts. The one who waits for them to come through others is almost certain to have a long wait and to be disappointed at last.

It is because others who are *able* to help are the ones who are most apt to have ideals, aspirations and possibilities "of their own," and they are the ones who exercise such fidelity in trying to realize them that their time is *fully* occupied.

The Infinite has set an indelible stamp of approval on true methods of self-help; and to learn and apply such methods is man's highest path of duty. There is no limit to what you can do when you learn and apply such methods. It is because the Infinite will "help him who helps himself." The Infinite is a *law* which pre-exists with each soul, and it is its animating impulse which gives him the desire for self-help. Infinite possibilities are freely offered to whoever will regulate his conduct by rules founded on that law. To do so is therefore true self-help in its very essence.

To live by such an unchangeable principle does not mean to suffer the prosy monotony of eternal sameness, because it brings to man the continual variety of eternal progress, and also the fullest, because the balanced gratification of his every faculty. Every faculty was given man for use, and the highest virtue consists in the harmonious activity of his faculties in efforts to accomplish wise purposes and thus obtain true happiness for himself.

It is not a crime to be happy. It is a crime against your higher nature to be unhappy. Unhappiness is possible only when you disobey some of the laws of that nature.

There can be no sensation either of pain or pleasure except through the action of the vibratory forces within. The harmony of those interior vibratory forces must necessarily produce pleasurable sensations and happiness. Painful sensations or misery is the inevitable result of their discordant and inharmonious action. An understanding of this comparatively simple principle of thought offers to you the opportunity to choose and follow for yourself either the path of happiness or of misery; for when you learn the laws of that principle within which is the *cause* of vibration, you thus gain command of those interior vibratory forces which are its products. Nor will the benefits and rewards of obedience to those laws of your being, end with mere happiness. It also means health, power, fame, success in your every undertaking, the loving gratitude of all persons who know you, and in fact all the rewards that earth can offer.



Man is so constituted that *perfect* happiness can come only when he has thus tasted of every joy which he can desire or comprehend. The ability to think of a thing is evidence that that thing belongs to that kingdom which it is man's business to learn how to control.

That interior principle within man which causes vibration is his higher self. It was created perfect and naturally expects perfection of man. Its perfect standard of manhood is not only a possible ideal, but also one which each soul must attain, because it only means to live in perfect touch with the higher self. In other words, it means the normal activity of his every faculty. That is virtue, that is happiness, that is power, and that is the only standard of action which man will ever be permanently *willing* to obey, because it is his nature.

So long as religionists teach that man's permanent and real nature is depraved, and that he should abstain from doing everything that he *wants* to do, and on the other hand, force himself to do everything that he *don't* want to do; just so long as that is the standard of virtue which they preach, will he inwardly *rebel* against it, because it is a libel on his true nature, or higher self, and not his best method of progress. So long as he is falsely taught that true self interest and virtue conflict will he be trying unsuccessfully to "serve two masters." Such a "house" will "fall" because "divided against itself."

The occult philosophy teaches that the path of virtue is also the path of true self-interest, not only in another life but also in *this*, and it so clearly explains

the laws thus involved that if man will but listen he will no longer be that "house divided against itself," but will then have the *full* consent of *all* his faculties to that course of concentrated, and therefore effective and successful action which will prove to be the path of self-interest as well as of virtue. Blessed is the man whose higher self approves of the things he does. He then no longer suffers the agony of such conflicting emotions as would otherwise be his. The currents of his body then flow more harmoniously and healthfully because they are but the offspring of his thoughts. His thought vibrations have more far reaching power to effect results at a distance from the body. He thus draws to him, on the joyful currents of his then harmonious thoughts, the people who can most benefit him. His business judgment becomes more unerring and he is likewise benefited in every practical way.

The mind which is torn almost asunder by two conflicting desires of about equal power, viz: the desire to succeed and the desire to do right, will have but little power in action because it is then "neither one thing or another." Until you understand that self-help is not only *right* but the highest path of *duty*, you are liable to undertake it with only a half effort, and therefore with but indifferent results.

It is your irresistible tendency to desire benefits and progress, but so long as you are in doubt as to whether the path of virtue or the path of so-called *selfishness* offers the most benefits, your resultant actions at best, are likely to be nothing better than a compromise between the two. It would then be a



question with you whether to have your pleasures now or to postpone them to a future life, and in the meantime "sacrifice" yourself.

So long as you believe in luck or chance, or that there is any power external to yourself that can control you when the occult forces within yourself are, through knowledge, called up, just so long will you fail to reap the full benefits of your opportunities for self-help. Until you not only understand that all things and events have their adequate cause, but also that the things and events which come into your life, down to their smallest details, are caused by your past thoughts and by a vibratory law which is fully represented within your own soul, just so long will you fail to reach your highest possibilities.

All things are not only governed by a law, but that law "is all and within all."

You are the builder of your own environments, and every event or circumstance in your environment has come into your life as the result of a tendency which pre-existed within your own soul, and which, as a whole, represents your present degree of soul-growth or self-knowledge. The laws of your nature are such that you can never shirk the duty of building for yourself a future life and environment which will be truly representative of your higher self. A Jesus Christ may teach you the way by precept and example, and thus "save" you by contributing to your stock of self-knowledge, but not through any "vicarious atonement." Each person must make his own "atonement"—at-onement—by simply becoming at-one with his higher self.

"The things I do ye shall do," and "not only ye but as many as hear my voice"—the voice within—were the words of the Christ.

Do not be discouraged by the vastness of the task which lies before you, which no one but yourself can do. Remember that the occult forces within you are the result of an unchangeable law, and therefore that they can, through knowledge, be called up at a moment's notice, and now as well as at any other time. It is because life's animating principle is that unchangeable law, that life is continuous. You will remain in essentially your present conditions until by your own efforts you work yourself out of them. Physical death can but slightly interrupt the process. There is a simple method by which each person may know his own future. It is a method of self-help by which he masters his own fate. When he learns that art of mastery he will be no longer cast about on his present sea of uncertainty.

It is a sublimely important fact that every human faculty can be improved simply by supplying it with its proper food. The way to master fate is to first form a true standard of the ideal character, and then offer such foods to the weak faculties as will bring them up to that standard. You then bring about balanced conditions of the mentality. Balanced conditions of the mental faculties can never come until those faculties fulfill the purposes of their nature in accordance with that law within which is their source and animating principle. That perfect law is the higher self, and is likewise the source of all things. Therefore, it is only

through that higher self that man can master his fate or control the external things which make up his outward environments. When he learns to control them by that power he will, by so doing, benefit others to the same extent that he benefits himself.

The term self-help truly implies that the self is able to help. That it does not do so to a much greater extent is because its nature is so grossly misunderstood. To understand it should, therefore, be man's first step toward the goal of self-help. Each person has a self which is weak, incompetent, and comparatively helpless, simply because it is only a reflex of the higher self. To confuse that self with the higher self is one of the most common mistakes which people make. It is sure to lead to defeat because it substitutes a partial image for that reality or thing imaged. It would be about like expecting great practical results from your shadow on the wall. That shadow is not likely to move or advance until you move, and is incapable of accomplishing results except, perhaps, to the extent of frightening the timid, or cooling the temperature of the wall. Something infinitely greater than that is man's province and birthright.

If you wish to really understand this important question and the most practical methods by which you can truly help yourself in all practical ways, you should, at least for the time being, lay aside all past beliefs, erroneous opinions and pre-conceived prejudices and follow the analysis step by step through the coming numbers to its conclusion. It can be made so simple and plain that even a child can understand. Until you are free

from all the trappings of prejudice and bigotry, you are not likely to so understand it. Try at least temporarily to lay aside such useless encumbrances, just as a country boy would lay aside his clothes while in the river for a "swim." Failure to so lay aside his clothes has caused many a promising boy to drown, but a much larger number of promising men and women have "drowned" themselves beyond recovery in erroneous thought currents and become swamped in the mire of prejudice. Physical death is about the only event which can bring relief to such prejudice-bound souls, after they have passed beyond a certain point.

Although it is true that the human mind is complex in its action, it is comparatively simple in its basic and underlying principles. To the extent that those basic principles are comprehended will man be able to understand and grasp the wonderful possibilities which are thus placed within his reach. Man's higher self, like its cause, is literally omnipotent; and to the extent that he acts from that center does his thoughts become potent in accomplishing external results. Do you ask why this is so? It is because that higher self, like its source, is unlimited as an organizing center for thought vibrations, of which all external results are but the manifested forms.

It is so difficult for people to understand that it is the thought forces within their own souls which have attracted them to their present environments, and that it is by generating new thought forces that they work themselves into better environments. The man who claims that the universe does not offer sufficient space

for every shading of individual character which is seen in the world, should remember that no human mind can fix boundary lines to that which is boundless, and to try to do so by saying that the universe has not sufficient space to represent every shading of soul growth, shows but a limited conception of what the universe offers in the way of boundless space. It offers an infinite variety of environments for its corresponding variety of souls in their every step of soul evolution. It is because the soul creates its own environment. Outward forms are but the habitual currents of the united thought vibrations of mankind.

Within every heart are not only the possibilities of every rate of vibration which has been manifested since the world was in its molten form, but also all rates which will be manifested from now until the time when the goal of final perfection is reached. As Emerson says, "Not a valve, not a wall, not an intersection is there anywhere in nature, but one blood rolls uninterruptedly, an endless circulation through all men, as the water of the globe is all one sea, and, truly seen, its tide is one." "The heart in thee is the heart in all."

It is through self-knowledge that man can get any uniformly successful results through the action of the laws of his nature. His nature can never be satisfied with anything less than perfection, as may be known by the fact that his strongest faculties are the ones most likely to act, and the stronger they grow the greater is their tendency and power to act. Therefore, that tendency will not cease, nor will they cease to act until they become "In perfect touch with the Infinite." This

outreaching tendency will continue until the evolution of each soul is complete. It is the prevailing tendency within man during his entire period of unconscious growth, and when combined with the processes of conscious involution which occultism offers, places within man's reach the opportunity to make very rapid strides toward the goal of perfect wisdom and its consequent power during his period of conscious evolution.

It is because Truth is the Omnipotent, that knowledge and wisdom is power. It is because man's power to think is his soul principle that the omnipotence of Truth is given to his thought. It is because Love and Truth are one that Love's vibrations are, through man's thought, the exclusive manifesting agents of Truth's omnipotence. Man can never exercise great power until he lives the life of Love; therefore the lesson of self-help is no less a lesson of morals.

Instead of trying to be less selfish, the effort should be rather to be *truly* selfish, to be true to the higher self; that is the path of self-interest and no less the path of duty. As that self is intimately related to all, you may know that any course of conduct which is an injury to others is to the same extent an injury to yourself.

Your instincts and earthly desires are but the ceaseless tickings of an immortal clock. They need education and proper direction instead of suppression. They cannot be permanently suppressed because their Divine origin is also a ceaseless cause. So long as that clock of so-called selfishness is given its impulse by that which is ceaseless, it is impossible for it to entirely run down.



No amount of din, discord or outward confusion can completely drown its tickings to him who duly listens and knows from within. Physical death may hush it into stillness for a time, but not permanently, because physical death is nothing more than the fading twilight of an evolutionary day, as it ushers man into the invisible but spiritually active shades of a night of involution, which is to be quickly succeeded by the dawn of a brighter evolutionary day. Its valley is only the shadow of death. There is no death except the death of ignorance, and it will take a good many such shadows to entirely release a soul from the bondage of self-ignorance. Until it is so released, such shadows should be regarded as a hopeful sign. A physical body will not die so long as it is kept in touch with the Infinite forces within which animate it. Your higher self will never discard your physical body so long as that body offers you your best means of growth in manifestation, for to manifest your soul principles is its purpose.

It is the purpose of this publication to offer means to man by which he may focus and maintain the largest possible amount of vibratory force within the body, and then use it in the accomplishment of practical purposes of self-help and of loving helpfulness to others. There is no purpose in life too great for you to accomplish when you have fully learned that great lesson of self-help.

Man's present methods of action are such that it requires much strain and useless effort to accomplish his present comparatively petty and insignificant purposes. His chief difficulty therefore in learning this lesson will

be to comprehend how anything so simple can be it—how a simple occult principle can, if applied, become absolutely omnipotent in its action. The principles and wonders of electricity in performing its many uses act with perfect uniformity and in accordance with established and unchangeable rules. The occult forces within you can act with uniformity and with omnipotent forcefulness now, if duly awakened and released by a thought process which all may learn. Burning houses sometimes reemerge until they starve, and by a simple rope that a child could break. It is only a rope of ignorance which keeps men from that absolute liberty and omnipotence which would come through self-knowledge by the mere liberation of the energies which lie slumbering within him.

Did it ever occur to you that all the laws of the Infinite were required in building your soul, that all the laws and forces of the universe are represented within you, that all the resources of the universe will be ever at your command when you learn and obey all those laws, and that to learn and obey those laws is the one best way of advancement for one and all, because it places the matter of progress within the range of those natural laws which are represented in all alike, and therefore beyond the reach of accidents?

Many present efforts toward self-help are like the frantic flounderings of fish in their efforts to go through a pane of glass, entirely ignorant of the fact that an open door in Transom affords the only opportunity for their desired exit from the room. Mere physical activities may seem to offer man his best opportunities for

accomplishment, but when the laws of thought and vibration are understood, those appearances are seen to be as deceptive as is the transparent pane of glass to the fly which seeks its freedom. Until man understands the nature of his higher self he will, of course, be unable to even comprehend that any great amount of self help is possible to him.

Thousands of bright minds have puzzled their wits to ascertain how physical existence could be indefinitely prolonged. That problem has been practically solved by Occultists who have, through self knowledge, gotten command of the forces within the higher self. If man will first gain that knowledge which will enable him to utilize these forces in getting bread, butter, money, lands, houses, horses, carriages and other desirable material surroundings, as well as in helping others, he will by so doing find that they apply equally to the question of prolonging his physical existence so long as he desires it.

Life means progress, and when man has learned all the lessons of self-help, he will overcome that last great enemy, Death, and as a consequence pass to a stage of existence where physical life is no longer desired. When the world is fully conquered, its plane of existence will be no longer desired.

It is man's desire for knowledge which makes of him a natural-born conqueror. There is nothing to conquer except ignorance, because that is the only thing which can bind or limit man's soul principles or power to think. Such bondage is only temporary, because the power to think is caused and backed by Infinite Truth itself.

which is omnipotent. That great affirmative principle in nature is necessarily more powerful than any negative principle can possibly be.

The acquisition of knowledge is so important to man, that he should not be alarmed if his armor is attacked at every point. That within him which is founded upon the Truth of his Being is invulnerable and can never be successfully attacked, and all that is invulnerable should be attacked in order that he may stand out in all the glory and majesty of his omnipotence, thus fully manifesting his cause. There is nothing which can happen that is so much to your interest as to have every sham and falsity in your life not only attacked but ruthlessly torn from you. That great "Roaring Lion" which represents ignorance, deception and all other negative principles in nature, and which attacks error and weakness on every hand, is therefore a great friend of man when the nature of its work is fully understood. The muscles of that which is true in you can never be weakened by wrestling with that which is false within you.

There is absolutely nothing in nature that you should fear. It is by due coöperation with the forces which surge within you, that you will find that the Infinite made no mistake in creating strong instincts of selfishness within, and that by following in faith and trust the best leadings and teachings which come to your inner consciousness, you will come out safe at last in spite of all savage and forbidding appearances which seem unfriendly or to threaten your personal welfare.

God reigns, as the law of your heart as well as the law of the universe. In following the leadings of that

inner law you will act from the standpoint of what you are eternally, of what your permanent being was and is primarily, and of what you will be when the goal of final external perfection is reached, instead of from the standpoint of any one intermediate stage on the long road of soul evolution. It has been argued that as "Nature is always right" that polygamy must be right and natural for man, because practiced by so many male brutes, who without restraint, follow the inclinations of their brute natures. Then is not human flesh the proper food of man because so keenly relished by the cannibals, and how would it then be determined which human was to be eaten? Should man get down and creep or walk on all fours and eat grass and hay, simple because certain most amiable brutes do that? No, man though an animal, is also a God in inherent power, and should aspire and work toward his rightful condition of Godliness and Godhood, which is also the true standard of manhood, instead of degrading himself by accepting low, narrow, selfish brute standards which were, perhaps, discarded by his soul, ages before it was ushered into this life. To accept brute standards is to send out thought forces which tend toward the limited and slavish conditions of brutehood.

In the series of articles which follow this an effort will be made to show what man's nature truly is, and how through the use of occult forces within him he can best accomplish legitimate purposes in business and art, and satisfy the needs, desires, and all true aspirations of that nature by simply conforming to its laws.

This requires that knowledge and laws which are

more or less esoteric should be formulated into actual rules and methods such as are observed by occultists. The work involves great personal responsibility, for in teaching the selfish mind methods for its own gratification the teacher is also personally responsible if that knowledge is misapplied and misused with destructive results, for those who are able to give such knowledge have no business to do so except in careful and thoughtful ways which insure that it will not be misused. That is one reason why it has been withheld from the general public for so long, but the time is now ripe and to withhold it longer would be almost a crime.

To misuse the occult forces in nature is to *wound* than burn your fingers for it awakens within yourself through your thought most destructive and self-consuming vibratory fires. In giving such knowledge great reliance is therefore placed not only upon the at least latent love of Truth but also upon the active love of self which lies buried within each heart.

Reliance is also placed upon the stimulating effects of truths when presented in awakening those leadings from within which are so imperative that they must be obeyed. Another safeguard which is also strongly relied upon is the daily thought helps given to our readers by the "Home Silent Thought Brotherhood" and now that their membership has been increased by so many thousands of persons who have recently joined, and who are continually joining, the power increases day by day in accordance with the laws of cooperative thought.

It is believed that these potent silent influences will



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## Book Reviews.

**How We Master Our Fate.**—75 cts. (Gestefeld Pub. Co., New York.) This book by the well-known writer and teacher, Ursula N. Gestefeld, is a work which should be owned and studied by those who desire a clear understanding of how to awaken and use those forces within themselves, which enable them to control themselves and their surrounding circumstances. It is a strong, though not antagonistic, protest against those mistaken ideal, which lead to undesirable psychic and other channels into which students are so prone to drift. Self knowledge is all important, and to those who will fully master the teachings of this book, there are helps such as but few books are able to offer.

**The Breath of Life.**—50cts. Same author and publisher as above. This contains a series of well-defined and practical self treatments which all students could use to advantage, and thereby obtain valuable self-help.

**Human Nature Explained,** by PROF. N. N. RIDDELL, PH. D. This is a book which offers practical and clearly defined scientific methods of reading character, which are equally applicable in obtaining self-knowledge. It is so thoroughly illustrated that even those who have no previous knowledge of its methods would have no difficulty in understanding or applying them. It is well and plainly written with the evident and well fulfilled purpose of offering actual helps to all who are sufficiently earnest to think and try. It is nicely bound and contains 400 large pages. Price \$1.50, prepaid. Obtainable at this office.

**The Story of Ab.** (Way & Williams, Chicago.) This story of prehistoric man is by the scholarly and well-known author, Stanley Waterloo. It shows considerable depth of research, and throws light on other subjects of interest to students. It is artistically and expensively bound and sells at \$1.50.

The above may be obtained through this office.

# YOUR PRACTICAL FORCES.

A handsome volume containing Seven Essays, by ERNEST LOOMIS, which show how to use your Occult forces in all Business and Art.

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