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# Free Correspondence Lessons

## IN OCCULTISM, By Ernest Loomis.

This department of our work is for those who wish to thoroughly develop their occult powers and then to use them not only in all business and art but also in matters of health, in helping others, in the acquisition of knowledge, in the formation of business and other plans, in character building, in judgments of human character, in the pursuit of happiness, in fact, in the accomplishment of every practical affair in life.

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Fifth. Through helps to be used daily in the conservation and transmutation of the forces.

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(This synopsis refers to only three out of the seven essays in this book.)

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# CHARACTER DELINEATIONS.

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 understands his individual talents and capacities that he can make the most of them in business, home life, matrimony, social life, etc., etc. For instance, in business-life, failure, disappointment, regrets and humiliations are the almost certain results of ill-chosen pursuits, therefore the scientific question of the business adaptation is of almost unequalled importance. Most persons stumble into business or are thrown into it by accident, temporary necessity, misguided ambition or perverted fancy, and with little if 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 almost certain to those who get into the right places to begin with, and who then work intelligently and faithfully, with the earnestness and enthusiasm which hope and adaptation inspires. Most persons also have ten times more talent than they themselves think, and waste their very lives in unsuitable 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. These principles apply with almost equal force in matters of matrimony or of growth, etc.

This delineation department of our work was originally intended exclusively for the somewhat advanced members of the Brotherhood. While the delineations are best taken in connection with the exoteric degrees of the Brotherhood, they can, if desired, be taken separately, and at the regular cost of \$5.00. The almost inestimable advantage of taking these degrees and the delineations together and all at once is, that through the books and the twenty-one question sheet lessons and individual reviews, covering the first twenty Occult Science Library booklets (by Ernest Loomis), it places the whole subject of occultism before the student in a permanent form that can be referred to or reviewed, and reduces its principles to an actual working basis which is especially adapted to such needs and individual tendencies as would be shown by his delineation. All this would hardly be possible were the lessons given orally to a general class even at great expense, because the teachings would go in at one ear and perhaps out at the other before having time to be digested. These question sheet lessons are absolutely free to those who take the degrees, and are not given except in connection with the degrees. The entire expense of the seven exoteric degrees, which may and should be taken at once, is \$21.00. That expense covers the delineations, the special thought helps for a year (used for conserving the forces), the co-operative thought helps, the question sheet lessons and reviews, the \$17.00 worth of books on occultism which go with the degrees, and other important advantages which can hardly be explained or fully appreciated except in connection with the degrees. These books are all our own publications and were written mostly by Ernest Loomis. (The delineations are also made by him personally.) Those who desire it can dispose of \$10.00 worth of these books in connection with the degrees, and thus get back that much of the \$21.00 expenditure.

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. Send date and place of birth (also the hour, if possible), the circumference of the brain, the chest measure, the waist measure, the height, the general weight (with ordinary clothing), the color of hair, of eyes and of complexion, the sex, the extent of the previous education, the present health, the occupation, if any, and whether married or single, also send at least one photograph (three-quarter view preferred) and the full address with remittance to

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## Daily Subjects and Drills for the Universal Church of Silent Demand. -- Continued.

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**I. Our Plan in Outline.** For the coming month let us bend our united efforts toward the attainment of four things, viz: success, self-mastery, self-culture and self-help. So far as we have been able to ascertain, these daily subjects have been found a practical and efficient help. Many have reported the fulfillment of actual results, which they attribute to them, but we feel that we have hardly made a beginning, and that the main results are yet to come. The principal thing is to concern ourselves with setting up the right causes, knowing as we do that they cannot be separated from their legitimate results. In finding the higher self we are reaching the cause world, and until we do that we can scarcely expect all we are setting out to accomplish. We can find the higher self only through persistent practice and thought concentration. We will, as heretofore, aim to give hints and helps, but the work requires daily individual practice if we would gain real efficiency. In our noonday meditation to-day let us use the affirmation: *I-am-my-higher-self. I-will-manifest-its-powers.*

**2. Success.** Occultism affords us the means of so intensifying the thought centers, that to accomplish a given task we need only to first shape it well in our minds, when its ultimate consummation is almost as good as assured. The secret of success is concentration—concentration of thought, determination of purpose, and continuity of action. On this day you may have determined upon a worthy plan of business. Does it seem in your mind like a foregone certainty, or is the plan more than half subject to the will of this person or that person? Or, finally, are you in the habit of secretly trusting to a traditional belief in “luck” or personal



inheritance? No half-hearted plan ever succeeded justifiably, so fixed and unalterable are the requirements of well-doing, honest dealing and good thinking. Meditate upon this. Go carefully over your plans, and see how many of them are unconditional and how many conditional ones. When able to classify them justly, you will naturally draw to yourself the discriminating powers of a successful organizer. The architect who is well known draws every line into his building with an instinctive love of success. His ideas are new, and therefore of value. His powers of concentration have been trained and are ready the moment he begins to think. To-day let us try and focus our thoughts upon these first principles of success. If it will better your powers of concentration, use the affirmation: *I-will-do-what-I-will-to-do. My-powers-are-limitless.*

**3. Distinctness of Motive.** No act of legislation ever succeeded, or, we might safely say, ever stood the final tests of the courts, except that it was set forth by its author in unmistakable terms. The central motive, distinctly expressed, is the one to act from invariably. You may be called a "one-idea" person, but is not one idea successfully handled especially if it be a general and basic principle, worth a hundred only partially developed? A straight forward nature is usually exact and painstaking. When the occultist wants money, he does not conjure up unfair and questionable means of getting it, for he knows the false keynote is always discordant and will neutralize the entire harmony of the transaction. He sets his stakes within the circle of honest dealing. He trusts his powers only to the extent that he has evolved them from the within. To go further than this he resorts to his habit of concentration, and is cautious to have a reserve force on hand for unexpected needs. Even to-day our motives, both in social and in business life, may lack form and distinctiveness. Then let the study for the



next twenty-four hours be to assert them definitely, and with firmness and justice. Habitual concentration will aid you at all times. Use few words and think methodically. There is success in this. Affirm with undoubting faith: *My thoughts-and-aims-are-just,-honorable-and-abiding. I-will-succeed-in-my-purposes.*

**4. Success in Teaching.** If you are an instructor of the young, the merest knowledge of occult law is beneficial. To find in what sign of the Zodiac each child is born, enables you to more readily account for almost every tendency of their minds and traits of character. Of course the teacher should be reasonably familiar with each of the twelve signs to make the knowledge practical. This is not a difficult accomplishment. A general and thorough knowledge of occultism should be acquired, all of which is just so much additional capital in the earning powers of the teacher. We have found that teachers who have qualified if no more than in the rudiments of occultism, have brought themselves greatly in demand and have secured rapid promotions though the school boards which thus recognize their abilities little know of the real source of their added wisdom. The parent's training of the child is also manifestly better the moment they engage in occult studies. It is in fact the superior wisdom upon which the model home can be fostered and protected. Let us take the thought of wisdom getting and popular education for our text to-day—its hopes for the future and its possibilities and advantages in behalf of child-life everywhere. You will, we think, be greatly surprised to find how many real advantages you can enumerate could occultism become a part of the education of the popular instructor of the day.

**5. Originality.** Frequently do we read of the passing away of a person who was the originator of some idea or custom which has become world-famous. Before his advent



we may have got along very well without his idea, but now that he has lived, and our accepted modes of civil life are so popular, it has become almost indispensable. This feature of success, though rare, is a most interesting one. Few are originators, many are imitators. It might be borne in mind that all originators seem to be born and find success in just their proper epochs in history. Mrs. Stowe's Uncle Tom's Cabin was the work of an inspired genius, yet successful only after repeated rejections by the publishers. Though the great national conflict must have foreshadowed the book, it took a woman's intuitive and inspired mind to discover the elements of success it contained. Concentration in behalf of a given cause, and a willingness to serve, has produced many a gifted work in science and literature. We can all become originators by changing our habits of polarization. To best attain success, one should concentrate with an evenness of thought and purpose. Do not antagonize the vibrations by haste, but try to focus every latent mind energy to apply to the thing you have under way. If in meditation, use the words: *The-wholeness-of-the-law-is-my-inheritance. I-draw-my-inspiration-direct-from-its-exhaustless-fountain-within-myself.*

**6. Our Purposes.** How many of us have distinct and clearly defined purposes and objects of pursuit? The chances are that we are but drifting and that if asked what are our purposes we could not give any very intelligent answer. Can we reasonably expect to accomplish anything worthy of ourselves until we at least know our desires and form our purposes? Carlyle said "Blessed is he who has found his work! Let him ask no other blessedness. He has a work, a life purpose; he has found it and will follow it." Ralph Waldo Emerson voiced the same sentiment when he said "The crowning fortune of a man is to be born to some pursuit which finds him in employment and happiness



whether it be to make baskets, or broad swords, or canals, or statues, or songs." "A congenial occupation is a perpetual joy; he who has one walks all his days in a sunny avenue; he who is doomed to an unsatisfactory pursuit travels a gloomy road" says a recent author. We should try to secure this great blessing by means of every possible source of information. In fact we should not rest satisfied until we have done so. Let us silently polarize our thoughts to this idea, using the noon hour as a means of invoking the powers of the higher self as a help in forming a judgment so important. Let us use the affirmation: *I-am-led-of-the-spirit-to-my-true-work.*

**7. The Factors of Success.** Accomplishment is made possible almost wholly by virtue of factors which are within ourselves. These are the forces which flow through the mentality, and they in turn are dependent upon the thought faculties of that mentality for expression, hence the importance of those moods of mind which are the moods of success. The first effort should be to gain qualities and powers as a means of producing, maintaining and living constantly in the moods of success. The human mind is constructed upon certain definite principles which may be definitely known, therefore there is a science of life. Each faculty of the mind is improvable by the simple method of giving it its natural food. That food is force. Thought force and in fact all of our force originates in the higher self. Therefore true thought concentration being a method of coming into close touch with the higher self and of awakening its resultant forces, is a method by which we can feed and unify every faculty of the mind, so that they will all unite in the accomplishment of some one wisely chosen purpose. Let us use the affirmation: *I-now-think-and-act-from-the-higher-self-in-considering-the-factors-which-enter-into-my-life-problems:*



**8. How to Form Purposes.** The formation of wise purposes implies a thoroughly accurate knowledge of every factor which bears upon the object sought. Then it becomes a matter of judging of the relative importance of these various factors. Sometimes we wish to go in two or more directions at once, but this is impossible therefore we must not only select our purposes but also sacrifice if necessary the minor factors as a means of making them auxiliary to the more important ones. The surgeon in the name of benevolence sometimes sacrifices a limb as a means of saving a life. Let us use the surgery of determination and of our other executive faculties as a means of cutting off from the parasites of minor purposes which claim so much of our attention and vitality and thereby defeat the greater purposes which our highest perceptions would deem wisest and best. Let us silently hold the thought: *I-am-living-for-my-best.*

**9. The True Standard of Success.** We each should live for the eternal. This does not imply that we should entirely disregard the things which are earthly and transitory. On the other hand we should search for and find in each event and circumstance of our lives its true esotericism, or that within it which is permanent and not transitory. To do otherwise is to exercise a spirit of condemnation in pronouncing superficial verdicts of great and small.

The Divine unity which prevails throughout nature should teach us that there is no great or small in the eyes of God, or of that Infinite causal law which creates both great and small and which is faithfully and fully represented in all its products both great and small.

The only difficulty is within ourselves, in our failure to perceive the law in small things and events. In our failure to perceive that we are thus but condemning ourselves, "for with that judgment ye judge shall ye be judged."



Emerson says "there is no history; only biography." It is all but the history of the soul, of your soul life and of mine; for we all must live every event which time has, or can produce. Hence the importance of living for the eternal; of having true standards of success; of finding our lessons in all events and circumstances which come to us; of perceiving the esotericism, or causal laws of all things. Ponder on these thoughts during the noon hour of concentration and apply their truth to your life by building it more deeply into the subconscious mind.

**10. Your Best.** Can you truly say, *I-am-living-for-my-best*? Are you making the most of your life? Your life in its ultimate means omnipotence, therefore there is plenty of room for improvement; and self improvement is always possible, for otherwise final omnipotence would be impossible.

The omnipotent force creating law of life is within you. It offers you its infinite possibilities here and now to the extent that you can perceive and co-operate with its unchangeable principles. You should obtain self-knowledge. (Re-read essay entitled *Methods of Self-help through self-knowledge*.) To obtain true self-knowledge should be your first step. You should "leave no stone unturned" in obtaining it, and should not rest satisfied until you have done so. Hold in the silence the important thought. *How-can-I-best-obtain-true-self-knowledge-and-its-self-help?*

**11. Happiness.** All happiness is necessarily derived through that soul consciousness which includes sensation. All consciousness and all sensation is necessarily vibratory in its nature and all vibration is but the resultant of a definite law. That law is the one Infinite law called God, which is "all and within all." It is within you now and forever. The purpose of consciousness, sensation and life itself is *happiness*. If anyone tells you the opposite do not

believe them even for a moment. If an exact and unchangeable law underlies all life, all sensation, all consciousness and all happiness then there are exact principles and laws of happiness which may be definitely known and applied. Your happiness is in your own hands. Happiness is the necessary consequence of complying with the law of vibration and of thus awakening its consequent forces. The harmonious flow and activity of those forces is happiness. Their inharmonious flow is misery and the only misery. Will you be happy or miserable? The case rests with you. Happiness scientifically attained means (vibratory) power, success, wisdom and all that the heart can wish for. Re-read essay entitled "The Esoteric Laws of Happiness." Hold this subject in thought during the noonday silence.

**12. Growth—Force-Massing.** Life means progress. It is "a search for power" and happiness and is likely to be successful only to the extent that its methods are scientific. Power means vibration. There is a law of vibration. It is likewise the law of power. That law is within you—now. Can you not feel it? Listen—for the silent sounds of its influx of force and its force currents———. Did you not feel them? Listen again—. There is a science of life, of growth, of force-massing, which is but the science of this interior law of force. Occultism is this science of life.

The joy of living consists largely in growth. Learn this science of life and then watch your progress as you become more beautiful, more powerful, more successful, more joyous; until finally life becomes one complete round of rejoicing. Silently hold in thought the question How can I "rejoice evermore" as St Paul said we should do.

**13. Service.** Love is basic in man's constitution as well as throughout nature. Love implies service. True service pertains to things permanent, to conduct, to character and to character building. You are your higher self. It is all



related, therefore in serving others you are but serving yourself. You cannot be permanently happy until you make this principle of service a primary consideration in your life. In a sense the world does not need your help because it is governed by a law which is all-sufficient in caring for its own; but you need to help the world as a means of truly helping yourself. The universe will give to you of its abundance to the extent that you truly give to the world of the abundant resources within yourself, which Infinite law has placed at the service of whoever will but learn and obey. Silently ask yourself the question *How-can-I-best-help-myself-by-giving-to-the-world?*

**14. Health** is but the harmony or equilibrium of your forces. All your forces are but the product of that law of force, or soul principle, which is your power to think. Your thought faculties constitute your entire mentality. In dealing with them you are dealing with the whole question of your forces and therefore of your health—the resultant. The laws of mind are exact and unchangeable. They may be definitely known and understandingly conformed to in the attainment of definite results. “As a man thinketh in his heart so is he.”

This noon-hour practice of thought concentration is but a method of thinking from the heart, or soul center, and in such a way that the forces will flow in that perfect harmony which ever prevails within the interior force creating law at the center of Being. To reach it is a species of aspiration, or devotion, which tends to infuse the body and its very surroundings with reverential harmony, peace, repose and power. Hold the affirmation: *I-now-think-from-the-very-center-of-my-Being. I-infuse-my-whole-body-with-its-ever-harmonious-powers.*

**15. Latent Knowledge.** Each individual in his soul principles is representative of the law of vibration. His brain-

cells are but the accumulated vibratory sediment which is the essence of all his past soul experiences during countless ages. The brain and mentality represents the latent knowledge and wisdom thus acquired. This latent knowledge should be awakened that it may become active for good in the life.

We are now in the Zodiacal sign Taurus which among other things is representative of latent knowledge, therefore we get the assistance of universal currents in our present efforts to awaken through thought concentration, that latent knowledge which is of the higher self. Thought concentration by connecting the thought consciousness more closely with the higher self, awakens its vibratory forces and also the vibratory sediment of knowledge previously gained through experience, as effectually as one could stir up yellow jackets by poking their nest with a stick, and on something the same principle.

We should ever work with the universal currents rather than against them. In our efforts to do so a knowledge of the esoteric meanings of the signs of the Zodiac can be made very useful. Our strength is in obedience rather than in opposing natural law. We need but to learn, listen and obey. Hold the affirmation: *I-now-imbibe-the-latent-knowledge-and-wisdom-which-is-of-the-higher-self. I-send-its-forces-into-my-every-surrounding-and-thus-bring-to-myself-all-that-is-helpful-and-needful,-and-that-can-contribute-to-my-happiness.*

**16. Stability.** Taurus is a fixed sign of the Zodiac. It is representative of that principle of stability which gives those who are born in that sign, (unless modified by other planetary conditions) the "stiff neck" or even bull-headedness which enables them to persevere in efforts to accomplish their chosen purposes. It generally produces a sensitive, fine grained and steady interior nature. It is what is call-



ed an interior sign. It helps to polarize the forces to the within, or to the higher self. Taurus is symbolized by "the bull." This animal is so sensitive that for fear of getting hurt he keeps his neck drawn nearly all the time. Taurus persons are sometimes "big bluffers," but they have much psychological and will power, as well as general stability, which are traits much needed among students of occultism. How often do we find such students flitting from one thing to another, ever in search of new sensations.

The spirit will ever goad us on in the attainment of knowledge of Truth, but we should beware lest we forget the importance of basic principles and of the occult practices based thereon. It is an easy matter to get side-tracked on issues of secondary importance.

The greatest need of most persons is to thoroughly polarize the forces to the higher self as a means of gaining its unchangeable steadiness and anchorage. Repetition of vibration is omnipotent. How can we so repeat our thought vibrations that we will attain that Taurean stability which is able to adhere to basic principles through thick and thin? Hold the affirmation: *I-now-polarize-my-forces-to-the-higher-self. Its-steadfastness-and-its-powers-are-mine-now-and-for-ever.*

**17. Dignity.** The lack of true dignity and self-trust is a national defect in the American character. Its love of independence arises from other causes. Its power would be greater if it had more of the spirit which prompted the Indian Blackhawk to say "I am a man, you are another." This could be changed to "You are a man and I am another." When it is said as the result of a knowledge of man's permanent Being, it has a tendency to cultivate that great power self-trust, and a reliance upon the law within which is the true inspirer of dignity.

Let us silently contemplate this question of dignity and

the laws and omnipotent interior powers on which it should be based. Then we will feel stronger and more easily able to carry out our purposes and perform our practical duties in life. Perhaps it will prompt us to aspire to higher attainments, to enlarge our purposes and to so concentrate our energies as to convert our possibilities into powers and then into achievements.

**18. Prudence.** The brain faculty which Phrenologists would term "caution," is representative of prudence, but if unduly developed, or abnormal in its action, it produces negative thought forces and habits of fear, worry, anxiety, despondency etc., which tend to drive results away instead of attracting them. In times of danger the highest prudence is generally to be courageous and self-possessed; when to listen to the voice of "caution" alone, would throw us into a panic of excitement and thereby unfit us for such action as might be necessary in averting the danger.

The mind forces are a unit. They must be cultivated as a unit and then act unitedly, as a means of attracting the best which nature has in store for us. Our main reliance in obtaining for ourselves the harmonious and therefore united and successful action of all the faculties should be the daily habit of thought concentration, because we thus obtain for ourselves the over-shadowing presence of the higher self, which enables us to act from it in all we do. Its words are words of power. Its actions are actions of power and are the main factors in the production of successful results. Hold in thought these words "Seek ye first the (interior) kingdom of heaven (of harmony and power) and all these things will be added unto you."

**19. Satisfaction.** It is impossible that Infinite law should be so cruel as to create wants that cannot be satisfied. Every desire of the human heart is capable of being legitimately satisfied; but desire cannot be permanently satisfied



until every other desire of the heart is also satisfied, for the mind is a unit. What are termed the lower desires must be subdued by the higher desires and thus converted into strength and power. To gratify them regardless of the higher desires would inevitably lead to depolarization of their forces, satiety and ultimate disgust. Their legitimate purpose is to supply a basis of physical power to the higher faculties and their desires.

Happiness comes through conservation and transmutation instead of through animal indulgence. Occultism teaches the true methods of conservation, for force-massing or character-building is its purpose. Its methods are methods of thought concentration or scientific devotion. Emerson says "I don't know if all matter will be found to be made of one (vibratory) element, but the world of manners and actions is made of one stuff, and begin where we will we are pretty sure in a short space to be mumbling our ten commandments." Yes scientific devotion gets at the root of it, of unifying our forces, therefore, let us silently concentrate on the affirmation: *I-draw-my-life,-my-happiness,-my-inspiration-and-my-power-direct-from-its-central-law-within-myself.*

**20. Duality.** Let each of us silently soliloquize something like this, viz—I am composed of the dual principles and forces which prevail throughout nature. My work is to hold true to the universal laws and forces, and also to the principles of individualism both of which are fully represented within me. The law of vibration, which I am, includes both the masculine and feminine, or positive and negative poles, principles and forces. This Infinite universal law is also the law of individualism, therefore of my individuality. The ultimate of my individuality is to consciously become fully reunited with this universal law of all life and thereby consciously manifest in full its divine omnip-

otence. My soul yearns for that ultimate—my natural inheritance, and for the scientific knowledge which, when fully applied, makes its attainment possible. I aspire now to this highest attainment. I silently invoke the knowledge, the wisdom, the peace, the power and the plentiful resources of that vibratory law which is my higher self and the origin of those dual poles and forces which compose my soul principle, the power to think. My thought now attaches itself to this omnipotent source of supply, therefore my forces become immediately invigorated with its Divine elixir.

**21. Scientific knowledge.** The Zodiacal sign Gemini is representative of those dual forces which are symbolized in the almanac by "the twins." It is also representative of scientific knowledge, and now that for a month its forces are focusing so directly upon the earth and its inhabitants we should try to become receptive to its general currents as a means of acquiring that scientific knowledge which makes the highest attainments possible. Let us imbibe these universal forces in the silence, from the higher self within and thereby also obtain that self-poise and soul rest and steadiness of mind which belongs to the higher self and which is the especial need of Gemini characters. The Gemini powers cannot be fully utilized until this is done.

So long as we try to travel in two directions at once, as do the Gemini twins, or to harass our souls with the conflicting emotions and unrest of surface vibrations will we really travel in the direction of nervous prostration and the depletion of forces which leads to failure and bitter disappointment. Our dual forces must be unified, and thought concentration offers an ever available method. Hold thoughts of soul-rest, self-poise and power.

**22. Expression.** Our latent forces offer us limitless possibilities. Through the scientific knowledge of those forces they can be converted into powers, and from that into actual



achievements. This should be the work of each individual. It should be begun now. The silence can be used as a means of attaining these three-fold objects, first the knowledge, second the organized power and third the expression, or manifestation of those powers. The importance of habitual co-operative thought concentration or force-massing is therefore apparent.

The process is simple in comparison with the importance of the objects sought, but it is none the less affectual. That simplicity should be its recommendation. Let us remember the Biblical story of him who was told to go and wash seven times in the river Jordan. Truth is astonishingly simple, as is shown by the supposedly "unknowable" law of vibration which is now explained in our course of study. Your "diamond diggings" are within. Go to the within now and try to more fully realize the simple methods of thought concentration through which its priceless jewels may be brought to the surface, that they may shine now.

**23. Harmony.** Man's innermost being is eternally harmonious. Discord is of his external vibrations only. It is an illusion from the standpoint of absolute Being. That which is real is eternal and perfect. Man's work is to bring these interior and eternal realities into his external being or consciousness. Hence the importance of keeping ever in touch with this interior "kingdom of heaven," or harmony. The God within will always hear your prayers and answer your needs if you will but learn the art of scientific devotion, or thought concentration. This Infinite interior law is both creator and preserver of your life, and as the power to think is your soul principle, it and your thought is the line of connection which attaches you to that limitless source of supply.

What your soul really wants is to see or know the God within; and every discord in life is but the result of getting on the wrong track in the effort to find this, your preserver

and peace giver. Discord is the result of running against natural laws instead of with them ; it is because your prayers or hearts desires are directed to an unknown or external God, instead of to the one and only God which is within. Every scientific prayer must and will be answered. See if you can now silently perceive the importance of looking to this one and only God within. Then persistently practice thought concentration until you learn the art of getting answers to your true prayers.

**24. Peace.** The object of life is happiness, therefore it is important that you know how to obtain for yourself "that peace which passeth all understanding." It is the peace of power which is wanted instead of mere meekness, submission and endurance. It comes as the result of conscious harmony with that interior law which is the Divine creative law. Exact principles underlie life, therefore there are exact and scientific methods of producing within ourselves that peace and happiness and power which is the object of life. This fact cannot be repeated too many times. These methods are not difficult to understand when the principles which underlie life are first duly comprehended.

Thought concentration is the main method of producing these results. It deals with the interior forces, and in a way which awakens into harmonious action the vibratory forces which spring from the higher self or law of vibration. How wonderful that an object so important should be obtained by a method so simple. Let us now apply it as a means of filling the consciousness with harmony, peace, happiness and power. When you feel conscious of this overshadowing presence of the soul, then send your forces out on the wings of thought to the objects and undertakings which you wish to accomplish. If you have not yet chosen your purposes and methods then do so now, in the silence, while you have possession of your better faculties, or higher self.



**25. Deliberation.** Americans as a nation are becoming less and less deliberate in their methods and actions. They are becoming afflicted with what one author has aptly termed "Americanitus." Lack of concentration has become a national defect. These noon hour practices of thought concentration offer the very best method of overcoming this and most all other defects. To live and act from the higher self is a method of making the atonement, or at-one-ment with the God within, which the Christ so ably advocated by precept and example. Let us silently repeat the words "*I-and-the-Father-(creative-law)-are-one.*" Let us be more deliberate and reposeful in our outward acts, and try to realize that the real activities are of the mind and soul rather than of the body, and that excessive bodily activities drive results away, because they withdraw the forces from that interior center of activity from which their real power is wielded. Try to get the mind perfectly clear on this point so that in your deliberate acts you will know exactly what you are doing from the standpoint of occultism.

**26. Courage.** Nervousness or "Americanitus" implies a lack of courage. It is caused by force-wasting or force-scattering, not only by our American methods of hurry, anxiety and overactivity, but also by the consequent infringements of natural law which are known so well by occultists. Let us try to-day to overcome this defect, so that for a day at least, we will even find pleasure in whatever exercise of strength is needed in coping with such difficulties as come to us.

If we could but realize and then utilize our strength, no difficulty would be too great for us, no trial more than we could cheerfully bear and no circumstance sufficient to throw us into a panic of fear, excitement and worry. Lack of courage indicates a lack of perception of that esoteric and Infinitely tender Father principle which is ever caring

for its own. Thought concentration is an invocation of its ever living presence. Let us use that old saying "It is a long road which has no turning" and as we do so, think of the entire soul life instead of but a single earth life. If we can but comprehend how utterly unimportant are the petty difficulties of a single life, when compared with the entire soul life, they will sink into such insignificance that we will be better able to cope with them, or at least to endure them if we are unable at once to overcome them. The development of strength implies the necessity of having difficulties to overcome. They offer us our opportunities.

**27. Human Love.** Many esoteric students show an inclination to forget the importance of the human loves. If they could but fully comprehend the Science of Being they would understand that the human loves and animal desires are needed in the ideal character. When properly controlled and subdued, their vibratory forces become converted into strength, thus offering a base on which rests the ability to physically express, or manifest through man the manifesting agent, the wondrous possibilities, powers and achievements of Divine Love.

Human concentrated love is, to be sure, but a training for that universal love which is boundless; for that matter the whole earth is not a finality. It and the human loves have their important uses and should not be despised. Natural law will not permit any one to permanently despise them.

Gemini individuals are frequently lacking in repose, contentment and the appreciation of the human loves. Their faculties and forces are turned toward intellectual and scientific uses, but through occultism can and should be made to intellectually comprehend the esoteric meanings of the common things in life. It then becomes possible to utilize this higher intellectual perception and scientific knowledge as a means of extracting the esoteric sweetness from every



event however common. Let the noonday concentration be upon this thought viz, not less of the human but so much of the divine that the human will be transformed into its likeness.

**28. Hope.** How many there are who are continually moping, as if it were everybody's duty to continually tease them not to commit suicide. What unnecessary pains we give ourselves in trying to "save" others, as if creative law had grown faint and powerless. "Let every tub stand on its own bottom." Let individuals find within, that reliance upon the Divine law (within) which is their only safety.

Unused muscles and faculties soon lose their strength. God is a living presence within each heart, and until that presence is perceived and drawn upon, the spirit of pure optimism is difficult to obtain.

Optimism is that spirit of contentment which is a continual feast. The hopeful spirit of optimism can be cultivated through use of the optimistic faculties and not in any other way. All the faculties when normal in their united action are optimistic. We should restrain the faculty of "caution" when unduly developed, and obtain that thought control which enables us to live constantly in the successful and constructive moods of hope, as one important means of bringing out our full strength. Learn in the silence the important art of forgetting your troubles. In that way you can drive them away, for they have no real existence except in the mind. Our trials are our opportunities for converting weakness into strength.

**29. Protection.** From ignorance comes fear and from fear comes directly or indirectly nearly all of the illness, sin and misery which flesh is heir to; then the occult art of building around ourselves or others an impenetrable armor of protection should be appreciated in proportion to its importance. It is but a simple matter of thought concentra-

tion such as we are trying to teach and practice. The efficacy of this simple practice consists in its power to awaken from within a steady flow of vibratory force which is so harmonious that nothing inharmonious can find its way into the life, not even the unseen and harmful psychic forces which constantly surround us.

These thought habits and the consequent moods of success, set up the vibratory causes which carry us into harmonious thought currents, where nothing that is inharmonious can easily enter. They are force-massing instead of force-scattering in their tendencies. Let us use the 23rd Psalm in our silent meditations to-day, viz, "The Lord (the law) is my shepherd. I shall not want." It "maketh me to lie down in green pastures." It "leadeth me beside the still waters." It "restoreth my soul etc." Try to fully realize its protecting influence.

**30. Companionships.** Let us to-day silently practice the art of thought concentration as a means of attracting to ourselves our real friends, viz; those who are on the same line of march and who can respond to our deepest feelings and sentiments. How precious are such friendships, and the process of obtaining them is so simple that no one should neglect to set up from within himself, through thought concentration etc, the necessary attracting causes. Let us dare to deal with realities and to fearlessly utter our heartfelt sentiments. It will help to establish our friendships upon a basis of reality, and to sever our friendly relations with those, who, by their shams and hypocrisies, insult the dignity of the name friend by substituting a counterfeit for its reality. If we permit such substitutes we are equally culpable, and to cut away from these shams, is generally the first step in attracting to ourselves our real friends—no not the first step because to realize its importance and to determine upon such a stand, is the first or preliminary step. Let us hold the



Emersonian thought, "Every friend whom not thy fantastic will, but the great and tender heart in thee craveth, shall lock thee in his embrace" etc., or the affirmation: *I-now-attract-my-real-friends*.

**31. Circumstances.** There is no limit to what thought concentration etc., can do in the attainment of desirable surrounding circumstances and conditions. Our real activities are of the mind rather than of the body. If one will but properly utilize part or all of the noon hour each day in this way, he will find, as weeks become months and months become years, that those hours were the most profitable of all. Re-read the essay "How to create opportunities." Silently study that occult art. Review the subjects of the month and ask yourself the questions. To what extent have I been benefited by these subjects and practices? To what extent have I been scientific and faithful in their observance? Is it wise for me to continue this practice? If you have gotten much from them you should feel thankful and keep on. If you have not received much or anything from them, your need of them is thus made all the more apparent. Hold the affirmation: *I now appropriate the essence of all these principles-methods-and-Truths.*

The subjects for next month will be especially practical

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