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

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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 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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Concentration Methods and Helps.

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I. Economy of Force. External life, or activity, is a species of force-spending, exhaustion, or dying. The processes of life and of death within the human organism, are so interrelated, that each seems to be the other. The constant work of destruction is a process of life, which is ever arranging the forces into new forms and more in line with the universal laws. These laws themselves, together with our consciousness of them, are the only things which are fit to finally and eternally survive. The destructive principle in nature is constantly hinting to man, that he *must* build into his consciousness a complete knowledge of the universal laws. Knowledge gaining is the only process which enables him to permanently survive. Perpetual youth, great power and keen happiness is possible to each one who will but learn how to create force as fast or faster than he spends it. The most simple act, even the involutory act of breathing, is a process of tearing down and casting out worn out life tissues or vibratory forces, and at the same time replacing them with new and better ones. The machinery of the body will gradually wear out, unless we learn how to make it perform its most simple functions in the light of deeply esoteric knowledge. Let us silently breathe these deeper laws of our being into our external consciousness through thought-concentration. Use the affirmation: *I-now draw-force-direct-from-its-law-within-myself. I-demand-to-know-and-follow-the-best-methods-of-thought-concentration.*

2. Nervous Prostration. The cause and cure of all disease lies within the range of man's forty-two thought faculties. The harmonious activity of those faculties necessarily produces harmony in the action of their consequent vibratory forces. Nervous prostration is the result of force-wasting and force-scattering, or of casting unnecessary burdens upon the force-centers. Thought control would enable us to avoid force-scattering. The due exercise of our thought faculties would result in habits of eating, drinking, breathing, etc., which would not clog the system with an over supply of food. Nature, however, can stand much abuse, providing its life impulses are sufficiently strong. The cultivation of happiness giving life impulses is something that cannot, with impunity, be neglected. Life is vibration. Its true source is within. To impede its forces by lack of interest in the common things of life, is to prostrate the nerve centers. The creation of positive and negative poles, or masculine and feminine principles, is the original impulse of life, or nature, which resulted in vibration and its manifesting powers. This love between masculine and feminine, if interrupted or perverted, impedes the life forces and is one of the most common causes of nervous prostration or diseases. Love is basic in the human constitution. Become scientific in expressing your Love nature and your general life interests, or loves, and the impetus of life, will do the rest. Occultism is the science of Love and of true living. Concentrate upon this subject. Master it. Live the perfect love life. Hold the affirmation: *I-am-Love. I-love-my-God,-my-self-and-all-living-things.*

3. Restoring Balance. "A small leak will sink a great ship." If the forces are not kept in harmony, or balance, they will scatter and waste. Individual tendencies of character indicate the trend of these wastes, and likewise furnish soil for the growth of force-wasting germs which will de-

stroy the life. Within each unbalanced organism, is a germ of tendency which will finally sink it into the concentrating or involutionary process of physical death. Why not do this concentrating daily, and thus at least counteract or retard the life destroying powers of those force-wasting germs of tendency? Your higher self is balanced. Its forces will harmoniously express themselves through you, if you will but go to it. You can go to it in the silence and thus balance your forces. You can maintain that balance by persistently practicing the thought concentrating silent process which produced it. But will you? Don't unless you want to. It is your matter rather than mine. I most cheerfully accord to you and all others the rightful absolute freedom of individual action which I demand for myself. If you are too blind to perceive the importance to you of practicing these and other occult principles, I shall not complain. You are the chief loser. My God is all-sufficient for my needs. Yours will in time awaken you to a realization of your needs, and there is no reason why either of us should unbalance ourselves, or intemperately use our forces by quarreling, simply because the other does not follow our imperfect methods. Let us each choose our own "Infernos" and invite all others to do likewise. To cut off from externals by worshiping and fully relying upon the God within, or by fulfilling the first commandment of Love and worship, is a reverential way of telling everybody to "go to h——l." It likewise teaches, by example, how to get to heaven. The h——l of discord will, in time, indirectly teach each soul its needs, and what it is that the human constitution "cannot stomach." As compared with the direct process of scientific knowledge-getting, it is a slow way of regaining a "lost paradise." Restore balance of soul by silently repeating the esoteric meanings of the Lord's prayer.

4. **Extremes.** "Reaction is equal to action and in the

opposite direction" is a philosophic law. Extremes of happiness, which have *only* a foundation of externals, are almost sure to be followed by corresponding moods of depression. That vibratory consciousness of happiness which results when the thought is reposefully carried to the law of vibration within, and to its higher harmonies is an affirmation of Being and natural soul condition which is not likely to be followed by extreme depression, or by other negative and unhappy moods, providing the thought concentrating causes which produced the happy mood, is properly and habitually practiced. If we would avoid these extremes of feeling and their unhappy consequences, let us faithfully follow the requisite preventative methods of thought concentration. Let us now try to call up a happy and reposeful frame of mind, or mood. Cease all anxiety and hurry. The soul is in no hurry. It has an eternity in which to do its work. Reposeful moods are essential to its success. Ride upon the shoulders of earth's cares and responsibilities rather than allow them to ride upon your shoulders. Take plenty of time to compose yourself and to nestle more closely to that interior law which is the *I-AM* of your Being. When the reposeful and happy mood of power is today attained, do not be too hasty in disturbing it.

5. Justice. The universe is run upon principles of exact justice. You as a part of that vast universal system, must come into perfect oneness with its justice. To fail in this is to obstruct and retard its helpful force currents in their efforts to act through you. As you live more and more in your interior soul principles, or from your higher self, you will as gradually get into the interior region of absolute justice, where the helpful force currents of universal law are not retarded. Now that the Libra force currents are so active, is the very time to seek deeper and deeper adjustments of your forces with reference to this matter of

ice. Obtain for yourself the true reposeful mood, then the silence hold the thought of absolute justice, and as you love your life, your success and your happiness do not fear or hesitate to eliminate from your life every element of injustice. Deal with the underlying realities, or principles, and your efforts to become more perfect in this respect will make themselves known in ways which will attract to you more favorable external conditions. You might hold the affirmation: *I-am-that-all-wise-law-which-is-just-to-all—its-related-parts. I-am-just-to-myself-and-all-others. I-love-all. Love-is-just.*

6. Justice to Self. Both justice and charity "begin at home," but should not end there. Your nature justly demands perfect happiness, through the harmonious activity of your interior forces, and the normal and ultimately complete gratification of your every faculty. This is your birth-right. Your mentality is your very life. These thought faculties, desires, etc., constitute your mentality. They were created for happiness instead of for misery. If they were incapable of being finally and rightfully gratified, life would necessarily end in abject misery, for these soul principles, inherent in the power to think, are deathless. Justice to self necessarily includes justice to all others, for the true self is indissolubly related to all others. To be unjust to others, is as unjust to yourself as it would be to lacerate your own flesh. You absolutely cannot change or cheat the laws of perfect justice which underlie your own constitution. God never plots against himself. His only method of punishment is the boomerang. His methods of reward are numberless and all related. You are unjust to others and to yourself, if you teach or permanently permit them to lean upon you, instead of upon the infinite law within. True justice demands that you gently but firmly teach them the divine lesson of self help. The Infinite law within is ever

saying: "*Come-into-me-all ye that-labor-or-are-weary-and-heavy-laden-and-I——will-give-you-rest.*" *Rest-now-in-the-silent-harmony-of-that-blessed-interior-voice-and-promise.*

7. Judgment. That justice to self and sensitiveness to the interior law, which comes from within, is likewise the source of sound judgment. It is desirable that you should learn by practice and in silence, how to know from within. Until you do so learn, you will necessarily lean on others instead of upon the only reliable prop or law within yourself. God's method of manifestation is through individualism. The law of Love is but the law of self help, and is the only true means of obtaining individual happiness. It will not permit service to others, except in teaching them to follow the first commandment, to lean upon the God within. Its helps are withdrawn as fast as self-help becomes externally possible. Are you in the habit of promiscuously asking or following the careless and unscientific advice of others? You must in time awaken and follow the true interior inspirations and judgments. Get silent and then search out the strong and weak points in your methods of forming judgments. We become so accustomed to our errors and false methods of life, that we perhaps don't even try to turn on the search-light of our interior judgment, as the first step toward improvement. Hold the affirmation: *I-judge-and-know-from-within. I-use-every-faculty-and-power-in-my-judgment. I-live-from-the-higher-self. I-am-led-of-the-spirit-to-right-thoughts,-right-speech-and-right-actions.*

8. Perception. To "know from within" is to properly exercise the intuitive faculties of spiritual perception. To psychically perceive things from without, is to invert the proper action of those same spiritual faculties. There is where the line should be strictly drawn. Libra characters are very generously endowed with these wonderful percep-

tive faculties, but through ignorance are often the very ones to most outrageously infringe the true methods of using them. To so misuse them is to awaken extremes of feeling and also nature's self-acting penalties. The scales of Libra can become balanced in judgment and perception only when the central law within is found, or properly brought into action. This Libra month is a good time to become mechanically, mathematically and artistically correct in our use of the perceptive and intuitive faculties. In seeking these interior adjustments we are likely to awaken into more powerful action those Libra faculties which bring true inspiration and spiritual illumination. Practice this art in the silence. Hold the thought: *I-perceive-that-thought-method-which-illuminates-my-life-with-wisdom,-power-and-Divine-Love. I-am Love. My-Love-is-power. I-attract-all-desirable-things. My own-will-come-to-me. Only-the-best-can-occur.*

9. Reading Secret Thoughts. Try to read your own most secret thoughts. They need the light. Face them squarely, that you may know what you are bringing into your external life, for perhaps it may not be all that you desire. If so you should not lose any time in replacing those secret causal thoughts with others which will build environments that are more to your liking. Many people seem to be afraid to be left alone. Afraid to have any inner life. They keep themselves on the outer rim of existence. They live in their surface vibrations, constantly flitting about like butterflies, and perhaps entirely unconscious of an inner life or of the real undercurrents of desire and thought, which if properly lived in, could bring so much success and real enjoyment. Silence and repose will greatly aid in bringing to the surface those interior occult powers, which, when used, are always productive of good results. When man once awakens to a comprehensive understanding of the science of life, he will use these Libra powers of penetra-

tion, not only with himself, but also in sympathetically and charitably judging by all acts, the motives and thoughts of others, thus getting a deeper and deeper insight into human nature and into that deepest of all studies—God, as manifested through man. Hold the thought of *introspection*, as a means of forming right purposes and of awakening those deeper undercurrents of thought which will thus send out the necessary occult forces to accomplish those purposes.

10. **The Soul of Things** is somewhat difficult to penetrate to, but we each should make the attempt. Repose and silence will help us to carry the thought consciousness to our own deeper soul principles. If to begin with we can thus get behind the scenes, it will then be comparatively easy to follow out the occult lines of force connection and consequently see things as they are. The soul loves to deal with such underlying realities. The general love of occultism is therefore an evidence of soul power and soul growth. When once we get a taste of the true inner consciousness, nothing less will again satisfy. When the soul once perceives its own inner treasures and life's underlying realities, the outward attitude toward life becomes forever changed. External things will take on new and higher meanings, because their inner realities are then perceived. Human and animal life, even in its lowest and most hideous forms, will be regarded with that reverence which is inspired by the perception of the interior soul qualities that endow it with infinite promise. This attitude of loving reverence eliminates hate, and compels us to regard the ignorant mistakes of all mankind with that spirit of universal charity which led the Christ to say, "Father forgive them for they know not what they do." In our silent meditations of today let us try to find that interior Christ principle or consciousness which is able to intercede with the Father, and thus cast out or forgive all of our past errors, that we may be

transformed into its Divine likeness both in thought and in act. In doing so, the affirmation: *I-and-the-Father-are-one*, may help us to reach the soul of this subject.

11. Harmonial Emotion is another name for that enthusiasm which means, "God with us." Why should we not always consciously have God with and within us? Is not the fact that we do, sufficient to inspire enthusiasm in doing His work? Then are not the occult practices which produce this result, well worthy of daily observance? They are scientific methods of devotion, which bring power and success, as well as the happy consciousness of enthusiasm. Universal experience teaches that success (and surely true and permanent success) is impossible, where this enthusiasm or interest in our work is lacking. Occultism teaches why. We cannot easily exert our greatest powers, except in line with our strongest tendencies; nor can we duly awaken the undercurrents of those tendencies, until through occultism and its practices, we find the Christ powers within and live closely in touch with the higher self. Harmonious emotion, or permanent enthusiasm, is impossible in any line of effort which is in opposition to natural universal laws and the deeper principles of man's permanent Being. The higher self is the source of life, power and enthusiasm. Happiness is a life giver, as well as the purpose of life. Seek it wisely and thus become proof against failure and disappointments. Hold the thought: *I-choose-and-follow-that-life-which-yields-most-happiness-to-myself-and-all-others. I-awaken-enthusiasm-by-scientific-occult-methods. Harmonial-emotion-comes-to-me-as-I-become-silent-and-reposefully-reach-my-higher-self.*

12. Limitation. We each should try to become experts in the control of nature's finer interior forces. We limit our possibilities of accomplishment to the degree that we fail in this. The universe is composed of force *only*, and the universal law of force is within ourselves, therefore we

can get command of the whole situation, only to the extent, that, through co-operation, we get conscious control of this causal interior law. The importance of devoting a portion of each day to the occult methods of power gaining should therefore be plainly self-evident. As we try today to come into oneness with the higher self, let us likewise try to obliterate our past boundary lines of limitation, that we may measure ourselves by the standards of inner power and more permanent Being, which through such realization thus become ours. As we awaken to our higher powers, we learn to know exactly what we can accomplish and how to go about it. So long as we set up the right interior causes, will we send out our occult forces and powers in ways which insure progress in the accomplishment of every rightful undertaking. Whatever is right is possible. Whatever ought to be, can be undertaken with the sure knowledge that the omnipotence of universal law is behind us, and to the extent that we perceive and apply it will we in time manifest it by the accomplishment of actual external results. Hold the thought: *All-power-is-mine-saith-the-Lord-or-higher-self. I will-become-Lord-of-my-external-self-and-of-my-environments.*

13. Educated Approbativeness. To desire the good opinion of others is natural and right. This desire, when properly educated, inspires efforts to attain and express those high soul qualities which command the love and reverence of all. Is your outward life in any way a sham or mere pretense? Do you perform monkey pranks for the gratification and approbation of ignorant persons who have but recently graduated from the school of monkeyhood? Do you pride yourself on your defects and thus cater to depraved or uneducated tastes? Does your life stand for its inherent or for previous stages of mere brute-hood? Although it may not be quite so bad as the latter, it is worth while to often review habits and principles of action, as a

means of self-improvement, in making those fine adjustments which better represent the laws of permanent Being. You cannot afford to aim at anything less than the best and highest. Hold the affirmation: *I-aspire-to-the-highest-attainments. I-demand-the-qualities-and-aims-which-invoke-those-sacred-blessings-and-words-of-the-Father-law-"This-is-my-beloved-Son-in-whom-I-am-well-pleased."*

14. Conventionality. Many of the conventional rules of our social life are founded upon sound basic principles as well as upon universal experience and therefore should be observed. There are perhaps but few persons however, who do not, in one way or another, unwisely surrender their native God-like independence, if not their moral principles, for the sake of catering to the various depraved tastes and customs, the ignorance and the traditions, the fancies and commercially engendered fads, of empty headed fops, both male and female, who consider their clothes or other material trappings better than themselves. Thoughtful people are sometimes led to wonder if it isn't almost true that the clothes etc., of such people are really the superior. Libra people are inclined to be rather too conventional, and as the Libra influences are now active, it may be well that we each take ourselves in hand in this one particular, for in such respects nearly "all are sinners." First concentrate and then reposefully consider your life and habits in regard to this question. See if there isn't room for improvement. Improvement begins in thought. Thought ripens into desire, purpose and achievement. It is wise to devote much time to silent thought concentration upon desirable qualities and powers, for in this way we are gradually moulding higher ideals which thus densify into objectivity. Hold the affirmation: *The-Infinite-law-or-higher-self-is-my-standard. I-act-from-it. I-discard-all-obstructions-to-my-progress. My-*

interior-tastes-arc-holy. My-higher-self-is-perfect. I-am-God's-image,

15. Society and Solitude. Happy is he who, in society, can unobtrusively retain the independence to be gained in solitude. The interior adjustments and refined tinges of character obtained through thought-concentration or solitude, naturally lend the charm of a softening touch or influence, to the independence thereby gained. To thus awaken the interior magnetisms or Love forces of the higher self, is to become a social magnet of increased power. Love, happiness and organized forces attract their correspondences. Incessant bodily activities, whether in the rush of business or the whirl of society, necessarily dissipate and exhaust the forces, leaving the organism open to external attacks. It then attracts harmful and hateful psychic forces and force-currents, thereby engendering hate and a long train of repelling consequences, all of which defeat the very objects so ardently sought. If society people, business men and all others, could but duly comprehend and recognize these occult laws, and the efficacy of our esoteric practices, they would understand that time spent in daily thought concentration is most productive in external results. Hold the thought: *I-seek-silence,-solitude-and-thought-concentration-as-a-means-of-organizing-my-forces. I-am-my-higher-self.*

16. The Law of Demand. "The supply is always equal to the demand." Do you ask why? It is because all things or supplies are but force, and the one only law of force is within. The thought consciousness is its exclusive manifesting agent, or one and "only Son." Through demand or co-operation with this interior law of force, we come into oneness with it, or make the "atonement." It then becomes true of us that "I and the Father are one," and we are thereby enabled through thought, to consciously exercise its omnipotence. Demand is realization or spiritual un-

derstanding brought into action and finally into manifestation. "In the name" of this law, or by co-operation with it, we can demand or "ask whatsoever we will" and it will be given unto us. The first step is understanding, the next is a demand and the next is fulfillment. If we fail in understanding and faith, our demands are, to that extent, of the lips only. Words are inert until backed by the potency of thought. Teaching is the only true and permanent healing, for only the high conceptions of Truth are able to carry or manifest its omnipotence. Occultism is a religion of Truth, of worship and of Love. Its methods of worship, of asking, or of demanding, are imperative, because scientific. The affluence of Truth is our birthright, therefore to demand is our right, whenever we have conformed to the thought conditions of this our divine inheritance. Hold the affirmation: *I-demand-Infinite-wisdom. I-demand-perfection-power-Love-and-happiness.*

17. The Law Giver. Manifestation, though a transitory and ever changing illusion from the standpoint of the absolute, is nevertheless governed by definite, changeless and eternal principles. Truth itself is the law giver. A thinker is its negative or likeness, and thought is the force of which its ever changing pictures are composed. There are definite laws of thought through which any thinker can, by conforming to the occult or thought conditions, throw upon the camera of externality, any picture which he may desire to see. These pictures are for his amusement, but through ignorance he often experiments in the production of pictures which do not prove to be amusing. Every thought, being vibratory, has its corresponding form or picture, and it is through these pictures that man slowly but surely discovers his own nature and learns what pictures are always sufficient to amuse. He must in time deal with the underlying realities, even with the principles themselves, otherwise

he would continually blunder, make mistakes and go in the wrong direction. Since happiness is the object of life, we should learn and practice occultism, because it deals exclusively with principles and their applications, and places in our hands, instruments of thought, from which we can insure for ourselves that permanent happiness and power that is the natural result of living close to the heart of Being. Silent thought concentration is now able to lead to the true law giver within. Hold the affirmation: *I-control-my-thoughts-and-therefore-produce-pictures-or-material-results-to-my-liking. I-desire-and-demand-the-best-which-existence-is-able-to-rightfully-offer-me. I-demand-wisdom-to-perceive-it.*

18. Inverted Occultism. Discrimination is an important essential in the attainment of satisfactory results through thought concentration or occultism. Materialistic tendencies incline some beginners in the study, to voraciously devour the "carrion" of inverted occultism, or the psychic forces which surround us. That is what the true occultist tries to avoid. His Job-like patience is frequently taxed, in repeatedly explaining and emphasizing the occult lines of distinction which separate the true from the false, and particularly upon this one point of drawing upon the inner vibrations *only*. People say "Oh yes" I recognize the truth of your principles but *my* psychic "voice" is different; it is always pure high minded and spiritual as is shown by what it says to me etc., But what if it is, if in communicating with it you open the doors for the reception of less moral psychic forces, whose methods are too insidious to even be easily perceived. To open the intuitive or psychic doors to one external, however pure, is to pave and open the way for others. This alluring road leads sooner or later to destruction, or disorganization, and there is no way to prevent it except by avoiding the cause. Others will "crane the neck" and speak of "drawing on the universal," in a way which plainly indicates that they do not

yet fully realize that the universal is a *law within themselves* and that *their individual universal*, can be found *there-only*. Hold the affirmation: *The-Infinite-universal-law-is-within-me. My-higher-self-is-at-one-with-it. I-am-my-higher-self,-my-power-to-think.*

19. Psychic Demons. The "Devil" of disorganization is ceaselessly active. It in time compels people to protect themselves by relying wholly upon the God within, whom to Love or worship in singleness of heart, is to fulfill the whole law, or first commandment, and thereby secure conscious "life eternal." Through occultism or thought concentration, this "Devil" becomes chained, but not permanently, so long as we have weak points. By attacking us at weak points, it gradually discloses to us the strength of that interior law on which we should rely. This monster of destruction (ignorance) gnaws at our very vitals during the almost endless period of our unconscious evolution, but a time comes in our soul-life when we begin to comprehend the importance of occult principles or self-knowledge, and then we make concentration, organization, or co-operation with the interior law, a part of our daily lives, so that in a measure, we understandingly protect ourselves. The "Devil" is that interior evolutionary principle which gives us the impulse to look without for our soul satisfactions. It is thus that we are led to desire consciousness and happiness and to express externally our soul potentialities. This tempter is therefore a very good fellow, though "he" must almost despise our weakness at times when we ignorantly forsake the Christ principle and God within, for a mere illusion of the senses. These illusions were originally caused by our "fall" or desire to "eat of the tree of knowledge" (of good and evil) and thereby contrast good with evil, or discover ourselves. *The-tree-of-life-is-within-me. The-Christ-spirit-or-comforter-is-within. "The-kingdom-of-heaven-(harmony)*

is-within-you," are affirmations which might be used in the silence to advantage.

20. Sex Excesses. As organized beings, we are representative of Love, through gender or sex. Vibration itself is but a manifestation of sex polarity. It is through vibration, or sex, that we become conscious beings. It is also through sex, that in our efforts to gratify the sense consciousness, we waste our forces, either through passion wastes and sex indulgences, or upon the psychic passional plane. Much of the novel reading of the day is the result of an effort to gratify the love faculty, but unless discrimination is used, is liable to degenerate into mere psychic sex-excesses. Sex love is of course a mental faculty, therefore to injudiciously excite this faculty of the mentality, through reading, thought, or otherwise, is sufficient to produce disorganizing wastes of vibratory power through sex. Physical wastes of sex force cannot occur in the absolute absence of mental activity upon the passion plane. Passion is violent in its activity and therefore too wasteful and disorganizing in its tendencies to be nature's *permanent* and *ultimate* method of fully satisfying the cravings of the human heart for Love. That must in time be answered from within the self, by coming into oneness with the Love law, which is both masculine and feminine, and is therefore capable of fulfillment from within itself. This is the ultimate toward which our habits should tend. As sex fluids are vibratory forces, it is manifestly important, that they be conserved and transmuted. In "the day" or age that they are wasted, "thou shalt surely die." "The heel of the woman," or nature's negative principle, which polarizes back to Truth or first cause, shall finally "crush the serpents head" for tempting (through the senses) man into external methods of knowledge getting and its consequent illusions of manifestation. Thought control, through thought con-

centration or scientific devotion, is the only perfect method of entering conserving or organizing the sex energies. Hold the thought: *I-conserve-all-my-forces. I-use-them-for-the-good-of-all.*

21. Generation. Regeneration must inevitably follow the plane of generation. When, through occultism or thought concentration, perfect regeneration becomes a fact, the plane of generation will become unnecessary, because death will thus be replaced by perpetual youth. The grave must in time become thus cheated of its victims of lust and disorganization. When man learns how to live in perfect oneness with that deathless interior law of his life, he will necessarily so mass his forces as to become ever living, like the law itself. Here is the principle of power, of healing, of perpetual youth and of happiness. As man comes more and more into touch with the interior principle of Love, the cravings for love of both body and mind are harmoniously satisfied from within, by its vibrations of perfect Love. Violence or passion and the consequent wastes of force through reaction and depolarization, are then entirely unknown or absent, and life becomes as harmoniously blissful as is Love itself. Regeneration is a work of time, but we make progress toward it, to the extent that we progress in the occult art of thought concentration, and we should therefore make that a matter of daily effort and practice. As the mind becomes silent, hold the thought: *I-extract-from-the-plane-of-generation-all-that-is-best. I-thus-become-regenerate. I-am-Love. I-manifest-love-in-all-my-thoughts-and-acts.*

22. Fermentation. Flies, moths, lice, microbes, buzzards and all of nature's parasites and scavengers, have their important work to do. The old must be destroyed and cast out, before it can be replaced by the new and better. It is a law, that when a person or thing has *entirely* outlived its usefulness, it must necessarily cease to exist, for use deter-

mines the quality and existance of everything. A secret of long life is to become useful in the accomplishment of some important and wisely chosen purpose. The highest uses pertain to the promulgation and manifestation of Truth. Truth is an everlasting principle, therefore, other things being equal, by allying ourselves to some method of advancing its uses and cause, either as a business, or otherwise, is to add days and years to our lives, for we thus borrow of its life principle and higher uses. Inventors, ministers, writers and others who are fired with some great purpose that is closely related to Truth, as a rule, live to a very old age. It is wise to deal in staples and realities. Saloon keepers and others who constantly imbibe, or relate themselves to the fermentative principle in nature, are generally short lived, because they constantly subject themselves to the crucible of its destructive and disorganizing powers. Here is a principle worth thinking about, because it may lead to readjustments in your life. Hold the thought: *I-am-the-law-of-Truth. I-manifest-its-ever-living-powers.*

23. Secretiveness. Your life has its special and unique place in the mosaic of the universe. You therefore have some special work to do. You also have, or should have, some important plan and purpose, the fulfillment of which fairly fires your heart. You should, as a rule, keep this plan and even your purpose, to yourself, for if you tell it to anyone who is not in entire sympathy with it and with the mental tendencies and thought causes which led up to it, you will at once encounter the inertia of their disbelief. They are likely to "throw cold water" upon your plans and thereby cause you to lose something of your enthusiasm and power of faith. On the other hand, to tell a plan to those whose good will and entire sympathy you are absolutely sure of, is to add a new battery of force to your own thought powers in the work of its accomplishment. There is won-

derful power in silence. The law of all power is the absolute silence itself. If you are unduly secretive in any cunning or tricky sense of the word, you will thus retard the magnetisms of your body, your mentality and your thought powers, thereby causing disease and inharmony in both body and surroundings. You cannot afford to do this. Dishonesty is inconsistent with the universal laws and their creative "public policy," therefore it is impossible to practice or in any way manifest it, even in your secret thoughts, without thereby cheating yourself of rewards which necessarily accompany knowledge of and obedience to these universal laws of justice and Love. These laws are absolute. Study them in the silence as a means of adjusting your life to their lovingly generous and just principles. Hold the thought: *I-hold-my-forces. I-respond-to-the-law-of-silence. I-am-led-of-the-spirit-to-right-thoughts,-speech-and-actions-at-the-right-time-and-place.*

24. Lies and Cunning breed disease and inharmony in body, mind and circumstances. They act in accordance with laws already explained. Who can even doubt the immutability of these laws? Are not their principles absolutely self-evident? It is impossible to cheat omniscience and omnipotence, and yet that must be done before dishonesty can become a match for unswerving honesty, or be made to pay even financially. The laws of thought are such, that its powers can be used with temporary external success (as success is ordinarily measured) even in a dishonest cause, but it carries with it horrible self-acting penalties, and is necessarily comparatively short lived, as universal experience, if known, would conclusively prove. The laws themselves are sufficient to prove this. To fully understand their construction, is to gain omnipotence as your ally, instead of having it as your antagonist. Hold the thought: *I-rely-wholly-upon-Truth's-omnipotent-realities. Truth-makes-me-*

free. Ignorance-is-bondage. Lies,-fear,-etc.,-are-its-illegitimate offspring-which-I-now-disown. I-hate-shams-and-lies.

25. Business-Getting Principles and Rules. 1st. Honesty pays. 2nd. Depend upon realities and Truth. 3rd. Your mentality and its powers is your main stock in trade. 4th. Choose a business which fits your inherent tendencies, for no other can command your permanent interests and your best thought powers, or even make you happy. 5th. Be just to yourself in order that you may be just and perhaps even generous to all others with whom you come in contact. 6th. Do not over-work or otherwise "kill the hen that lays the golden egg." 7th. Keep body and mind in perfect working order. 8th. Mentally concentrate your forces before undertaking any important task. 9th. Do but one thing at a time, for otherwise you would scatter your forces and unfit yourself for important work. "Whatever is worth doing is worth doing well." 10th. Thought carries with it the powers of vibration. Repetition of vibration is omnipotent. Your persistent purpose and will is constantly repeating the vibratory powers of its thought in the work of accomplishment. "Where there is a will there is a way." 11th. Spend a minute or more in silent thought concentration at frequent intervals during the day. Remember the powers of silence. 12th. Utilize the silence as a means of getting inspiration, renewed vibratory power and new ideas. 13th. Act from the higher self in all you do. 14th. Whenever you speak or act, reposefully use each faculty in measuring out, through intonation, inflections, qualities and otherwise, those finer artistic self-controlled touches of vibratory power which best represent the higher self in all its qualities and perfection. 15th. Use suitable mantrams, etc., just before retiring, so that you will be protected and strengthened during sleep, and so the subconscious mind will direct, emphasize and attract undercurrents of force which will increase your success.

16th. Constantly study and practice the principles and methods of occultism, as a means of power-gaining and self-improvement, as well as in their applications to business success. True success is based upon qualities and self-improvement. Use the silence today as a means of appropriating the esoteric significance of these rules, and particularly of those which relate most intimately to your individual needs. You could advantageously formulate them into affirmations.

26. Lemon Squeezers. Scorpio people and others, sometimes act as if they regarded all persons, things and events as objects to be mercilessly discarded like squeezed lemons, the moment they cease to be useful in contributing to an over-weaning selfishness and acquisitiveness. The Scorpio sting, though useful, is representative of a destructive element in nature, which must in time destroy or disintegrate itself, by becoming converted into new and higher uses. "He who lives by the sword must likewise die by the sword." The sword of Truth will inevitably transmute the Scorpio generative and reproductive forces within man, into regenerative life principles which are eternal. The sooner we undertake this regenerative work of conservation and transmutation, will we do away with the Scorpio sting of death and the consequent necessity of generation or reproduction. It is unnecessary and impossible to actually reproduce that which permanently is. Organization, force-massing, conservation, transmutation, regeneration, etc., are the Christ-like principles of eternal life and of its powers. The promise, hopes and possibilities of Scorpio natures, lie in their powers to conserve and transmute the reproductive or generative forces with which they are so liberally endowed. When they learn the great lesson of conserving and giving, in loving service, or of transmuting as well as of generating or receiving force, will they begin to fulfill the abundant promises of these endowedments. We all are in need of this lesson,

therefore let us concentrate and then study the principles involved, that we may formulate improved methods of applying them. Again hold the thought: *I-conserve-all-my-forces. I-use-them-for-the-good-of-all.*

27. Destruction is not confined to the physical world alone. It is of the thought world also. He who uses his thought forces in destructive ways, is the chief sufferer, because these forces are necessarily most destructive at their source within the self. Their vibrations exhaust themselves as they are sent out. True occult power is constructive rather than destructive. Occultism deals in the great affirmations of ever living principles and basic Truths, rather than with the mere negations of external manifestation. It carries us in the direction of causal laws and forces which are ever harmonious. Its methods and practices tend to carry the consciousness to the interior realm of nature's higher potencies. It is thus that we become endowed with the thought-power to accomplish every legitimate undertaking. We should hesitate to destroy the old, until we can replace it with something new and better. Our methods of destroying our errors and illusions, should be the constructive occult methods of knowledge-gaining, through which we adjust first the inner life, and then our outward conditions, more and more to the universal laws and principles of our permanent Being. We thus in time become at one with the interior law, which is God, and thereby bring to ourselves the illimitable bounties of its omnipotence. Let us try to do that now. Formulate for yourself, in the silence, an affirmation which best answers your individual needs.

28. Unscientific Exactions. We should freely accord to others the privileges, founded upon basic principles, which we rightfully demand for ourselves. We should not ask or expect perfection in the outward lives of others, so long as we ourselves are outwardly imperfect. Absolute perfection

is not of the physical world. The principles of physical manifestation are already and always perfect, therefore the outward imperfections of all mankind are only natural. All things natural are on the road to perfection and are sure to finally attain it, therefore we should regard them in the white light of that which they are potentially, and in the sure knowledge that when we become perfect, we will not see any imperfection in this great system of external or physical manifestation. "God is too pure to behold iniquity." When we become as pure, will be time enough to "sit in judgment" upon the shortcomings of others. Our real work is within ourselves. It is to awaken to higher standards of purity. "To the pure all things are pure" and "Evil to him that evil thinketh" are proverbs founded upon these laws. To see evil, is to manifest an evil eye. The real I, (or eye) is perfect and is ever willing to forgive all, at all times and for all offenses. *All-bondage-mistakes-evil-and-shortcomings-are-but-consequences-of-ignorance*, is an affirmation which naturally leads to the Christ spirit which said, "*Father-forgive-them-for-they-know-not-what-they-do.*"

29. Anger Hatred and Malice are powers of destruction which exercise their greatest effectiveness within the thought organism, or mentality, which thus perverts its executive faculties. "When angry, count ten before you speak, and if very angry, count one-hundred, is a simple and useful Jeffersonian rule for the attainment of better self-control. If you wish to develop your occult powers of mind, you must rule out anger, hatred and malice from your thought activities. But little can be accomplished until you attain that much thought control. Would you become angry if you did not fear that something or somebody would injure or cheat you by depriving you of some satisfaction? Then do you fear? Are you a moral coward? Are you ignorant or distrustful of that interior universal law which is amply able

to care for its every product? These perversions of your faculties are unworthy of your God-hood. They are inconsistent with a sound philosophy of life. You can and must overcome them. Occult knowledge inspires Love and thus "casts out fear" by overcoming the ignorance which caused it. Your anger but displays your ignorance, your fear, your childish lack of self-control and of that thought control through which occult power becomes possible. Silently think of how in this and other ways, you have outrageously cheated yourself. Thus you may awaken the deep *desire* to overcome ignorance, fear, anger, hatred, malice and their consequences. You must have such desires before you can make much progress in overcoming your defects. Desire inevitably carries you to the things permanently desired. Hold the thought: *I-desire-perfect-self-control. I-overcome-ignorance,-fear,-anger,-hatred-and-malice,-through-knowledge-of-that-law-of-Love-which-I-am. I-love-all-persons-and-things. My-Love-casts-out-fear.*

30. Jealousy and Revenge. When uninstructed Love is turned to the bitter gall of jealousy, through the fear that it will lose some coveted satisfaction, it is liable to express itself in a malignant and self-destructive form of revenge. How pitifully grotesque, that a quality so exalted and pure, should ignorantly condescend to add power to its very antipodes. True Love instinctively seeks to endow its object with the blessing of liberty and happiness, rather than to enslave it with the bondage of mere ownership. The soul is too large to be permanently enslaved, and as it discovers itself, will lose all desire to enslave or own others.

Let us utilize our silent meditations of today in the work of more thoroughly freeing ourselves from the ignorance which is capable of fearing that others can take from us that which is truly or rightfully ours. There is no companionship or material thing that can become ours, until we are

able to appropriate it by gaining the knowledge which gives us power over it, and when that is done, no power in heaven or in earth can permanently take it from us. It is necessarily ours so long as we desire or love it. Love should be satisfied in the giving, asking not that its affection be reciprocated. Love inspires Love. It is a vibratory force which permeates and thus takes possession of its objects. Hold the thought: *I-am-that-perfect-law-of-Love-which-is-all,—all,—all.*

31. Retrospective and Prospective. A glance at your past noon-hour experiences in the work of thought concentration, should be sufficient to yield some hint or clue, that could be made useful for the coming month, in more thoroughly applying the true methods and principles of occultism. There is everything to be gained by these methods and practices. The work of becoming efficient in them, may be slow and at times uninteresting, but it should be persevered in to the end, for it is worthy of whatever effort it may cost. One of the main things is to persist in the purpose. The practice should be made restful and attractive. If, at times, it becomes laborious, you may know that your methods are wrong. At such times, you should simply wait in a calm and reposeful frame of mind. Occult powers sometimes come in the twinkling of an eye and as a result of waiting. The great art is to be able to throw yourself into the right mood.

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