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Prof G. I. Kittredge

Concentration Methods and Helps.

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1. **Emersonian Idealism.** The Emersonian optimism of the true Idealist is founded upon something more enduring than the riotous vagaries of a diseased imagination. It is founded upon the changeless omnipotence of an omniscient universal law—the law of force, or of individualism. This perception of the imminence of God or Divine law, is an anchorage—the only true anchorage. It awakens the soul to the great underlying realities of today, as well as of all time. It admonishes man to "stay at home with the cause" of things and thus find God's ever-living presence and potentialities within his own soul. By thus placing the dependence upon a sure foundation of omnipresent Truth, we are able to be happier, more practical, more efficient in action and more servicable to others, because by an understood method, we draw our force from the exhaustless fountain of its law within. To postpone happiness, or to despise the things of here and now, is to unconsciously insult or dishonor the Divine, which, being omnipresent, is therefore necessarily within. To constantly crane the neck, in the worship of an absent and therefore mythical God, conception, or idol, is to follow the example of a child who would refuse every nearby help and ceaselessly cry for the Moon. The Infinite exists external to the self, as does the Moon, but it will never be found in the external, until it is first discovered within the self. By its light, it will then be easy to find it everywhere and in all things. Let us try now to find

it in the silence and within. Hold the thought: *God-is-my life. I-am-the-everlasting-law-of-life. I-draw-my-sustenance from-within.*

2. Centaurian Independence. The Zodiacal sign Sagittarius, whose influence now prevails, is symbolized by the Centaur, as well as by the Archer. This symbol is representative of the man, or the human instincts, evolving from the horse, or from primary animal conditions. It requires considerable independence, or reliance upon the Truth of individual Being, to take this all important step. There never was a time, when the external conditions for doing so, were more favorable. This month and this day of this year, can perhaps be regarded as the real turning point from the old to a new dispensation of time. The past is a sealed book. Its accounts are already practically settled, at least so far as the underlying realities are concerned. Each individual must open new accounts with the world, and deal upon a basis of higher spiritual law. The religion of the future, is to be more emphatically a human heart religion of the silence, instead of mere form, ceremony and externality. Ritualism has seen its best days and must take a back seat among the relics of a past materialistic age. The tendencies of the times are against it. Through the spread of occult principles, the individual has ceased to regard himself as inherently depraved, or as a fit subject for the eternal fires of a mythical hell. He has taken his own salvation in hand and understands that the atonement, or at-one-ment with divine law, is an individual work for him to do, and that he must find his own kingdom of heaven, or of harmony, within, if he is to enjoy its presence. All hail to the centaur of human spirituality, in its efforts to rise from a condition of brutehood! Hold the thought: *I-will-arise-and-go-to-my-Father-Divine-law. I-silently-worship-my-own-perfect. Thank-God-for-the-dawn-of-spiritual-life-and-universal-peace.*

3. How to "stay at home with the cause" of things, is a most important occult art, which our work undertakes to teach. The search for power and happiness, is generally conducted upon the supposition that they can be found only at distant and remote places. Occultism teaches the Christ doctrine of a near by omnipresence, or Divine law. Your line of connection with that law, is necessarily through the within of the thought consciousness, or soul principle. The activity of your external senses, signifies that your forces are not in the process of concentration. It is when the senses are still, and the mind quiet and reposeful, that the requisite involutory tendencies can easily prevail sufficiently to carry the thought consciousness to the higher interior potencies of that law. The way to get these results, or powers, is to set up the proper conditions of silence and repose. When you fully learn the devotional process by which high potencies can be invoked at will, you will have a never failing supply of power at your immediate command. It will be capable of bringing you a fulfillment of your deepest heart's desires. When your life is consciously founded upon this unchangeable rock of universal law, there is nothing that can prevail against you, or give you the slightest cause for fear. Hold the thought: *I-now-rest-in-the-affirmative-thought-currents-of-universal-good. The-interior-law-of-all-life-is-my-reliance-and-my-protection. I-am-in-the-kingdom-of-heaven.*

4. Live From the Soul if you would be truly independent of all external things. Your interest in external things will not then cease, but will increase. You may regard it as a law, that external things cannot yield you permanent happiness, until you find the true source of happiness within, and thus become independent of their necessity. Try today to fully comprehend this law and thus become disappointment proof. The negative things of earth, or externality,

are yours to subdue. You can subdue them only in the righteous name, or strength, of that great interior affirmation or law called God. That law is patiently waiting for your recognition. See if you can silently recognize it now. Slow the activities of the senses, until the mind becomes steady and quiet. Take plenty of time for this. Make of it a matter of relaxation. Hold the thought: *My-soul-looks-within-to-thee,-thou-law-of-Infinity,-savior-Divine. Oh-hear-me-while-I-pray,-take-all-my-griefs-away-and-let-me-from-this-day-be-wholly-thine.*

5. A Room of Silence. Each home should have a room of silence, or "holy of holies," dedicated to the daily practice of silent thought concentration. A room soon becomes saturated with the vibratory atmosphere, or quality of thought force, which is therein generated. A room of silence could therefore be made a focusing center for helpful spiritual forces. The power therein generated, could be helpfully sent out to others, or to the external circumstances with which one has to deal. These harmonious thought currents would infuse themselves into one's purposes and undertakings, smoothing away rough places and harmonizing the underlying causal forces of troubles and difficulties, even before they could externally appear. Purposes and plans could therein be devised and formulated with an increased degree of scientific accuracy, wisdom and success. Bodily pains, or disease, would be more easily soothed or removed, by thus coming in contact with harmonizing forces from the higher self. As these forces from the higher self accumulate in such a room, as it is thus used, they would act as a thought treatment, or spiritual bath, which could not easily be otherwise than helpful. The principles of individualism demand such a room. The universal laws of Love and of Brotherhood also demand a Church, which would offer co-operative external helps for this practice of scien-

tific devotion. Prepare the way by the following affirmation, or prayer, viz: *I-demand-for-myself,-a-room-of-silence-where I-can-commune-daily-with-thee,-oh-law-of-my-life. I-also-demand-the-scientific-co-operative-helps-which-the-Universal Church-will-offer.*

6. "Be Still and Know that I am God." Nature's forms of expression are multitudinous. Its methods of expression are comparatively few. Its basic principles from which all those forms and methods spring, are but very few. The subject of these methods and drills in thought concentration, deals almost exclusively with these few principles, and therefore they are repeatedly referred to. To drift far away from them would be to drift from the subject in hand. Those who are in the greatest need of these practices and of their almost endless repetition, are the very ones who will be most easily bored by them, because their needs signify that their present tendencies are in an opposite direction. If you are not bored by them, you may know that you have more than ordinary ability to obtain helpful results from their observance, because of your basic powers and fortunate individual tendencies. The object of silence, introspection and thought concentration, is to more thoroughly polarize the forces to the higher self. If they are already well polarized, these practices will seem natural to you, and will be very productive. If they are *not* well polarized, then that is your *greatest need* and you should hold to the purpose, until the practice becomes a delight, and productive in results. Hold the affirmation: "*Be-still—and-know—that-I—Am—God.*"

7. **How to Know from Within.** This involves almost the whole subject of occultism, therefore its basic principle is the daily practice of thought concentration, until the subjective mind, or higher self, becomes habitually active. Then, knowledge, wise judgments and wise plans will come

to you by a lightening-like process, which is not laborious. The awakening of the subjective mind also awakens occult forces which can be sent out, almost in a flash and with permanent magical power, to things, or circumstances at a distance. The higher self is nothing less than the Christ spirit which is able to "miraculously" and almost instantaneously heal circumstances, as well as bodily ills. Sagittarius natures generally have quick intuitions, and the power to know from within, at least so long as their sex forces are properly conserved. Leo, Aquarius, Libra and other natures are generally liberally endowed with these powers. One method of cultivating this faculty, is to use it in recognizing the mood of concentration, or of reposeful steadiness, as it steals over you, in the silence. See if you can now produce this mood, and do not forget to recognize it, from within, when it comes. Also use this interior discrimination in determining the qualities of these moods, so you may be able to keep out all harmful psychic forces and force-currents. Cultivate the subjective mind in your general judgements, and particularly in your judgments of character. Its searching look, though penetrating, is reposefully kind, and therefore does not often give offense. Hold the thought: *I-now-feel-from-my-subjective-mind. I-know-from-within. My-mind-is-reposeful.*

8. **Introspection** need not and should not be productive of undue sensitiveness. When the subjective mind is awakened by proper occult methods of introspection, or of thought-concentration, its affirmative and positive forces will also be awakened into healthful activity. The true optimist easily becomes sensitive to deep feelings and the underlying beauties within all forms of organic and inorganic life. He also becomes impervious to mental suffering, because his faculties are kept in a state of healthful activity, as is indicated by his optimistic moods. Moods of perma-

nent happiness and success, are within your reach. They can be produced at will and maintained, through the methods of thought concentration, etc., offered by occultism. Thought control means everything to you and can be obtained by specific scientific methods of dealing with the thought faculties and forces. First utilize occult methods in awakening the proper desires, then in understanding the philosophy in all its details and then in the faithful application of its methods. Do not try to deal with too many things at once. Take them one by one if you wish to become their master. The principles and methods of self-mastery are very simple, as compared with the attainments in external results, which it places at your command. Hold the thought: *I-now-penetrate-to-the-depths-of-my-soul. I-demand-wisdom-to-find-and-follow-the-best-methods-of-self-development-and-self-mastery. I-devote-my-talents-to-the-highest-uses.*

9. Your Aims. Sagittarius natures generally aim well, and as a rule, hit the mark in all things. They are sensitive, and when offended, are capable of driving home the arrows of severe words, or even blows, with a tremendous forcefulness, and are almost sure to hit at vulnerable points. They should guard against this, because they do not realize how hard they strike. If they did, their natural kindliness would prevail. To be able to choose and follow right aims is a talent which should not be thus misused. It is always safe to aim at self development, for in proportion to our success in that, will we be able to obtain the enjoyments and good things of life. That, in itself, if properly pursued, is the main enjoyment of life, for the source of happiness is within and the method of attaining it is through the proper development, or massing and use of the forces. Opportunities for self-improvement and happiness are always at hand. The Infinite could not have endowed us more liber-

ally with the instruments of happiness, than to give us the unlimited privilege, through thought concentration and otherwise, to draw upon the Infinite, creative, interior law. But what use are we making of these privileges. To what extent do we even appreciate them. Let us aim now at the Infinite and see how closely we can draw near to its silence. Let us summon the subjective mind and every particle of knowledge concerning thought concentration which we possess, as a means of reposefully focusing the forces upon that interior silent law which is the Infinite. Hold the thought: *I-will-develop-the-power-of-silence. I-listen-for-the-reposeful-hush-of-my-forces-which-precedes-its-consciousness-of-power.*

10. Over-activity. Sagittarius, being an executive Zodiacal sign, naturally endows its children with executive tendencies which frequently lead to over-activity. Emergencies are an inspiration to such natures, in that they call to the surface the executive powers and forces of the subjective mind. At other times, these natures are inclined to forget this source and sphere of real action, and by their excessive bodily activities, shut off the supply of force from within. This is perhaps a lesson which you need also. The silence today, may help you to determine and then to appropriate it, by setting up the proper counteracting causes. You should realize the necessity of keeping your whole organism in first class working condition. As power comes to you, do not forget to use it in moderation, so that its constant occult pressure will uphold and sustain your every accomplishment. Reposeful moods hold your forces, so that their harmonious pressure is felt, not only within yourself, but also throughout your every relation in life. The atmosphere of thought which these moods represent, carry their life potencies far and near, and produce the attractive forces or currents, which bring successful results to you. There is an absolute law behind this. All you have to do is to under-

standingly put it into operation. Then you will attract magical results even while you sleep. When, by over-activity, you infringe this law, you produce lax force conditions, which dissipate or diffuse the external results which were attracted as effects of your previous thought activities. Hold the thought: *I-will-master-my-forces,-and-the-occult-principles-and-methods-which-make-that-possible.*

II. Meddling with the affairs of others, detracts just that much force from your power to successfully conduct your own. It establishes force connections which invite self-defensive attacks from them, if they are in a well organized condition, and if they are not, it brings to you the still worse result of imbibing their lax force conditions, and unsuccessful "hoodoo" moods. You are morally responsible for the use you make of your force. Sympathy is force, therefore your use of sympathy, involves the principle of meddling and a moral responsibility. If you indiscriminately waste sympathetic or other force, upon those who are unready or unable to appropriate it, you thereby rob those who could appropriate it and to whom it is a duty to freely give. "Let the dead past bury its dead" is a motto worthy of frequent use. Your first duty is to yourself. It is the duty of keeping closely in touch with the higher self, that you may act from it in all you do. To do this is a matter of occult knowledge faithfully applied, through thought concentration, etc. To neglect this practice, is a matter of almost criminal neglect, for which you are the chief victim, or loser. On one side is almost endless penalties. On the other side is endless rewards. Try to silently summon your forces sufficiently to absolutely settle the question of whether or not this is so, and then decide what you are going to do about it. Let it be either one thing or the other. Any "betwixt and between" action would perhaps hold these principles and practices up to needless and unjust disgrace, in which

event you would be responsible also for that. No one can dodge the self acting punishments of infringed natural law. Hold the thought: *Should-I-study—occultism? Should-I-practice-its-methods? Why? Abide-by-the-answer-which-comes-to-you.*

12. Emergencies. The rare Sagittarius characteristic of being inspired to right action by emergencies, is capable of cultivation. Character is the slow vibratory growth of experience and habitual thought. By gaining thought control and by then wisely choosing and following the right objects of thought, we can build character into that which is more fully representative of permanent Being; or in other words, we may and should thus build for the eternal, and live in the eternal-now. It is the plodders along this road, who are the first to reach the destination; but our methods of plodding should be intellectual and scientifically spiritual, rather than merely physical. To fail in the choice of methods, would mean to plod along some other road instead of upon this one. We should plod, in the sense of repeating wisely chosen thought practices and their consequent vibrations, for repetition of vibration is omnipotent. The ability to grasp and utilize opportunities and to act wisely in emergencies, depends upon the reserved power slowly and patiently acquired during a long period of previous thought training or character building. Opportunities are of no service to us unless we are thus prepared to utilize them. "Know thyself" and the desires of the heart, as a means of confining all training to lines and methods which will not end in disappointment or failure. Purposes should be carefully formed in the silence, so that they may be truly yours, instead of the mere reflection of other minds. Patiently train the subjective mind, and your outward character and purposes will thereby become representative of its powers and happiness giving perfections. Hold the thought: *I-am-the-image-of-*

Divine-law. Its-interior-perfections-become-a-part-of-my-outward-organism-as-I-silently-dwell-upon-it-in-thought. I-now-worship-it-into-vibratory-manifestation-through-me.

13. Timidity. Sagittarius natures are often timid, but only when there is no need for action. Their timidity is perhaps the result of a prophetic tendency to allow the mind to drift ahead to things of the future, or from an act in hand to a proposed act of the future. They like to go fast, but when events arise which are capable of commanding their entire attention, their natural directness and unity of purpose comes to the rescue and temporarily gives them great powers of concentration. Concentration is but another name for inspiration and power. The great need of most natures is that thought control which gives power of concentration. It should be cultivated, not only by noonday devotional practices, but also when we are doing small acts. The Sagittarius executive moods of hurry, divides and therefore wastes the forces, thereby producing negative, anxious thought currents, hollow cheeks, dyspepsia, lung difficulties and a general depletion of the force centers or vital organs. Be deliberate and reposeful in every act, if you would cultivate courage, instead of timidity and cowardice. Utilize the silence whenever necessary and particularly today, in stopping these unnecessary leakages of force and in the correction of habits which lead to them. Whenever you concentrate all your forces upon one thing, you necessarily thus become, at least temporarily, free from fear regarding other things. The thing feared can either be remedied or *not*. If not, then there is no use of worrying over it, and if it can be, then the concentration of the forces upon it in the application of a remedy, also removes entirely the necessity of fear. Fear-ing thoughts are negative forces which create a vortex that attracts the thing feared. Hold the thought: *I-rule-my-*

thoughts-and-my-forces. I-have-nothing-to-fear. The-over-ruling-law-of-Love-cares-for-me-and-all-things.

14. Prophecy. The prophetic faculties of intuition, should be used chiefly in acting as an avenue for the expression of *interior* causal forces which *determine* what the future will bring forth. Your thought organism is the architect of your fortunes. Your creative thought forces determine what your future shall be. The possession of these instruments, places all the resources of the Infinite at your command, for they are but force. Your thought should dwell and dwell and *dwell* upon this great fact, until it engenders a permanent mood which is representative of its Infinite meanings. Then you will act with the majestic forcefulness and power which this Divine parentage justifies. If to thus worship this law, or God, is a fulfillment of the law and commandments, then you should realize the importance of repeatedly emphasizing the few principles and methods involved. We repeatedly caution our members upon this point, so they will not use co-operative thought concentration, their prophetic faculties, and occult powers, simply as a means of psychically communicating with each other. That would be an inversion of the true principles and would inevitably lead to final disaster. The power and virtue of our Brotherhood work, consists largely in the adequate preventative measures against such consequences, which are habitually set up by its esoteric and other members, as well as by the instructions regarding this vital principle that are repeatedly sent out. Hold the thought: *I-now-draw-upon-the-inner-vibratory-forces-only. I-use-my-intuitive-faculties-only-in-generating-and-affirmatively-using-my-forces.*

15. "This One Thing I Do" is a thought concentrating precept which generally leads to success. There is perhaps no one so meagerly endowed, that by proper concentration, cannot accomplish some one thing of importance; nor is

there any one so liberally endowed, that he can properly accomplish everything in a single life. It requires scientific self-knowledge to wisely choose the one thing to which your talents are best adapted. It requires fidelity to the law of force and to the occult methods of force-massing, to be able to accomplish your chosen purpose with the least possible outlay of force. One thing which all should do, is to learn and apply these laws of force. Then it becomes possible to accomplish almost any rightful purpose, and to choose high purposes with the certain knowledge and firm faith that they will be accomplished. It then becomes possible to dismiss anxiety concerning consequences and thus avoid the wastes of force which anxieties necessarily produce. Try in the silence to cultivate the Sagittarius quality of concentrating all the power you possess, upon a single point at a time. This talent can be used in adding distinctness of outline and clearness, to your thoughts and plans. If your thinking is muddled, your actions will be no less so. Concentration should begin in thought, as a means of reaching your higher self. Hold the thought: "*This-one-thing-I-do.*" *What-is-the-one-thing-which-I-can-best-do? What should-I-do?*

16. **Bluntness** is often carried to the point of brutality by a certain undeveloped or wrongly instructed class of Sagittarius, Scorpio, Virgo and other natures, who delight in destructively telling disagreeable "truths," or even falsehoods, to so called inferiors, or weak and defenseless ones, in the family or elsewhere, (who are perhaps incapable of self-defense) but "of course for their own good." If they would but learn to exercise their courage, discrimination and truth loving or happiness giving faculties in discovering and then proclaiming the beauties of character and lovely traits which often lie only a little below rough, plain and lowly exteriors, they would thus awaken splendid qualities, and as gradually also bring into manifestation the Divine image within themselves.

We all have opportunities of this kind and if we have sufficient understanding and perception to properly reverence human nature, we will, when advisable, be able to tell even the most disagreeable truths, with such kindness and gentleness, as to avoid these paralyzing, dwarfing and unnecessary hurts. The Divine image can be praised, loved and worshiped into manifestation, but cannot be driven. True criticism is constructive rather than destructive. He who is inconsiderate and arrogant to "superiors" is generally abject and cringing to inferiors. The basic laws of permanent Being have endowed us all equally. It is a delight and therefore should be a privilege, to regard all things in the light of these permanent and always inherent principles. Thus may we worship God or the Infinite law, in every act. Such worship is a species of concentration. It helps to polarize the forces to the law of the higher self. Hold the thought: *All-is-good. My-Infinite-Father-created-all-in-his-image. I-recognize-that-image-within-myself-and-all-others.*

17. Sagittarius Impetuosity. Independence of spirit, quickness of intuitive perceptions, and intensity and directness of purpose, when backed by the Sagittarius executive tendencies, naturally lead at times to St Peter-like intuition-al, inspirational and impetuous acts. Faculties and qualities of the highest virtue, when unrestrained, are liable to manifest in obnoxious ways. It is well to keep in mind these high qualities in others and throw a mantle of charity over their inconsiderate, or excessively impetuous and perverted manifestations. But in our own character building we should hold ourselves to a strict account for the use we make of all our faculties. Every faculty is primarily virtuous and good. It is only its perversion that can result in evil or vice. We should therefore realize the importance of understanding our every faculty and the specific and scientific methods

by which they can be made to perform their respective uses. Life is made up of details. From little thoughts and small acts, habits are formed and character built, or perchance destroyed. Let us today deal silently with the quality of impetuosity and with the various causal factors which lead up to it. Self-training, to be effectual, should be systematic and thorough. While holding ourselves to the basic principles of thought concentration etc., we should not overlook the minor details, or qualities, but should take them one by one, as well as collectively, day in and out the year around. As the years go by, we will be offered convincing proofs that none of this patient self-training was in vain. Hold the thought: *I-draw-my-sustenance-from-within. I-act-from-the-soul-in-all-that-I-do. I-love-all-things-and-do-not-desire-to-harm-them.*

18. Ingratitude. It is generally the fate of Sagittarius persons to be misunderstood and to thereby become victims of ingratitude. This is perhaps more or less true of all, who have the independence to think and act for themselves, but when a dual nature, interior complexities of organization, quick intuitions, executive tendencies, reticence, sensitiveness and a warlike self-defensive attitude is added, that result becomes almost inevitable. The natural open-hearted frankness and directness of a Sagittarius nature, inclines it to invite candid and confidential relations with others, but when it then confers favors, and finds a lack of responsiveness to the true fundamentals of independence, or even failure to keep pace in quick perceptions and consequent acts, the result is absolute reticence and perhaps a self-defensive war, to the extent that its sensitive independence becomes goaded or trampled upon. The natural Sagittarius fidelity to friendships, etc., would perhaps prevent open warfare, but it is almost as trying to be invited in at one door (to a basis of social intimacy) only to be suddenly pitched out of another

door, or window, so to speak, and it is an experience which but few can stand with equanimity, or without ingratitude for such favors as may have been previously received. It may be regarded as a principle, that he who pins his faith to man the imperfect, will suffer dissatisfaction; but he who through a perception of the underlying *perfect* in all, worships *that*, instead of its imperfect symbols, thereby becomes capable of receiving satisfactions and benefits instead of dissappointments from all, however imperfect they may as yet be. We are not fit for true friendships, or the responsibilities of great wealth, until we thus become independent of their necessity. Look within, to that which is unchangeably perfect. Let that be your companionship and reliance. Make all other loves subject to this, because they are but reflections of it. Hold in thought the first commandment.

19. **Small Annoyances** are often unnecessarily magnified into colossal proportions. Sagittarius natures are often unnecessarily and waspishly impatient and combative, when these competitive wasps or circumstances, but *partially* withdraw their attention from its usual intense interests. They don't like to be disturbed or interfered with, when directing their arrows of energy to any particular mark. A great calamity, by *entirely* withdrawing their attention, would be an inspiration to them, because it would awaken an all-sufficient coolness and courage. It is the trifle which annoys and thereby commands them. We should not be thus ruled by trifles.

One method of correcting this weakness is to cultivate the habit of doing only one thing at a time. If the attention becomes withdrawn, even by a trifle, we should concentrate wholly upon it until it is disposed of. In that way it serves by training us for the mood of success. To permit it to divide the mind, would give it temporary command over us and in a way which trains for failure. All necessary acts,

however simple, become our servants to the degree that we thus use them in training for the concentrated moods of success and happiness. If the mental faculties and forces are concentrated, they will act harmoniously, and thereby bring a consciousness of happiness, as well as produce the harmonious thought currents of success. Silently examine yourself today and utilize thought concentration as a means of fortifying yourself against further infringements of these occult laws. Hold the thought: *I-concentrate-all-my-forces-upon-a-single-act-at-a-time.* "*This-one-thing-I-do,*"-is-my-motto.

20. Learn to Labor and to Wait. It is easy to be too impatient of results. That faith which is founded upon absolute knowledge of occult laws, is content to simply act in sowing the seeds of success, for action and its fruits are one and inseparable. To spend time in watching for results, is to divide the energies and interfere with their power to properly concentrate upon the production of causes. This principle is particularly important in the work of force-massing or character building. It is a law, that if the true principles of thought concentration are habitually and properly applied, great individual results will necessarily ensue. You should make it your business to comprehensively understand the principles involved and the true methods of thought concentration, and then to faithfully and habitually apply them. Simply do this and keep on doing it while you are waiting for the results which must inevitably follow. To thus govern your life by such fundamental and eternal principles, is to live and build for the eternal. You are in need of these practices, in proportion as they are laborious and tiresome. If they are not tiresome, it is proof that you are capable of getting great results from them. They should be made a pleasure. If they become laborious, then drop their outward forms for a time, simply holding to the pur-

pose, and the time will quickly return when they can be made a pleasure and proportionately effectual. Hold the thought: *I-will-learn-and-observe-the-laws-of-my-Being. I-walk-in-the-light-to-the-extent-that-I-am-able-to-receive-of-the-light. I-rely-upon-my-higher-self-or-the-God-within. I-worship-it-into-manifestation.*

21. Finish Your Tasks. The merchantile characteristic of quickly turning from one thing to another, has, by Americans, been cultivated to excess. It weakens the powers of concentration, scatters the forces, leads to depletion, nervousness, failure and even death. Your occult powers can be cultivated by forming the habit of keeping the mind upon one thing only, until it is accomplished. Success consists in completion. You do not fail until you give up. You cannot fail if you never give up. "Whatever is worth doing is worth doing well." Try to keep out of the thought currents of shams and of mere cheapness. You will thus keep comparatively free from the thought currents of intense competition, where nearly all the shams inevitably tend. Be thorough. Avoid shams. Make the good article. Make it as it should be. Take an artistic pride in constantly improving it. Sell it for a good fair price and you will be almost sure to find a ready and enlarging market. Mere cheapness has had its best days. With the vast accumulations of wealth, will gradually come the search for better things, rather than for merely cheaper things. It pays to get into thought currents of success, where its attainment is then little more than a mere matter of floating. Occultism teaches how to get and keep in such thought currents. One secret of it, is to think success instead of failure, or to mentally see yourself in improved surrounding conditions. Another is to practice daily thought concentration silently, as well as in every act. Hold the thought: *What-can-I-do-best? I-do-only-one-thing-at-a-time. I-now-concentrate. I-*

finish-my-tasks. I-demand-wisdom-and-power-to-get-and-keep-in-successful-thought-currents. How-can-that-be-done?

22. Vows and Confidences. The typical Sagittarius nature is constitutionally opposed to vows. It should be opposed to confidences also, for that would in a large measure remove the cause of being misunderstood, and of the consequent ingratitude. There is no vow sufficient to permanently bind any individual to a course that is wrong. Natural law is the only power that can permanently bind. Even that must in time loosen its bonds at the dictation of applied occult knowledge, for "The Truth shall make you free." The perfect law of everlasting life, which is for each individual, is even above manifestation. Why should man perjure his soul, by making vows as to what he will, in the light of higher knowledge and in the future do. Principles and methods of life which are founded upon Truth or absolute universal law, are sufficient to bind their followers, even without the necessity of external vows. The true Sagittarius independence, is founded upon universal principles or laws, whose very strength is brought out, the more they are attacked. If my principles are unsound I want to know it, therefore the more frequently, mercilessly and even maliciously they are attacked, the better I like it. Principles which are self-evident, or prove themselves, can well afford to be attacked at every point, and by their strongest opponents, as it only exposes and heralds their permanent native power. If it is a universal law that all things evolve from within outwards and through an inherent vibratory law, then our methods and principles of thought concentration will permanently stand the attacks of every psychic organism, negative force, or inverted method of occultism, or of drawing upon external psychic or other forces, that can be ignorantly arrayed against them. We never knowingly or wilfully attack individuals, but we most fearlessly attack inverted

occult principles, thereby arraying against us the whole psychic world and many organized bands of "black magicians." There is and has been war in the invisible, but the supremacy of "white magic" and the principles of right, is the only outcome that can prevail. Hold the thought: *I-fearlessly-stand-upon-the-interior-Christ-principles-of-evolutionary-law.*

23. Redemption must necessarily be the outcome of each individual soul-life. The underlying law of all soul-life is unchangeably exact and perfect. Its consequent individualistic tendencies must inevitably lead to but one finality. The power to think is the soul principle of individualism, which, being indissolubly attached to its underlying law, must survive the grave and finally fulfill its destiny of manifestation. Its underlying and everlasting law of force is dependent upon this method of manifestation and being unchangeably perfect, cannot permit the manifesting purposes of individualism to miscarry, even in a single case. The law is absolute. Nothing can permanently resist the creative potencies of tendency, with which it has endowed each and every soul-life or thought organism. These inherent soul potencies may perhaps require an eternity in which to fully evolutionize, but as the inherent power is there and also the tendency, the finality of perfection and complete manifestation is therefore inevitable. There is much more to this which may perhaps come to you in the silence of concentration, as you thus put yourself in the proper attitude to receive it. Hold closely to the practical point that as your redemption must come and is a matter of your own sowing, reaping, thinking and soul growth, then the sooner you begin to sow right, by learning and obeying the occult laws of your permanent Being, the better it is for you in every way. Hold the thought: *The-law-of-force-is-my-eternal-life. It-is-my-higher-self,-or-power-to-think. I-will-learn-this-law,-and-conform-my-thought-habits-and-methods-to-its-omnipotent-prin-*

ciples. My-higher-self-is-redeemed. I-will-keep-closely-in-touch-with-it. I-am-my-higher-self.

24. Finding the Christ Within is largely a matter of thought concentration. All true methods of thought concentration lead that way. The real art of thought concentration consists in so changing the mental tendency that it will temporarily carry the thought consciousness to the within, or into involutionary conditions, rather than to the evolutionary, outgoing, external conditions of positive thought. The consciousness and its forces, thus become polarized to the higher self, or interior law of force. The outcome is a paradoxical condition of negative positiveness, because the higher self or law of force is an affirmative principle and therefore a positive, but the external consciousness must become negative to it in order to become more closely attached to it. The subjective mind of the individuality is gradually built through this conscious or unconscious method of drawing upon vibratory law for its forces or brain cells. Sleep is an involutionary process which can be improved in helpfulness by a previous use of proper thought concentrating mantras or affirmations. This matter of finding the Christ principle within, involves almost, if not quite the whole subject of occultism and justifies whatever knowledge gaining or effort that may be required. Try in the silence to fully realize that the Christ principle and its powers are inherent within you and that it can be found through scientific devotion, or by obtaining and applying the proper self-knowledge. Is it not worth the effort? Hold the thought: *I-seek-the-Christ-principle-within-myself. I-demand-its-knowledge-and-its-powers. I-will-use-them-for-the-good-of-all. I-demand-good,-first-for-myself,-that-I-may-do-good-wisely-to-others.*

25. The Risen Christ. When we find the Christ spirit within ourselves, it will then arise and proclaim through us

the power and absolute supremacy of its spiritual law. The demonstration of the goodness and magical powers of the Christ, is an individual work which each must in time do. It is but a matter of applied knowledge. The principle being changeless, offers the same possibilities of application now, that it will "when Gabriel blows his trumpet" on the morning of the "last day" of manifestation or "judgment." We are the ones to change, to an attitude of knowledge, understanding, faith and Loving obedience or co-operation. Shall we do that now, or shall we indolently and ignorantly postpone this bounden duty, perhaps to another life, or until we are goaded to it as a last extremity? Let us now seek that interior heavenly silence or "holy of holies" which is the dwelling place of this spiritual law. As we thus gain admittance to this interior paradise, let us reverently rejoice that the Christ is risen within our soul life and that through thought concentration its priceless blessings can be invoked, whenever needed, for our strength and comfort. A good orthodox woman recently said: "Oh I am so thankful that I can believe in heaven as an external locality instead of a mere condition"! I said what! even if it is a myth or untruth and contrary to the teachings of the Christ, who said "the kingdom of heaven is within you"? By blindly refusing to think, we can continue to worship such idols of untruth, or degradations of scriptural law, but the penalties for so doing are self acting and therefore inevitable. True worship is *willing* to sacrifice *all* for Truth; but to worship and find it is to *gain* all instead of a sacrifice. "There is no religion higher than Truth." Prayers are answered because of a law, instead of in opposition to law, therefore they become answered to the extent that they are devoutly scientific. Affirm: *I-Am-that-I-Am.*

26. Cruelty and Forgiveness. The administration of justice should be ever merciful and educative, instead of

cruel, vindictive or revengeful. The true welfare of the individual who offends, should never be lost sight of. So far as the individual is concerned, there is no possible offence that cannot and should not be fully and freely forgiven. "Justice is mine saith the Lord" or law. The punishments of vibratory law are self-acting and therefore exact. It is the creative Father of all things and will see that justice is finally done to all persons and things. The true Christ spirit of forgiveness, inspires its twin spirit of non-resistance. "Resist not evil but overcome evil with good." So called "evil" events, necessarily imply a negative, as well as a positive pole. To be in their thought current is sufficient to create this negative pole and thereby become their victim. To then exercise an evil, hateful, or retaliatory spirit, is to send out a vibratory thought current that will necessarily strengthen the negative conditions or pole, and thereby attract similar and perhaps even great misfortunes in the future. Vibratory law thus binds these victims of evil, to their related causal conditions or thought-currents, *until* their spirit of hate is understandingly turned into Love. This absolute law cannot be changed, nor can anyone who infringes it, permanently escape such consequences. By your thoughts of hate, you thereby bind yourself closer to the persons or circumstances thus hated, until, through knowledge, you are released by your own hand or spirit of Love. Even a Jesus Christ could not permanently save you from this, except by teaching you the Biblical law that "Whatsoever a man soweth, that shall he also reap." This Mosaic principle of cause and effect, instead of teaching the myth of eternal hell fire, is the spirit of both old and new Testament. The old Testament does not speak of "Hell." Fire is but vibration. Vibratory law creates its own hellish fires of discord and inharmony throughout the eternity of manifestation, but this law must finally be obeyed by one and all and its fires then die

out, because we are all constructed or constituted according to such vibratory principles. This law of your life is the law of everybody's life, therefore this, your soul-life, is the Father of all, and in exercising the spirit of forgiveness you are but exercising Love toward yourself as a child of the law. Hold the thought: *I-learn-and-conform-to-the-vibratory-law-of-Love. I-Love-this-law-(my-life)-and-all-its-products. I-therefore-forgive-all. By-obedience,-my-interior-Christ-spirit-forgives-all-my-trespases-or-sins.*

27. Solitude and Darkness. Every species of darkness in your life, "is but the absence of light" which knowledge could give. Truth always exists in its perfection. If the coloring of our lives is lacking in this great affirmative principle—Truth or vibratory law, it is only because of our personal lack of knowledge concerning it. The remedy—knowledge—can therefore be unerringly perceived. "Ignorance is the cause of all evil and misery." Occasional darkness, evil and misery, seem to be necessary as a means of enabling us to properly prize the light of knowledge. The power to think, was given us for the purpose of deriving happiness through knowledge-gaining and in the manifestation of Truth or first cause, therefore no evil, in driving us to knowledge-gaining, could be quite equal to the final compensations of good through the power of Truth, which are thereby assured us. But should we wait to be slavishly driven, by evil, to the compensations which the search for knowledge necessarily offers? Are not the compensations themselves, sufficient to inspire the utmost earnestness in this pursuit, at least so soon as we can be sure of this fact that they are the inevitable recompense? Then it is all important that we should convincingly understand that great fact. The solitude of silence offers us unequalled opportunities in settling this and all other questions. Temporary solitude is objectionable only to those who have not yet learned how

to silently commune with the Christ spirit within. Self-knowledge opens up to us the limitless treasures of an Infinite interior Mine of wisdom. Is it reasonable to suppose that the tender Father did not have our happiness and good in mind, when through the Christ spirit he said, "Thou shalt Love the Lord (interior law) thy God with all thy heart etc"? Silently ask your interior self the question, and see what answer from the Christ spirit will come. If you obtain an answer or consciousness which decides the question, then try to realize the power which solitude and silent thought concentration offers in answering all other questions and in gaining that knowledge of Truth which makes you free. Hold the thought: *I-am-free. I-perceive-the-path-to-wisdom and-freedom. The-Truth-shall-make-me-free.*

28. The Knees signify prayer, or redemption, through scientific devotion. The Zodiacal sign Capricorn, has its bodily correspondence in the knees. Its solitude of silent devotion, is often preceded by a darkness of deep soul experiences, which naturally carry one to the knees, in prayer. We should give thanks for every experience, however bitter, and thus try to learn from within, the lessons it was intended to convey. The vibratory law which underlies all experiences, insures that they will pass away from us as soon as we have learned their lessons. This should inspire an attitude of hope and patience, even in the midst of the bitterest experiences, which are thus necessarily accompanied by rapid progress in quickly bringing daylight, just after these darkest of hours. All of nature's penalties are remedial instead of vindictive in their tendencies. The law of Love is behind them. Let us ever trust that law, for only it, is sufficiently wise to answer our greatest needs, at the least expenditure of force in pain and suffering. Let us be inspired with an all sufficient courage to face whatever experiences may come to us at this point of turning, in force-currents,

from the old to the new. At no historical period, have the times been more important, and while in closing the books, or records of the past epoch, they may most swiftly reap, we should rest in the calm assurance that the dawn of a brighter day, cycle or dispensation, is thereby hastened. By silent devotions, we may polarize our forces to the higher self and thus get in line with future events which are sure to be more representative of such higher conditions. Prayerfully hold the thought: *I-now-polarize-my-forces-to-the-higher-self. It leads-me-to-all-necessary-readjustments-to-the-higher-conditions-of-the-future. Through-knowledge-and-devotion-I-avoid-the-necessity-of-violence-and-suffering-in-making-all-necessary-or-rightful-changes.*

29. Meditation and Prayer. The allegory of Christ's crucifixion, should remind us not only of the preliminary darkness of ignorance and disbelief, which generally leads to abject loneliness, solitude and prayer, but also to the Resurrection, or consciousness of a deathless interior spirit, which is proof against every storm, or unhappy circumstance. Life is necessarily unstable, until it becomes understandingly founded upon the Christ principle of scientific prayer. Does the words "scientific" and "law" seem cold and barren? Is not wisdom and Truth as important as Love? Must not the thinker, or thought organism, become representative of Truth's exactness, as well as of its inherent Love? Let us silently celebrate the marriage feast, or resurrection, of that Christ principle which is able to perform the outward marriage ceremony of Science and Religion, or of Love and wisdom, or Truth. Our discovery of the omnipotent causal law of force or of vibration, which is all and within all, here and everywhere, now and forever, is the esoteric fact which makes that marriage more easily possible for this day and age. Science has heretofore been able to analyze all external things, only to the point of vibration or primal energy, and

therefore did not and could not clearly explain the all-important law of vibration or the exact workings, methods and construction of vibratory law. It could not explain the relations of mind and manifestation, or so called "matter." The perfect and self-evident explanation of this law which we have given, conclusively shows the relations which exist between all things in the manifested universe and their one Infinite causal law called God, therefore the scientifically devotional Christ methods of soul growth, character-building, or the atonement, are thereby explained. These explanations must necessarily become acceptable to both Science and Religion, because they teach the exact Science and Religion (or inherent binding power to God) of all manifested life. Hold the thought: *I-see-through-prayer-or-thought-concentration,-a-knowledge-of-my-relations-to-first-cause-and-to-the-external-world. I-will-ceaselessly-see-all-knowledge-of-vibratory-law-which-is-placed-within-my-reach.*

30. To Him that Overcometh through self-knowledge and self-mastery, will be given the key to all mysteries, and power over all kingdoms. Knowledge of vibratory law is necessarily the key to all mysteries and all powers, because all things are but the products of that interior law. This important key is now within your reach. Can you not comprehend what its possession might mean to you? At the present beginning of a most important cycle of time, those who are fitted for it, are just entering into a new and brighter life. Those who refuse the light it offers, are thereby unfitted for it, and are likely to be swiftly taken away, or out of the body. Vibratory law or occultism gives the key to the whole situation. Will you take it or refuse it. By your acts you determine and must abide by the consequences. This evolutionary law of Love will care for you, even though you childishly refuse to learn of it, and in then taking you out of a body which was too dense or rebellious to receive the

Truth, would thereby be exercising the motherly caring for instincts of Love. You will be cared for and need never for a moment fear about that, but, whether in or out of the body, must necessarily remain in essentially your present conditions, until through knowledge and thought, you set up the causal vibratory forces which will carry you to higher and happier conditions. All is unchangeable law. You cannot permanently obstruct its workings. Do you propose to try? Decide in the silence. The only way to gain true or permanent comfort, is to decide right and then act accordingly. The quicker you decide, will you bring to yourself the interior comfort of the Christ spirit or "Comforter." Hold the thought: "*Come-unto-me-all-ye-who-are-weary-and-heavy-laden-and-I—will-give-you-rest.*" *The-I-AM-of-evolutionary-law-is-my-comforter. I-AM-that-I-AM.*

31. Retrospect—The Dying Year. The death of the year, the century and of a 5000 year cycle, is at hand. Shall we make it a time of mourning, or of rejoicing? Let each heart decide. Which will give the most happiness? Do we owe any debt of service to the dead past, except the duty of living wisely the present and future? Cannot we let the "dead past bury its dead"? But pause for a moment. Are there no pearls of wisdom gleaned from the past, that can be made serviceable in the present and future? Then silently recall those ever living pearls. Rejoice that they can thus be buried more deeply within the sub-conscious mind. Wash from them all taints of the corpse which previously encased them. Let all looking backward be but a devotional look upward, to that ever living principle of Truth or first cause from whence we came. We have nothing to do with death, except to shun it by our fidelity to life and Truth. Mourning is ignorantly sacreligious. Should we mourn when that which has outlived its usefulness, passes away? That which is real is permanent. It is only that which has

become unreal in its relation to the everlasting I AM, that can pass away. Let these standards prevail, not only at the death of time or years, but also at the passing away of worn out bodies of friends. Thus will we avoid giving unnecessary pain to souls that have passed on to the temporary revolutionary stage of soul growth. Hold the thought: *I-now assimilate-the-essence-of-all-past-experiences-and-particularly-of-experiences-in-thought-concentration-during-the-past-year. All-hail-the-new-year! May-it-bring-the-blessings-of-happiness-to-myself-and-all-others.*

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