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Concentration Methods and Helps.

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I. The New Year. Father time, has just scored one more notch in the cycle of eternity. The rightly constituted mind, naturally looks forward to the external conditions and factors offered as a basis for future success and happiness. However important these may be, the fact should not be overlooked, that the main factors always to be considered, are those inherent and acquired qualities and conditions within the mentality, which pertain to conduct, character and soul growth. When these are as they should be, success and happiness can be easily manufactured from most any external materials and conditions. The survey of prevailing conditions should be conducted with this in mind, so that the practical result of proper interior readjustments to those conditions, can be wisely and understandingly made. Right thinking and right living, necessarily result in happiness, therefore it is the right and within the reach of each one, to insure for himself "a happy new year." To do that is a duty, as well as a sacred privilege, for the object of life is happiness. Your success in obtaining it, is likely to be a measure of your general success. You can if necessary, afford to temporarily fail in it, after you have done your best. To do your best is to surely succeed in it sooner or later. Remember that it is a matter of right thinking, therefore if you wish to gain the vantage ground of a good start, then begin now in silence. Concentrate the forces, as a means of attaching them more closely to the higher self. Let it be your one

III

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ambition to act from the higher self in everything you do during the coming year. If you do that, its ever harmonious forces will necessarily insure to you, happiness, growth, success and a final fulfillment of all your life purposes. Hold the thought: *My-higher-self-insures-to-me-the-happiness-of-doing-that-which-best-answers-my-true-relations-to-all-others. I-demand-power-to-wisely-live-each-day-of-this-wonderful-year. I-am-a-standard-bearer-of-Truth.*

2. **Our Organization** has repeatedly demonstrated extraordinary results in the use of its principles, methods and powers, but it is as yet only in its infancy, as early events are likely to convincingly prove. Surprises will come during this year, to many whose eyes have been sealed to the possibilities that are to be fulfilled through the stupenduous work undertaken. The universal organization principles underlying the work, have their intensely practical and personal meaning to you, and now that the Capricorn organization tendencies or force-currents prevail, is the very time to make such adjustments as will bring you into your true place in the work. Your talents, though yours, were given you, and for purposes of service to others. If by refusing or neglecting to properly use them, you prove to be an "unprofitable steward," you will unquestionably be the chief sufferer and others will also suffer as a consequence. Your instincts of kindness, as well as your self-interest, demands that you learn and try for yourself, the organization principles and powers of thought-concentration. When you have thus learned to awaken and use your occult powers, you will not need to be told the importance of carrying or proclaiming these principles to others, as a means of helping them to answer their chief needs. During this year, opportunities are likely to come to you to aid us in establishing locally, these principles and methods. Will you be with us, or lukewarmly against us. The right *must* prevail. No per-

son or thing can permanently obstruct it. Its vibratory fires must inevitably purge and purify all discordant foreign elements. If you array yourself against it, you will burn in its crucible, until through the intelligent use of thought concentration, you find your higher self and its happy consciousness of everlasting harmony. Hold the thought: *I-will-live-for-my-best. I-seek-wisdom,-self-knowledge,-happiness-and-power-to-help-others. I-act-from-the-higher-self,-therefore-only-the-best-can-occur-to-me.*

3. Industry and Industries. The Zodiacal sign Capricorn, being at the head of the business trinity, naturally inclines those who are born in that sign, to become organizers and to use their organization powers with reference to things which are useful. Business success has hitherto been considered the matter of chief importance or use, but as the deeper underlying uses of organic life, such as force-massing, character-building, individual happiness, etc., are more clearly perceived and understood, it will then be the tendency of Capricorn natures, to employ their splendid organization powers in the promulgation or manifestation of truths which pertain to such things, or in answering such needs. All is Truth. The purpose of thought organisms and organization, is to manifest it and thereby give happiness to such organisms. To what extent are you thus using your power to think? The Sun and all life, enters the sign Capricorn at the lowest redemptive point of cyclic law and its redemptive possibilities are brought about partly by the dark days of preceeding experience, which teach it the importance of organization, self-reliance and self-assertion. Capricorn, winter, darkness, deep soul experiences, the knees, prayer, redemption, organization, industry, etc., are correspondences. Capricorn tendencies begin at the point in December (the 22nd.) when the Sun "stands still," just previous to its six month half-cycle of upward tendency

Let organization, through prayerful reliance upon the Christ principle within, or through thought-concentration, be your chief purpose and industry during the Capricorn month. It is also the time to adjust or organize plans for fulfilling all true purposes and uses of life. Hold the thought: *I-am-redeemed. I-organize-my-forces-as-a-means-of-heralding-Truth-in-redeeming-others. I-industriously-improve-each-opportunity-to-teach-occultism-to-others. My-work-is-the-work-of-the-Father—Truth—who-sent-or-created-me. "I-and-the-Father-are-one."*

4. **Loyalty and Perseverance** are natural accompaniments of Capricorns industrious, self-reliant, prayerful, organizing tendencies. Success in organizing is dependent upon perseverance, or repetition of vibration. The source of vibration is an interior law, which through prayer or thought concentration, should be perseveringly drawn upon as a means of repeatedly infusing vibratory power into our every purpose. If we would be truly successful, this matter of force-massing should be made our chief field for perseverance and industry. It is but another way of saying, be ever loyal to the higher-self or Christ spirit and God within. Such methods of self-culture are an observance of the first commandment. Use your power to think, or Capricorn organization tendencies, in avoiding the personal calamity of perseverance and industry in a bad cause. Learn the true Science of Being, or of life, as outlined by the occult philosophy. Silently hold the thought: *Are-my-purposes-wisely-and-scientifically-chosen? Am-I-perseveringly-loyal-to-the-Christ-spirit-within? How-can-I-become-more-so? Is-scientific-thought-concentration-the-best-method-of-massing-or-of-organizing-my-forces? I-demand-knowledge,-wisdom,-success-and-happiness. Let-the-spirit-lead-me.*

5. **Self-Government.** "Seek ye first the (interior) kingdom of heaven (harmony) and its righteousness (or its

scientific rightness with the force-massing causal law of your life) and all these things will be added unto you" as a natural consequence of exercising the conscious powers thus derived. It is therefore a matter that no one can afford to neglect. You are rich to the extent of your success in this. Capricorn is at the redemptive turning point from negative to positive and therefore its children are somewhat lacking in powers of self-government. Their deep soul experiences are but the first timid awakening or creepings of a new born child in the night. It represents the beginning of a new cycle or rebirth of the I-AM spirit of individuality, but until these natures gain the self or force-polarizing powers of prayer or thought concentration, they are easily swayed back and forth from positive to negative. Prayer or force-massing, offers them their opportunities of self-government and leadership in the "business trinity," which is so necessary in carrying on the work of the world. Let us more clearly fix in mind these principles of self-government. As we silently and reposefully contemplate them, we will perhaps be carried to a mood which is representative of the immense individual possibilities offered through these occult methods of thought-concentration. Hold the thought: *I-now-poise-and-rule-my-forces. I-polarize-them-to-my-higher-self. It-is-the-unchangeable-law-of-force-and-therefore-the-only-safe-anchorage-for-my-forces. It-is-the-true-reliance-for-myself-and-all-others. I-am-my-higher-self.*

6. Self-Consciousness. It is well to be ever conscious of the presence of the higher self. It is thus that we may become representative of the human soul in its wholeness or holiness, instead of ignorantly allowing the consciousness to dwell upon some petty and trifling external quality or defect, which may be a point of pride, or of self-reproach, as the case may be. He who has a true conception of what the soul in its entirety is, will not shallowly pride himself upon

mere external trappings, nor will he surrender his dignity or self-respect, when others ignorantly display such trinkets for mere purposes of show. True self-respect is founded not only upon the natural instincts of individualism, but also upon a definite knowledge of the thought-organs and the universal principles which underlie the permanent Being of one and all alike; therefore that reverential respect which is given to and demanded for the self, is likewise freely given to all others, in whatever stations in life they may occupy. Even inanimate creation receives its liberal share of loving reverence, for in thus giving love to all, we are but loving and worshiping the higher self, or interior law which is God. By such worship or anchorage to this interior law, we gain a steadiness, depth and weight of mentality, which cannot be easily disturbed or shaken by mere shams and pretensions. Let us today silently turn our attention to these methods of overcoming all petty self-consciousness of the mere personality. Think of your points of weakness or of pride, with reference to the affirmation: *I-am-my-higher-self, my-power-to-think. All-powers-and-all-possibilities-belong-to-its-Infinite-law-of-force. I-perceive-the-same-law-or-higher-self-within-all-others-and-therefore-accord-to-them-the-same-privileges-and-respect-which-I-demand-for-myself. God-is-my-life-and-strength. All-is-good.*

7. Self-Distrust is only of the personality. When tempted to it, ask yourself the question, Which self do I distrust? Then affirm: *I-am-my-higher-self.* And think of the all-sufficient powers which are necessarily acquired for your needs by thus invoking its powers. It is the nature of and a delight, for the human soul to overcome life's difficulties. Instead of wasting precious thought-force by dreading or fearing the disagreeable interview or event, you should spend the time in that happy and reposefully concentrated frame of mind which will give you the strength to wisely

meet it when it comes and thereby make it a pleasure, instead of a pain. Most of the evils which are dreaded are but imaginary, and most frequently it is the mental habit of so dreading them that acts as a magnet in attracting those that do actually come. The human soul is so constructed upon the principles of vibratory law, that no real evil can actually befall it, because these so called evils are but vibratory, and are created to answer the needs of thought organisms which are products of the same perfect and all powerful law; or in other words, your evil circumstances are created or attracted by your own negative, fearing and other thoughts, and as a means of teaching you to triumph over all evils, by discovering the omnipotence which is inherent within yourself. As a means of overcoming self-distrust, use the affirmation: *There-is-no-evil. All-is-good.* Train for self-trust by affirming, *I-A.M.*, and in trying silently to realize what that means. You will thus concentrate your forces and become more closely attached to the higher self which *never* distrusts.

8. **Depression and Melancholia** are distempers which represent harmfully unhappy, negative thought conditions. There are definite methods of training to avoid such conditions. Any method of thought concentration which, by connecting more closely with the higher self, thus cuts off connection with harmful external psychic forces and force-currents, will help to overcome this. Capricorn natures, as a rule, experience some very melancholy moods, and their most effective method of overcoming them, is these scientific practices of thought concentration, which are representative of Capricorn—the knees—prayer—organization—use of the head, etc. Even external methods of concentration upon only one object at a time, will enable one to drive away such moods, and simply by choosing and *fully* concentrating upon an *agreeable* subject of thought. That much

will power and thought control is all that is necessary. Perfect universal laws are inherent within all, therefore without exception, there is *never* any sufficient cause for fear, except ignorance of this fact and law. Evils are the transitory and illusive products of ignorance, and a thought organism or power to think, necessarily gives power to finally overcome even that. They should not be feared, because their pains are but temporary and they themselves are but the kindly lessons of experience, which compel us to recognize and utilize the happiness giving potencies within ourselves. Depressed moods are but evidences that the thought faculties are combining wrong and thereby attracting the wrong force-currents. All we need to do is to exercise will, thought control and wisdom in concentrating upon happy subjects. Affirm: *I-control-my-thoughts. I-now-concentrate-wholly-upon-agreable-subjects. I-will-think-of-my-higher-self-and-its-powers———*. *I-am-thankful-for-these-all-sufficient-instruments-and-requisites-of-perfect-and-permanent-happiness.*

9. Rainy Days. Let us today practice the concentrating, knowledge acquiring art of memorizing, or thought photography, because the rule can be helpfully used in many ways. After concentrating for a few moments, slowly, silently and reposefully repeat, and at the same time slowly write, the following poem, as if it were an affirmation, and so thoughtfully that each meaning will become indelibly photographed upon the soul or sub-conscious mind.

The Rainy Day.

*The-day-is-cold-and-dark-and-dreary,
It-rains-and-the-wind-is-never-weary.
The-vine-still-clings-to-the-mouldering-wall,
But-at-every-gust-the-dead-leaves-fall,
And-the-day-is-dark-and-dreary.*

*My-life-is-cold-and-dark-and-dreary,
It-rains-and-the-wind-is-never-weary.
My-thoughts-still-cling-to-the-mouldering-past,
But-the-hopes-of-youth-fall-thick-in-the-blast
And-the-day-is-dark-and-dreary.*

*Be-still,-sad-heart-and-cease-repining,
Behind-the-clouds-is-the-sun-still-shining,
Thy-fate-is-the-common-fate-of-all.
Into-each-life-some-rain-must-fall,
Some-days-be-dark-and-dreary.*

Now see if you can correctly repeat this poem from memory, and if not, then slowly rewrite it as above and then try again to repeat it from memory. When you have thus learned it, be sure to deface it for the time being from the memory, having no fear that you will ever forget it again. Concentration demands a good "forgettery" as well as a good memory. To forget, is an essential part of the process. Use this method of memorizing or photographing upon the subconscious mind, such principles, sentiments, mantrams, etc., as may be most helpful.

10. Responsibilities in proportion to the ever-growing strength, are an essential in the work of individual soul building. Soul consciousness is an unconquerable universal conquerer. It has the *I-AM* of universal law behind it. Its business is to manifest the omnipotence of that law. The world and finally the universe, is its legitimate sphere of activity. To what extent are you a conqueror? What responsibilities in life have you assumed? Are you continually dodging, flinching, or complaining, as a result of the pressure of responsibility? Is it the nature of your higher self to wince? Then are you properly representing the powers of the higher self? Its overplus of strength, glories in action and in freely giving of itself. Can you not at least ex

ercise fidelity in practicing the true thought concentrating methods of attaching to and acting from the higher self? That is the way to gain the strength of a true conqueror. In your attitude of absolute reliance upon these interior laws, principles, methods and powers, you should be able to say, "*Let-the-troubles-and-responsibilities-of-life-come-thick-and-fast. I-am-ready-for-them. My-soul-is-unconquerable. I-represent-the-Infinite-law-of-force,-or-of-all-power. This-God-within-is-my-all-sufficient-strength-and-ever-present-help-in-times-of-trouble. The-more-difficulties-the-greater-its-triumphs-through-me. The-harder-my-trials,-the-faster-I-go-in-the-development-of-my-inherent-strength. Let-all-else-fail-me. This-interior-reliance-is-all-sufficient. The-right-must-prevail. I-demand-wisdom-and-power-to-know-and-follow-the-right. My-higher-self-is-all-wise. I-now-draw-nearer-to-it.*"

11. Promptness and Decision. The mind is not apt to act with clearness, promptness and decision, if its habitual activities and moods are lacking in these respects. There are comparatively few who clearly, concisely and forcefully describe the most trifling event of every day life. It is largely because they do not observe with sufficient orderliness and accuracy to sharply outline or describe these events. It is not difficult to describe or express that which is clearly seen or understood. Train for concentration and reposeful deliberation, if you would train for clear thinking, promptness, decision and courage. If the mind is in a continual worry or hurry, the multiplicity of mental pictures will prevent any one of them from clearly photographing itself upon the sensitized plate of the subjective mind. One remedy, consists in avoiding the cause. Accuracy and concentration of thought, of observation and of speech, is but a method of truthfulness. Absolute truthfulness is impossible until such qualities and habits are acquired. To inaccurately express an idea or describe a thing, is to deal in untruth or

lies. Build them out, instead of in the mind and its body, if you would avoid blunders, disease and those undecided conditions which invite failure, disappointment and unhappiness. Hold the thought: *I-concentrate-my-mental-forces-upon-each-thought-and-act. I-am-accurate,-truthful,-prompt,-decided,-successful-and-happy. "Whatever-is-worth-doing-is-worth-doing-well." I-do-with-my-might-what-my-hands-find-to-do.*

12. Book-Knowledge. To spend a life in acquiring so called facts, from ordinary books, is to build into the mentality as a working factor, that which time may prove to be only fictions. All things in nature are but transitory. "The thoughts of God pause but a moment at any one point," but the underlying principles and methods of their expression are ever the same. They are eternally changeless realities, which are applicable to every life and to every time. The evolutionary, soul building methods of thought concentration, when properly used, open up interior avenues of the soul which connect with the everlasting laws of Being and their exhaustless fountain of unchangeable Truth. These methods are the source of true originality. Books should be used chiefly as a help in awakening that within the soul which perhaps the books themselves do not express. In this age of many books, people are gradually learning to rely less and less upon what they see in print. The time will come when books will be subject to a relatively true verdict from each reader and will stand or fall according to their true merits. We are hardly fit to read books until we have become practically independent of their necessity. The same is perhaps true of our companionships and our use of all external things. Let us strive to attain to right standards, by going to those interior laws which, being the cause of all, are able to bring us into right relations with all. Hold the thought: *I-use-books-only-as-a-means-of-awaken-*

ing-and-training-that-which-is-within-myself. I-now-cultivate originality-of-thought-and-clearness-of-expression. My-thoughts and-acts-have-the-intensity-and-power-of-concentration. They are-backed-by-my-soul.

13. Art, Literature and Education. Education is often regarded as mere book knowledge. It really means to educate, educe, or draw out the mental faculties and inherent powers. This can best be done in accordance with the scientific methods of life which occultism teaches, for there are definite and exact principles which underlie all things, including the human constitution. He who is ignorant of these principles, is liable to make of his life but a series of blunders, at least so far as his own present success and happiness are concerned. He who learns the occult art of self-teaching, is almost sure to be taught or educated, because he is thus offered a continuous mental feast which is too enticing to be disregarded. If you would acquire a working knowledge of any art or accomplishment, then learn to put yourself in the concentrated, reposeful, receptive, knowledge acquiring frame of mind. You should make haste slowly and deliberately, for you are seeking that interior activity which becomes immediately shut off by external effort, hurry, or strain. To "think hard," or hurry in thinking, generally means to shut off the interior flow of thoughts and ideas. Use mental photography in learning your lessons. If after reading a page, you would invariably close the book and thoughtfully recall its ideas, or hold yourself responsible for remembering them, you would soon thereby cultivate a concentrated mental habit, which would enable you to read with ordinary rapidity and remember all that you read. You should also take time to think, as you go along, so as to exercise discrimination regarding that which you finally accept. These methods are not incompatible with originality of thought, providing you take plenty of time to assimilate or di-

gest that which you read. Hold the thought: *I-am-reposeful-in-my-thoughts-and-acts. The-silence-will-teach-me-the-art-of-learning-how-to-learn. I-concentrate-all-my-forces-upon-one-act-only,-at-a-time.*

14. Teaching and Preaching. Those who, in the knowledge of vibratory law, have thoughtfully watched D. L. Moody as he tries to prepare the way for the proper reception of his sermons, have doubtlessly been deeply interested and impressed. He is an expert in measuring the vibratory and psychological effects produced by good soul-felt singing; by words which appeal to the feelings, fears, sympathies, and effections; by singing in concert; by the vibratory magic of his attitude of expectancy, as under the high tension of interior forces concentrated influences and deep feelings, which, though natural to him, are worked up by a process more or less scientific, he walks back and forth upon the stage, rostrum, or platform, listening for the right vibratory effects. He will perhaps shout, "Now let everybody sing and as if they meant it." "Let us repeat that chorus," or "Listen while Mr. Sankey sings the words," "There were Ninety and Nine," or "Hold the Fort," and again "Come to Jesus," or "Almost Persuaded," or "We didn't bring out the true meaning of those words, therefore let us repeat them," he thus gets the vibratory co-operative thought or force-currents of feeling, etc., to flowing harmoniously, (as would those who compose the circle in a spiritualistic materializing seance) before he undertakes to pour his evangelical ideas into them. The farmer likewise prepares the ground for the seed as a necessary preliminary to the harvest. This will perhaps emphasize to you the importance of understanding vibratory law as a means of attaining those moods which prepare the way for teaching, preaching, or for self-training. The most important part is getting ready. Hold the thought: *I-will-understandingly-train-my-subjective-mind-in-accordance*

with-its-underlying-law. I-concentrate-my-forces-previous-to-every-important-act.

15. "Speech is Silver, Silence is Golden." Wise speech implies at least a partial concentration of the faculties and forces upon the subject in hand. But speech interferes with the focusing powers of the mind, by withdrawing the attention to the external and therefore is hardly to be compared with that deep silence of the subconscious mind, from which deep thoughts, wise speech and occult forces of high potency, are born or evolved. Silence is the natural preliminary of wise speech. The mind that is sufficiently alert and well poised to maintain self-control and speak wisely under difficult circumstances, must have become so by previous training in the art of silence. Silence may seem to be very simple and easily attained, but it should be remembered that there is only one absolute silence, and that is the omnipotent unchangeable *law*, which is Divinity itself. As through thought concentration, we become truly attached to that interior law, the forces become silent, because they get into the region of high potency, or beyond the vibratory sounds to which our external ears are attuned. Esoteric music is almost silent. It can be heard only by those who reach the higher harmonies of vibratory law from which all external things proceed. He who desires wisdom, power or permanent success in music, art, writing, business, etc., should open up for himself the interior channels which finally lead to the omnipotent, silent perfection of absolute law. This can be done only by the intelligent and persistent practice of thought concentration. Hold the thought: *In-silence-I-find-my-higher-self-and-the-wisdom-to-perceive-and-speak-the-Truth-at-all-times. I-exercise-thought-control. I-speak-from-my-higher-self.*

16. **Selfishness** is almost universally condemned as the chief of evils, but educated selfishness, in its realization of

what the true or higher self is, tries to protect all its related parts in the whole universal system, and thereby lives, or is at one with the life of Love. All persons and things are related parts or products of that law of the higher self, therefore to wisely love and protect these parts, is but a matter of loving self protection or true selfishness, for selfishness means to do things with reference to the good or welfare of the self. The instincts of individualism were created for a wise purpose, which if not perceived, will be but slowly fulfilled through us. The solidarity and unity of the universe should also offer us final proof, that the principle of so-called "selfishness" or individualism, is but the positive pole of Love's manifesting law of vibration and therefore is not evil, but good. It is our ignorance of its purposes which causes evil or limitation in their fulfillment. When your duty, or the act of Love, is also inspired as a matter of self-interest, it is pretty sure to be thoroughly done, for your mental faculties are then no longer "a house divided against itself." So long as you ignorantly oppose this individualistic instinct, by falsely conceding that it is detrimental to your personal interests to do right or good, will you have its omnipotence against you, instead of with you. If you cannot comprehend the difference, then learn the occult principles involved, as a means of trying and demonstrating the virtues of the other plan. Hold the thought: *I-will-be-true-to-my-higher-self. I-will-live-true-to-its-individualistic-law-of-Love. It-is-to-my-self-interest-to-live-for-my-best-by-doing-good-to-others. I demand-wisdom-and-good-for-myself,-that-I-may-do-good-wisely-to-others.*

17. Shoddy Aristocracy. Do you belong to "the Aristocracy"? What are your points of pride or of Love? If anything less than that interior law which is God, then you are *breaking the first commandment*. Should it be a point of pride with you to thus infringe that law? Will this law of

your Being permanently permit you to infringe it? As it is the law of Love, it naturally is indulgent with those, who, in following the individualistic instincts, display their childish ignorance, by idly toying with these playthings of individualism, knowing that growth in wisdom will bring the knowledge that from the standpoint of permanent Being, "all persons are born equal, etc.," and that the relatedness of all life implies Brotherhood and service, instead of separation. It implies inclusiveness, rather than exclusiveness, and yet that is only a half truth, or but half of the law, for there is no one who, in a sense, is more exclusive than the occultist, although his whole efforts are directed to the work of truly serving others. He serves them by teaching, as well as by conforming to the force-massing, individualistic, self protecting, occult practices of scientific devotion, which lead to a fulfillment of the first commandment of Love to God, but which likewise make of him the most exclusive of aristocrats—in fact the only true aristocrat. Away with those Phariseical "I am better than thou" feelings. All things evolve from within outwards, therefore be a true aristocrat, by absolving yourself wholly to the Infinite interior law of evolverment, making of that your one standard of life. Standards of aristocratic conventionality which are less perfect than that unchangeable law, must in time prove their shoddiness and inadequacy. Hold the thought: *I-am-a-true-aristocrat. The-perfect-law-of-my-higher-self-is-my-standard. I-follow-it-by-worship-and-otherwise.*

18. The Necessity of Riches. When the law of all life was written into manifestation, it was found that the principle of economics, or of riches, was incorporated into it as an essential part. It must therefore be inherent in Truth or in Divinity itself. When the individualistic instincts are properly educated, and man's true relatedness to his fellow-men is understood, the true social state, with reference to property,

ownership, competition, etc., will come about. It will come as a matter of education rather than through the force and violence of anarchy. The soul is unconquerable. It cannot be forced. It will not permanently submit to social conditions that are not representative of the highest principles of individualism, as well as of the principles of Love, or of universal law. The perfect law of Being can be depended upon to bring about all proper adjustments and at exactly the right times. Let us be thankful that we can always trust this law and that evolution is a matter of education rather than of force or violence. We have an almost endless educative work to do for ourselves and can begin now, in the silence to seek higher adjustments regarding the law of riches. Is most of your time spent in business? Then realize the importance of having a righteous and useful business and of conducting it in accordance with the highest principles of righteousness. Silently study the occult principles of business and also the occult methods of thought concentration through which magical powers and magical results are easily attained. Hold the thought: *I-demand-power-to-righteously-attain-better-results-in-my-business-and-life. I-now-release-those-interior-potencies-which-carry-me-into-thought-currents-of-the-highest-success. My-own-will-come-to-me.*

19. The Religion of Business. To bind the faculties and forces to the interior law of force, is largely a matter of religion, thought concentration, or scientific devotion. This should be done as a means of awakening those occult powers or forces which, when employed in business pursuits, insure permanently successful results. You have not reached your highest limits in the use of your forces, nor can you, until you acquire the interior organic conditions which result from scientific worship. The solidarity of the universe implies a perfect unity of the forces which compose it. You as a part, make your own place in this mass. Its importance is deter-

mined by your power to find, through knowledge and worship, the central depths within your own Being. Habits of repose of movement in your every external act, will aid in concentrating the forces, so that during your periods of thought concentration or of noonday silence, you will be able more and more to carry the thought consciousness to this interior central depth. Hold the thought: *I-now-silence-my-faculties-and-forces-as-a-means-of-carrying-my-consciousness-to-my-higher-self. I-now—dwell—in-its-peaceful-serenity. I-am-gaining-power-to-use-till-tomorrow. I-thus-carry-my-religion-into-my-business. I-make-every-act-and-moment-sacred.*

20. Money Making. John Wesley wisely said, "Make all the money you rightfully can, save all you can and give all you can." Receiving both of force and of money, is the necessary preliminary to giving. If I promiscuously give of sympathy, force, or money, to those who are unable to appropriate it, I thereby cheat myself of the privilege and the power to give to those to whom I owe the duty of giving. Some people seem to almost censure us for partially demonstrating, in successful results, the laws we teach. They perhaps say, "Oh you ask such high prices for your publications I don't see why they sell so rapidly." But do you regret the expenditure? Do we not give in value, many times as much? If so, after thus receiving, are you not willing and glad that the money thus expended for these books should carry their Truths to others? Each year we give away tens of thousands of booklets which we otherwise could not, but these are given in accordance with a principle, and *where* we have reason to believe they will do their work and accomplish the most good. Tens of thousands have already volunteered their thanks for these helps, which they owe to you and others. The prices we ask are the standard of justice to self and others which we have set up and believe to be fair. If others cannot

see it that way, it is their privilege not to purchase. It is not a matter of force, of favors, or of solicitation. We ask no favors. We aim to avoid all deception. We desire our work to succeed or fail according to its merits. We believe the omnipotent law is not lacking in resources and that a work which truly represents its rounded out and comprehensive principles will not need to go begging. We do not propose to beg even for the wherewithall to carry out the stupendous work which we believe must inevitably be done through this instrumentality. If the resources are not forthcoming from the work itself, then let it go undone. We believe that our demonstration in successful results, of these principles and Truths, will rightfully win followers for them, instead of uselessly holding them up to unmerited ridicule. It is a law, that he who tries to get good, without properly paying for it in money, in service, or otherwise, thereby blinds himself and builds barriers of injustice, which will make him incapable of appropriating that good. We have no right to do that, or to permit its being done toward ourselves. Study these laws in the silence. Hold the thought: *I-demand-to-know-the-law-of-justice-to-self-and-others. I-desire-to-be-absolutely-just,-loving-and-generous.*

21. Money Spending. Nature has amply provided for the gradual improvement and final perfection of all things, by endowing all things with the vibratory law of perfection. The things themselves, being composed of force, are volatile and ever subject to the causal law of force, toward which they are polarized. Its disintegrating and constructive powers are constantly changing all things into new and higher forms. The purpose of this metamorphosis is happiness, service, use, value and the final manifestation of the great aggregate of underlying Truth. Money is a symbol of value or of wealth. Its purpose is use and service, in the acquisition of happiness. Vibratory law will not perma-

nently permit any great centralization of vast sums of money. Its economical, disintegrating equalization, constructive, evolutionary tendencies, will, sooner or later, inevitably scatter and carry it to the four corners of the earth and where it can do the most good. People borrow needless pains about trusts, monopolies, money accumulations etc. They are educational, evolutionary servants of a day, which must become adjusted from time to time, in harmony with the gradual upward tendency of the times. Natural law is balanced and has its compensations for every step in the evolutionary road. Through the proper and intelligent use of your occult powers, money can be made to come to you like the sweeping currents of a mighty river, but if then hoarded, would soon become a curse instead of a blessing and would finally succumb to the mighty sweep of the forces within yourself which brought it, unless they should be taken away. Accumulations are but a poor dependence. You are not truly independent until you get such command of your forces and thought organism that you can attract more money at any time, if that which you now have is taken away. Hold the thought: *I-use-my-forces-in-making-money. I-spend-it-wisely-and-for-the-good-of-all.*

22. Mental Attraction. There are no limits to the attractive powers of thought. As the thought dwells upon a purpose, in the calm determination to accomplish it, its forces gradually build and build, until that purpose and conception becomes an actual spiritual reality, and it will then be externalized as the proper opportunities are offered. The main thing is to hold to the purpose and to follow the leadings of the spirit so far as external efforts are concerned. The body should not be kept ever active, for the mere sake of being busy. Its every move should count. Its periods of temporary inactivity will give the spiritual forces a better opportunity to act. Real power is of the spiritual

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world or of the silence. As the body and external senses become quiet, let the mind go to that rightful purpose which lies nearest your heart. Be sure that it is just and that it will bring real good and genuine happiness if fulfilled. This step should be determined from the standpoint of principle. Then as the mind goes to this purpose, hold the thought: *I-will-accomplish-my-purpose. I-now-hold-myself-receptive-to-interior-ideas-and-forces-which-will-advance-that-purpose. I-awaken-my-higher-self-in-its-behalf-and-then-follow-the-spiritual-leadings-which-come-to-me. I-now-picture-in-thought-the-aiding-forces-and-force-currents-which-will-rightfully-fulfill-my-deepest-desires. These-forces-are-all-powerful. I-invoke-their-powers.* Be sure not to use these affirmations excepting in a cause that is absolutely right, for if you do, they would only hasten a correspondingly important work of destruction. Beware of prostituting occult powers to malign or evil purposes. The end would be unhappy in proportion to the powers thus invoked.

23. The God in Yourself is an indestructible and therefore unconquerable law. You can in its name or power, in time accomplish all rightful purposes, therefore you need not fear to undertake whatever you deeply desire to accomplish and are willing to pay for in efforts. Whatever is right is possible. Whatever is necessary must inevitably be. You can afford to undertake such a cause, if it is absolutely right, even though the whole world be against you. "God and one are always a majority," or in other words, that omnipotent interior law which is God, and the one individual thought or organism which you represent, is able to conquer the whole world in a cause that is absolutely just. Don't say, "I can't be honest, I can't be great, or I can't do whatever it is proper that I should do." You can. You will. You must. The first requisite is to know it, and to know why and how. It is by your thought or spiritual forces. Your faculties and

forces represent that "earth" which is yours to first "subdue," for through those forces, you can then subdue their all-related correspondences. The God within yourself, is the source of your powers and happiness. By loving or worshipping it, you develop those powers into successful results. That will also bring you happiness. The concentration of your thought forces upon this interior law, necessarily yields to you the power and happiness of its vibratory harmony or "heaven." Hold the thought: *The-kingdom-of-heaven-or-harmony-is-within-me. I-seek-its-happiness-giving-vibratory-powers. The-higher-self-or-God-within-is-the-source-of-all-my-powers. I-now-silently-dwell-in-its-sacred-presence. I-feel-its-peace-and-joy-and-power.*

24. Insight or Interior Sagacity is a quality which can be cultivated with especial ease and effectiveness, now that we are in the interior Zodiacal sign Aquarius. As this sign is representative of the sensations, it is likely to express itself in Aquarius natures, either through a psychic super-sensitiveness of the body, or through that true insight and soul-consciousness which is of the higher self, the one being but an inversion of its true meanings. Aquarius is also representative of the interiors of business. Aquarius natures are capable of great insight and sagacity in understanding or penetrating the depths of a human soul. They also are very liberally endowed with power to use occult forces in the accomplishment of successful results in business or art. Aquarius is symbolized by two short wavy parallel lines. These are representative of wave motion or vibration; hence the musical and other vibratory powers of the sign. Though you may have been born in another Zodiacal sign and therefore are not a distinctly Aquarius nature, you can nevertheless cultivate its tendencies and utilize its present universal forces and force currents, simply by getting into the interior central depths of your soul and then by sending your forces

to things which pertain more especially to Aquarius natures. For instance, after concentrating the forces as a means of finding this central depth, you could then send force to the interiors of your respective business interests or your purposes, simply by thoughtfully and reposefully holding them in mind, or by using such affirmations as : *I-now-concentrate-all my-forces-and-then-send-them-to-my-every-business-interest. My-thought-is-absolutely-free-to-go-whenever-I-send-it,-therefore-nothing-can-successfully-oppose-the-forces-which-I-now-send. I-am-absolutely-free. I-demand-wisdom-and-courage-to-know-and-do-only-that-which-is-right-and-best.* The use of such affirmations should *always* be qualified by the thought, *If-this-is-not-right,-wise,-or-best,-then-let-the-better-come-in-its-place. I-want-only-that-which-is-right-and-best.*

25. The Diffusion of Force. Aquarius natures are very liable to ignorantly diffuse their forces and thereby bring depletion of the force centers, nervous prostration, etc. Aquarius is known as "the water bearer" but is an air, instead of a water sign. Air is representative of spirituality and things imaginative. A strong imagination is very useful in giving clearness and power to thought images, providing it is not allowed to become an avenue for scattering and wasting the vibratory forces. Always try to be well guarded upon this one point. The most powerful mentality cannot accomplish much if its forces are thus wasted. A weak mentality can generate sufficient force to accomplish much, if its forces are properly husbanded and concentrated upon some one purpose. The secret of accomplishment is concentration, or the art of turning all your power upon just one point at a time. If your methods of thought-concentration are right, the results of its persistent practice should soon show themselves in your clear-cut methods of speaking, your manners, your intonations, your dress and in your every act or movement. Try to correct all slipshod thoughts,

words and acts. Avoid hurry, worry, anger and all other in-temperate methods of using your forces. Great qualities, talents and powers, are but the result of small thoughts and acts. Self-improvement lies at the base of all accomplishment and advancement. Hold the thought: *I-am-my-higher-self. Its-precious-forces-must-not-be-wasted. I-develop-my-powers-and-fulfill-my-highest-destiny-by-concentration,-thought-control,-self-improvement,-and-by-making-each-act-and-event-a-stepping-stone-to-something-higher-and-better. Only-the-good-is-true. Only-the-best-can-occur. I-live-for-my-best.*

26. The Diffusion of Knowledge should and will become more and more the chief occupation of man. All things are founded upon Truth. They sprang from Truth as their first cause. The manifestation of Truth is their purpose. It need not be surprising if Truth, in time, becomes the chief commodity of barter and sale. Not that it can exactly be sold, but those who realize its importance and uses, will know no other way of making an equally righteous living and therefore will make the work of its promulgation their life business for which they will justly demand fair compensation, knowing that all things are but products of Truth and that the law of economics is written into all things including man's nature and Truth itself. Books, magazines, periodicals, etc., should and will multiply in number and improve in quality. Lecturers, teachers, preachers, musicians, artists, charity workers, etc., will be also needed in connection with our work. Each sincere and earnest person should prepare himself to take some useful part in heralding the occult truths of man's Being and of life's privileges and purposes. The outward march in the new cycle demands workers rather than loiterers, listeners or pensioners. Which will you be? Think of all these things in the silence and listen for an answer to the following question, viz: *Am I-to-be-a-standard-bearer-of-Truth? Why? How? When?*

Where? The times demand a gradual gathering together of the 144,000, (12,000 from each sign of the zodiac) chosen leaders or workers in the cause of Truth spoken of in the Book of Revelations. Perhaps you are one of them. If so then make no delay in the work of preparation.

27. Soul Memory. It is a comparatively easy matter to recall the soul experiences of a past life. The occult process through which it can be done and also the main reasons why it should not be done, are indicated and explained in our book, "Methods of Self-Help." Life means progress. To turn or even look backward, tends to cut off from us the needful supply of vibratory life. It quickly leads to old age and death. The growing boy looks forward to the future. At maturity the tendency is to live in the present, and in old age, to look back to the past, or live in memory. Old age could, as a rule, be postponed, if we would not compare the magnified objects and events of a past, with the disagreeables of the present. The past disagreeables have perhaps been forgotten, simply because our courage to meet them brought into still bolder relief, the pleasant events which thus become indelibly stamped upon the pages of soul memory. Should the soul be less indomitable now? We remember pleasant events to the extent that we can awaken into activity their vibratory sediment, which is still a living factor in the brain cells of memory, etc., that represent our past soul growth. All is vibration. Soul growth is along the line of vibration. By understanding and conforming more intelligently and fully to its law, we could multiply the landmarks and epochs in our soul history. We should learn those occult laws and methods through which it becomes possible to take evolutionary steps which are three million miles long, instead of only three feet long. We should utilize thought concentration daily, as a means of intelligently conforming to the law of Being. It is through such worship

and Love that we become able to illumine the few basic principles involved and which otherwise might seem cold and barren. Hold the thought: *I-awaken-only-those-soul-memories-which-can-contribute-to-my-soul-growth-of-today. I live-in-the-ever-lasting-now, -by-conforming-to-its-unchangeable-law.*

28. Spiritual Healing. Health is harmony. It is the equilibrium of the vibratory forces. The law of vibration is the spirit. Its manifesting organism, or power to think, is capable, through thought-concentration, of attaching itself more closely to that law, thereby becoming infused more and more with its higher vibratory harmonies. To produce this result within the self, is likewise the first and main step in healing others through the then projected thought potencies. By steadily concentrating the thought upon some relatively true conception of what the higher self is, and, as the mind becomes reposeful, to then steadily hold the same conception of the higher self of another, is to stimulate its high potencies into activity, so that they infuse themselves into his external thought-organism and body. Then if words of Truth are spoken, his higher self responds to them, thereby displacing or harmonizing the diseased or discordant vibratory conditions within that bodily organism. The body is but a reflection of the mentality, and that in turn is but a reflection of the higher self or interior thought organism which is at one with spirit, or the law of life. Hold the thought: *I-am-my-higher-self. My-higher-self-is-perfect. All-my-forces-and-force-centers, -such-as-brain, -lungs, -heart, -liver, -kidneys, -bowels, -generative-organs, -skin, -etc., -perform-their-respective-functions-perfectly. I-am-whole. That-which-seems-imperfect-is-not-the-real-me-and-therefore-has-no-power-over-me. The-real-me, -is-that-which-lives-forever. I-now-manifest-perfect-health-for-I-am-my-higher-self. I-believe-only-that-which-is-true. Disease-is-untruth. I-love-truth. My-mind*

is-at-peace. All-its-forces-are-harmoniously-concentrated. In giving treatments to others, the word you, could be substituted for the I, but plenty of time should be taken in *getting ready* to give the treatment during which time the word I could first be made useful.

29. Uses of Sickness. Love is the cause of harmonious vibration. Disease denotes its absence from the consciousness. It is therefore but the craving of the body for more Love. Loving vibrations from the higher self, feed the body with their life giving powers, and its forces thus become as harmoniously peaceful as a sleeping child. All sickness is remedial. It is nature's disintegrating method of changing our forces into new and higher forms. Its inharmonies already show the action of positive interior involutionary spiritual forces. We should take sides with those forces, rather than against them. If feverish conditions rage, let us calmly realize that the more intense this rage, the more rapid is our progress toward recovery, and that the soul principle or power to think, is indestructible and unconquerable. It is almost impossible for the body to die, until the desire for life and indomitable determination to live, is at least partially silenced. The constant desire for life and for its external continuation, is an important factor in lengthening the life. The "natural constitution" is but representative of the permanence of this demand. To think or say that "Life is not worth living," or to indulge in any form of pessimistic thought, is to sow seeds of bodily inharmony and physical death. To think or anticipate the pleasures of a long life, and fearlessly plan for its continuance, is to add power to your "natural constitution." Is not that better than to "drive nails in your coffin," by continuously complaining or whining? Hold the thought: *My higher-self-is-proof-against-all-sickness-and-disease. My soul-is-indestructible, I-will-live-forever. I demand-wisdom-and-power-to-be-happy-now-and-al-*

ways,--and-to-live-for-my-best. I-am-thankful-for-my-eternal life. I-learn-lessons-from-all-experiences. I-am-thankful-for-even-bitter-experiences-whenever-they-are-necessary-to-teach-me-the-true-way-of-life.

30. Perpetual Youth. Happiness is life giving, as well as the object of life. To cultivate happiness is to cultivate "perpetual youth." The law of life or of vibration is perfect, changeless and indestructible. The secret of happiness as well as of long life, or perpetual youth, is to live in oneness with the higher vibratory harmonies of that law. Every thing in the world was created by it for man's use in the attainment of happiness. He who dolefully drawls out long prayers, in an effort to crucify the natural desires and human instincts, is likely to find, sooner or later, that true prayer and true happiness is but the happy recognition of Divine law in its purpose of giving happiness to all, through all things; and that we need only to change our attitude toward common things, making it one of happy appreciation and thanksgiving, rather than of condemnation. When we learn to recognize the Divine law or esoteric meanings within all things, we will find angels of happiness instead of devils, lurking behind even the roughest exteriors. We will see only what we have found within ourselves. It is the delirious eye of intoxication, that sees "snakes in the boots. Truth reveals the fact that boots are not the natural habitat of snakes. Let us seek happiness in all things and chiefly within ourselves, by making a right use of *all* our faculties and forces. Thus will we be able, in time, to give thanks through every thought and act, for the Infinite blessings of life. In doing this we will be but worshiping God with the whole heart, mind, soul and strength. Concentrate now upon the thought: *I-note-seek-that-interior-law-of-force-or-life-which,through-happiness,-is-able-to-give-perpetual-youth. I-am thankful-for-all-the-blessings-of-life. I-seek-to-worship-*

God-through-every-thought-and-act-by-living-from-my-higher self. I-am-the-law-of-perpetual-youth.

31. Buried Talents. We each are endowed with the law of life and therefore with its endless possibilities. We should not sacrilegiously curse this law, by saying "there is nothing I can do." The first duty is always to the self. It is the duty of properly training and controlling the faculties and forces in the attainment of happiness. As we learn these laws of life, we should not forget to try and teach them to others. This spirit of loving helpfulness will serve to bring us that which we most desire and need. There is no one who is too weak or simple to carry lessons of life to receptive minds. The weak things of the world, when backed by knowledge of Divine law, will often be able to "confound" or instruct the mighty. We at least should have the disposition to do, and after we have done our part in trying, can well afford to leave the matter of results to the law itself. Silently concentrate the forces as a means of determining what has been for you "the best thing of the month," and then during the next twenty-four-hours, watch for opportunities to tell it to others. Never mind about the bad things or "worst things of the month." Let them die, even from the memory, but cherish the jewels of good, which can be made useful to yourself or others, in doing the duties of present and future. "The best thing of the month" is necessarily a spiritual thing. Have we not the right to suppose that it pertains to your efforts in these practices of thought concentration? Tell others of the helps that can be obtained through such practices. He who carries the glad tidings of great joy, must make a beginning, with perhaps only one, although multitudes may afterwards be blessed by his words.

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