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Illumination.

If you would possess true illumination you must put yourself into proper condition to receive it. Consider Illumination to be a goddess. A goddess surnamed Purity. Attracted by all your good resolves and irresistibly drawn to the very centre of your being by your every victory over the lower self. And as she is attracted by your strength of character and nobility of the daily life, so she is repelled by your weaknesses, and stands sorrowfully at a distance when you take up frequent abode amidst your "animals." Knowledge, useful to yourself and mankind in general, awaits mediums of expression throughout the world, and you may become a vehicle for the promulgation of this knowledge if you truly desire so to do. It is not a question of the secrets being ready and waiting for expression; it is a question of your getting into the harmonious attitude, or condition, to correctly receive and disseminate.

Any thoughtful person who will faithfully follow a simple suggestion may easily verify this statement. To illustrate: If you wish to become temporarily illuminated, merely, set apart one week as a preparatory period. During this period do not talk any more than is absolutely necessary; stay principally by yourself; sleep alone, and ent regularly and not too heartily. Drink no stimulants, and do not drink heavily of any cold liquids. At the commencement of the "preparation" take a hot bath; if possible lie in the water for perhaps ten minutes, then partially dry the body with towels and finish the drying process with

the palms of the hands. Rub every part of the body smartly and see that the circulation is even and vigorous. This bath should be taken just before retiring. Each night and morning thereafter take agreeable physical exercises, with deep breathing, etc. At the end of the week commence a series of "sittings" either in a darkened room or in full light, just as you feel inclined. Mentally decide upon the number of sittings you will have. Seven is a good number, and they should follow each other at intervals of not more than twenty-four hours.

No reliable rule can be given as to the quality of illumination which a particular person will get. Usually that help, or knowledge, will come which is best fitted and most useful to the individual; then, later on, suggestions will be received of a more general character, something of utility to others. These simple suggestions are given principally for the purpose of showing the half skeptic that illumination stands at his door. It is not some far-a-way, precious thing which the "masters" and "adepts" alone are favored with! It matters little as to whether you believe or not; you have simply to give a few week's spare time to these easily followed instructions in order to once and for all establish the fact that you are a son of God and may receive wisdow direct from the Fount of All-Wisdom. As to the value and depth of what comes to you will depend almost wholly upon your earnestness, ability to keep your heart pure, and previous methods of living.

To get permanently into the channel of light, where the divine influx may come at any and all times, is quite another matter. Temporary and intermittent illumination has been experienced by a great many of earth's children. Poets, authors, philosophers, artists and many men and women from other branches of art and science have shown through their works that Illumination has frequently favored them with her temporary presence. But these people have been but a step or two in advance of their kind in methods of living, habits of life, etc., and in strict confor-

mity to material laws governing material desires, these people were drawn down, again and again, to former levels and as often lost sight of the goddess of Light.

It is our privilege to choose which we shall possess for a permanent inheritance, the goddess or the beast, but we certainly cannot have both. The angel may come three and four, and perhaps an hundred times, but he finally becomes powerless to penetrate the dense thickness of the cloud which in many years we weave around us. Here we are in this very material world and under strictly material conditions and many of us appear as children blind-folded. engaged in a drama concerning which we get no "cue!" Sometimes it seems to me as if our occult "teachers" possessed more of this uncertainty than those whom they are trying to teach. They tell you that you are here but for a day; that the reality lies "beyond," etc., etc. To what extent can this be true? Now, according to my idea the earth life is a grand opportunity. The body is a means through which we are to discover the mystery of all. If we fail to do so in this body then we must make another trial "sometime, somewhere." This I feel to be an unchangeable law. I do not say that we will be so fortunate as to get back into another body of flesh and blood, for I consider that too many are waiting this chance before us; spirits who, perhaps like us, yearned a thousand years ago to get "over the river," only to find, when they had crossed that they had forgotten something and must come back, but that they had burned their bridges behind them, the ferry was not running and the current was too swift for swimming!!

Well, this is putting it in a light vein, but it briefly states the case and my meaning is easily grasped. We must live as if to-day were eternity. We have no business with the hereafter. Let us doubt, if we must, the wisdom of such a puzzling and altogether inscrutible sort of an existence, but with all our doubting let us persist in seeing the plan through and of doing whatever lies nearest at hand to

do. Now that which lies nearest at hand is ourselves. our bodies and minds we possess a "talent" which may be raised again and again to double values. The period of life when doubt holds the greatest power is that period preceding the first glimpse of the eternal truth. That period lying just before the real illumination. But when the spiritual vision has actually been opened then, although brief periods of uncertainty and gloom persist in creeping in, yet the life has been so strongly directed heavenward that the pause can be only a temporary one. Liberation of the bodily forces is one of the vital mysteries which must be solved in this connection. "Liberation" .may seem a strange word to use here, especially to those invalids who think they possess no force at all! But liberation does not badly express my meaning. Even the weakest of bodies is richer in force and power than is generally supposed. The point of liberation is explained when we consider that force and vitality are choked and clogged by foreign and dead matter which inactivity and ignorance have thrown up as barriers.

"Dead matter" well tells the story of most diseased bodies, and consequently dense and well nigh useless minds. Court life, divine, heavenly life, forcing out, through wise activity, all the extraneous agents and substances. And by activity I do not mean working in the garden, doing housework or riding a bicycle. By wise activity I mean the systematic exercise of all parts of the body, internal as well as external. Take inventory of yourself. What proportion of you is alive? Mentally inspect yourself and answer. Then commence this periodic concentration upon those sections of the body which are asleep and raise them into vibratory union with those which teem with the divine harmonies. The fact is that even those sections which really are alive have become so used to the inharmonies of the discordant parts that 'tis hard to determine where true life exists.

The mystery of life is so beautifully simple, and the

lovliness of earth existence is so indescribably sweet, and its purpose so divinely wise that we miss its benefits through very proximity. Why not get into the path which God has indicated and make the most of present blessings? It is not a part of our duty to fast or work miracles or do any other unusual thing, but to live and to live happily and usefully. The medium through which you may posses all the secrets of the universe is right with you. Study it and take care of it to the best of your ability, and you will perceive what you are here for so clearly that you will never question again. Beware of all extremists. age they are not wanted or needed. It is an individual matter and must be individually solved. The gate-way to the "beyond" is a passage just large enough for you alone to enter. "Behold I stand at the door and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me." All may hear this "voice" if they will, and hearing it may teach others to hear.

Stars of the Zodiac.

LIBRA.

During July, at nine to ten p. m,, we shall find the stars of Libra occupying a central section of the southern heavens. The distinguishing feature (to the naked eye observer) of this group is found in the two principal stars known as Alpha and Beta. These stars are of second magnitude and are separated by a distance of about seven degree (or thirty minutes). Alpha is some six and one-half degrees farther south than Beta. Upon the evening of July 9th the full moon will be a few degrees south of these two stars. Bearing this fact in mind the student will the more surely locate the principle stars of this interesting constellation. The planet Saturn is also in this locality and will be in conjunction with the moon July 10th, at 4 a. m. But Saturn is much brighter and larger (apparently) than the stars of Libra and need not be con-

founded with them. And Saturn shines with a steady, dull red light, while the light of the stars in question is bluish and twinkling.

To C. H. M.

Brother go on! I say to you God speed!
The work is truly great;
The more you do to help the world's great need,
The more you master Fate.
Somewhere, sometime, I trust that we may meet,
And clasp the friendly hand;
Until that time we'll tread with tireless feet
The mountain pathway grand.—S. Carter.

-Walking across the Common one Sunday afternoon I saw a small crowd of people near one of the entrances and I moved up nearer to see what was going on. When I got withing hearing distance I caught something like this: "Life is your most precious possession. If you were asked what you most prized you would all quickly answer, 'life, life, LIFE,' and yet here you stand with little or no thought regarding the real life, the life which Christ brought for your acceptance." This and many other good things in the same line were said as I listened, and they deepened my already deep resolve to get more of this life myself. But as I carefully noted the speaker's words I couldn't help wondering how much of this hidden manna he, himself, just then possessed! He was rather a squatty little man "without form and void" (void as to attractiveness of person) bald-headed and thick of voice. points of an external nature did not hinder my absorption of the lesson of his words, yet I couldn't help wondering why he didn't go a little deeper in the mystery of his "life" theories and get more of it himself. Perhaps he, like many others in the pulpit and in other spiritual centres, cannot spare the time to clear up his own yard.

—There will be a partial eclipse of the sun July 28th, visible at Washington.

-Upon Sunday, May 23rd, at noon, I had a very fine view of the planet Venus with the naked eve. From its position as given in the Nautical Almanac I knew it must be visible, and after ten minutes search (standing on the N. E. corner of Tremont and Brookline streets) I found the planet, shining white and brilliant, somewhat to the west and south of the sun. I wrote up the incident and made a drawing of the relative positions of Sun, Moon and Venus for May 28th, all of which was published in the Boston Globe of May 27th. The Globe, however, omitted the very important fact of my having actually seen the This sentence was doubtless cut out for the reason that the use of the pronoun "I" might possibly prove an indirect advertisement! Verily, the business discernment of a great newspaper is wonderfully subtle! A week later (June 2) a great crowd gathered near the Old South Church on Milk St., and gazed long and patiently toward that section of the sky where Venus was supposed to be. Upon this same date (June 2) a most beautiful circle, almost of rainbow brilliancy and distinctness of color, surrounded the sun. This unusual phenomenon was said to have been caused by the presence of ice crystals in the atmosphere.

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- —Endeavor to have as little to do with thy affections and passions as thou caust, and labor to thy power to make thy body content to go on thy soul's errands.—

 Jeremy Taylor.
- —Some critics are like chimney-sweepers; they put out the fire below, and frighten the swallows from their nests above; they scrape a long time in the chimney, cover themselves with soot, and bring nothing away but a bag of cinders, and then sing from the top of the house as if they had built it.—Longfellow.
- —Astronomy is one of the sublimest fields of human investigation. The mind that grasps its facts and principles receives something of the enlargement and grandeur belonging to the science itself. It is a quickener of devotion.—Horace Mann
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