

The

# PHILOSOPHER'S

A Monthly  
Magazine

# STONE

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*The*  
**PHILOSOPHER'S STONE**

A MONTHLY MAGAZINE

RUTH B. DROWN, *Owner and Publisher*

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## Drifting and Climbing



WID YOU EVER stop to think how easy it would be to put oneself into the stream and drift with the tide? We have often had that illustration given to us concerning our lives, and very few of us have really had a definite purpose toward which we were working. There are a great many purposes in life and we each can have some one thing in which we excel. Since we are on this earth why not use the Divine Life that God has given us for self betterment and for the betterment of others?

I say "Self betterment" as you notice, *first* because we must get ourselves right with God, the Higher Intelligence, before we can hope to help our fellow man.

Nine-tenths of the people living upon this earth take life as a matter of course, thinking that we are put here by accident and will be taken away when the "Lord wills"; living to eat, and eating to live, because they are afraid to die and enter into what to them is the great Dark Unknown. They know there is a power that made the earth and man, yet they *fear* rather than *love* this power, which is *God*.

Let us realize and know that we are none of us put here by accident. God had a reason for each and every one of us. Does he not even note the sparrow's

fall? Then would he not know that we were here and have a reason for everyone? The *God who knows* all things is in all things and made all things?

If we love God as most of us profess, why should we be afraid to leave this body which is only our earthly home, and enter into the next condition which he has prepared for us?

*The very reason we are afraid is because we have no faith.* We say, "Well, I believe; isn't that Faith?" Do you really believe, away down in your heart, or do you just say so because it is the popular belief to do so? Be honest with yourself, know yourself for what you are, and analyze each thought and feeling, and class it as you know it to be, and not as you think the world expects it to be.

These things may be so much of an effort for some of us that we say, "Oh, what's the use, what difference does it make, just so I get what I want to eat and wear, and am comfortable and happy; let the other take care of itself." But—are you getting all of these things, and do you find yourself perfectly happy and satisfied with yourself and life as you find it? Again, be *honest* with yourself.

If you *are* satisfied with yourself whether you are happy or not, you are to be compared with the boy who starts into school and as he goes into the first grade he feels perfectly satisfied with all he has learned there, and desires to remain in the first grade, just so he is not bothered with the effort of getting out; everyone else can go on through school into col-

lege, but he is perfectly satisfied; he doesn't understand what others are talking about when he is with them, for they are further advanced than he, but still he was saved the effort of learning the advanced work, so he is satisfied. There are a great many things he misses and is left out of, but he is satisfied!

Why not show God our appreciation and thankfulness that He has given us the great opportunity of being on this earth and being allowed the freedom of mind in which to choose or do as we like; by doing the things He has set forth for us as right?

Why not use life and energy towards making ourselves into the souls God intends us to be? Nothing is ever to be gained if we spend our time in sleep: Wake up: and see the sun rise: it is a beautiful world!

Make life worth while: Make yourself come to life, and know that better things await he who climbs to the summit.

You know it is much easier to roll down the hillside than it is to climb up, and often we take one step up and slip back two, but do not be discouraged, just hold in your mind the thought and elation you felt when you took your step upward, and place your foot on a level with the other step and your footing will be firm because you know why you slipped before.

If we are awake we learn by our mistakes and are better off for having seen they were mistakes, and climbed up over them.

The law of gravitation shows us that it is easier to slide down than to climb up; but if you awake from

your long sleep and see where you are you will then use the mighty force of life and energy to climb up, for God is no respecter of persons, and one soul is just as dear to him as the other.

*"Seek and ye shall find."*

*"Knock, and it shall be opened unto you."*



## *The Silent Watcher*

MARGARET BLAINE

*Cyclopea, silent watcher,  
Over earth, the sky and sea.  
In Thy silence, never broken,  
What seest Thou—unknown to me?*

*As the shining universes  
Their eternal circles tread,  
Speak they of, in far-off future,  
Lands unknown or times to dread?*

*Should there be a great upheaval  
Plunging earth into the sea,  
Would it not new lands uncover,  
Worlds unknown which are to be?*

*Cyclopea, speak and tell me,  
As the centuries roll along,  
In a far-off time in future  
Will new worlds like this be born?*

# Above All Things

NORMAN M. DOUGLAS

## PART III

### MAN, VERSUS TIME AND SPACE

*"I could forgive you for anything you might do unto me, but I could never forgive you for a wrong done unto your Self."*—Thus spake Zarathustra.

VERILY, what price ambition is it that we must sacrifice our God-Self for the pseudo-self and "Things of Caesar"? We vaunt our so called "Age of Speed"—speed, that we might conquer distance (Space). For what purpose? "To save time!" is the answer of Science. (Laughter in the sky.)

In truth, Time and Space are One, and in trying to conquer THAT Oneness, man, in turn, is conquered. Time breaks his rest as the timed alarm commands him to arise. Time bids him hurriedly dress and groom with the fastest time-saving equipment. Time is his master! while he is timed in grabbing a hastily prepared bite of concentrated, time saving food-stuff. Time permits him to rapidly scan that section of the newspaper devoted to speed—the SPORT SHEET and THE HEADLINES. And from the time he races to work and punches the time clock until

he is again timed by the time clock to race home, Time rules! for Speed—and the SPUR thereof—has made him a Time-Slave to every hour of the day; while the time he calls his free time” finds him more enslaved. Released from the hurry and speed of office, firm or factory, he races home through the rush and push of traffic — unmindful that haste is waste, unmindful that “Speed is of the Devil”—unmindful that “True Growth is slow growth.” Home for a spell, again he grabs a hastily prepared bite and—not knowing what to do with Time, hurries to “get out”, to “go some place”: wondering “what’s on?” “what’s doing?”—“Where to?” In a mad rush to “No Place In Particular” he finally arrives at a condition of “Incurable Nerves!” Incurable, for—near the breaking point—he rushes into some new *time saving* “quick recovery” scheme guaranteed to REMAKE and RENERVE him in ten days. Jumping into this, night finds him restlessly dreaming of *immediate* results, while morning finds him running to the mirror in hopes of seeing his own resurrection!

Thus, the *incurable* condition. Treatment, however, may be ministered when the victim is run down by the police, taken to a psychopathic hospital and, restrained by two doctors, four attendants and a psychiatrist, is tied to an iron bed: to be removed later, whence, with other speed victims, he may spend the rest of his days—and nights—making passes at phantoms that would try to outdo or overtake him.

What price ambition is it that would demand so



great a sacrifice? Our friend Ed, with no time for anything but business, has raced through life—a Big Shot in the business world. We have heard him say, “Yes, I know I should slow down a little and relax; but I’d lose too much time—and business.” Today Ed has no business—and plenty of time; while we must spend time and neglect our business to visit him in his new home—the Norwalk State Hospital, ward 18. He has changed! We asked, “How do you spend time now, Ed?”

“Oh, I work in the garden”, he replied, “and I wash windows—and sometimes I sit under the trees and meditate.”

In all sincerity, we said, “Such should seem rather unimportant and meaningless to you?”

“Listen,” he said, “I’ve learned a lot during my year’s stay here. In the business world I sacrificed myself and spent my best years at what is considered important; but, courting insanity, learned that—during my entire career, I didn’t do one thing more important than washing windows, working in the garden or meditating.”

We shall not soon forget our visit to Norwalk: one of the Nation’s major institutions—and filled to overcapacity with the speed-crazed and those made mad with unnecessary *noise!*

*“We are all blind until we see that in the human plan  
Nothing is worth the making if it does not make the  
man.”*

*Why build these cities glorious if man unbuilded goes?  
In vain we build the world, unless The Builder also  
grows."*

In the vegetable world, vegetation is constantly striving to rise above the mineral world and crystallization; and as vegetation strives, the animal strives to rise above the vegetable; and as the animal strives, the HUMAN must strive to be above the animal—but alas! what do we to surpass the HUMAN? Is the human the end? If, as we know, Man is a creature to be surpassed, what of those that court the ultra-human—while others of us still cling to our animal nature? Agreeing that it is right and timely to be human, we should overcome our animal nature entirely and aim to surpass the human.

Long ago was I weary of noises  
That fretted my soul with their din;  
Long ago was I weary of places  
Where I met *but the human* and sin.\*

"That which cannot surpass itself shall be surpassed."

There being no stationary condition throughout the *mineral, vegetable, animal* or *human* realms, it is a case of rising above the *human* or descending, via DEvolution, unto the animal and the Kingdom of Satan: where, unable to renounce our *human mind*, we

\* From The Song of the Mystic—by Father Ryan.

are—in remorseful terror with UNdoing, *mindful* of the cloven feet, the horns and tail! which, with the Relativity of Time, means ETERNITY! Serious? What greater authority have we than Dr. A. Cannon, M.D., D.P.M., Ph.D., M.A., F.R.G.S., etc.? “And here again is emphasized this terrible truth”, states Doctor Cannon (in *The Invisible Influence*) “the proof of a hereafter: that as our unconscious mind is now, with its libratory of good or bad material WITHIN, so it remains in the world to come, making for us a very real Heaven or a very real Hell, in accordance with our own choosing by the efforts of our own will. . . . The Kingdom of Heaven (or Hell, as the case may be) is WITHIN each one of us. Therefore a terrible truth is manifested when one understands scientifically what acceptance of (outer) influence or suggestion really mean; for the soul, the Unconscious Mind, must exist, and will do so, in the state of belief in which it lived whilst on earth, in the Life that is after Death, exactly in accordance with what it has really made its own, in the normal state of consciousness. Therefore, our Destiny in an Eternal Heaven, or an Eternal Hell (The Kingdom of Heaven or Hell that is within us) is in our own hands: to be made in accordance with the mind of God or the mind of the Devil. Pause for a moment and think of this great reality—and what it means to you.”

In his *Inferno*, Dante—with an imagination that imaged the Law of Gravity centuries before New-

ton's discovery, fails to image the state of such. He says:—

“Ask it not, friend, for I cannot write—  
All language would be weak that dread to cite!  
Death was not mine  
Tho life had failed me quite.  
Bethink thee, now, if that thy wit be keen  
How I became of both bereaved outright.”

To escape such, Doctor Cannon gives us this advice: “Have good and kind thoughts, clean, pure ideas—and love! Never say or use an unkind word against another; never for a moment hating anyone and at all times having complete control over one's passions; this state of mind alone can lead us to God and The Higher Life. . . . There is indeed a dual personality in each one of us; we are either Dr. Jekyll or Mr. Hyde. Dr. Jekyll stands for all that is good and noble. Mr. Hyde represents all that is bad and ignoble.”

We use the foregoing not only because of its relationship to our theme—or that it bespeaks the mind and considered opinion of a scientist and major metaphysician, but for its REALITY! — a tremendous *truth* that few of us care to even think of—let alone REALIZE. Yet—and regardless of aught to the contrary, man is possessed of a SELF,—vestured in the Unseen Regalia of Reality, from which there is no escape—not even in suicide or so called SELF-destruction. Hence, the importance of SELF-discipline and SELF-mastery!

While this SELF can be the cause of our spiritual destruction, it isn't that it means us harm, but as the Law of Self-preservation is strong in all things—even throughout the mineral, vegetable and animal realms—and our Spiritual Liberation means the end of that SELF, naturally it strives for survival and, thriving on violent vibrations, seeks emotions wrought through anger, hatred, jealousy, greed and seeming dead embers of animal lust fanned to flame with alcohol, drugs and stimulants. Hence, is a power in restless, impatient self-seeking until CONQUERED! Nor is this (conquest of self) an easy victory for us of today. While the age of stone, the age of copper, tin and bronze, each served and passed—and though the plastic age may be the next to grace the earth, we of today have been buried beneath the density and noise of iron and steel to where the sentient and quiet INNER SELF has been unable to *ray* Its *light*. Moreover, such enlightenment is not easily obtained at the best: for, while groping in unnecessary darkness amidst noise, speed and turmoil, to satisfy a self that—thriving on such—is *false*, it were necessary that we be composed in quietude and peace for a SELF we hardly know: yet which knows our necessary needs before we can know Desire. Verily, no matter what the need or how dark be the hour that finds the outer person doubtful, the True Self views in the light of Understanding. Problems that would stump our lawyer or doctor, It can solve; questions our advisor or prelate fail to answer, It has ever known: for It is

our true Sense of Knowing; It is our Sense of Sight, It is the Seer behind our sight—and It is also The Seen. Call It Mind Essence—term It The Holy Trinity—or name It God!—far back through the distant eons when we were one with the mineral world, *It* was the *sleep* in our mineral nature; and when we became one with the vegetable world, *It* was our deeper *dream*; and when we stirred in the animal kingdom, *It* was the Urge in our *awakeness*; and now that we are one with humanity; *It* is the Subconsciousness Awareness in our human consciousness: The Knower, The Knowledge and The Known. Hence, how can we know humanity if we are strangers to *That* which has wrought *our humanity*? How can we know Man unless we know *That* which is one with Man's true, original nature? How can we know God, The Father, if we know not The Son? Would that we might become such a power within, we could bury The Father—even He!—and inherit *THAT THRONE!*

I (Eye) am the Lord thy God, thou shalt not have strange gods before me. . . . For I am a jealous God!

Whence the source of this command? Does it not come from *within* YOU? An expression of our own Self? As though to warn you that "I am that *I AM!* —*I*, that one glowing inner *Eye*, your true Creator, will not suffer you, my creation, to go out of Its Self, departing therefrom, in search of false gods." Now were there an outer Deity dwelling apart from the

Inner Self, ruling, creating and possessing all things, could Such have cause to be jealous? Impossible! For Such, being the sole possessor of all *things*; could destroy the cause of *Its* jealousy. But with God dwelling within, if we seek Him "hither and yon" in the outer realms, there is a cause for jealousy which cannot be destroyed; hence, the command, "*I am . . . thy God! . . .*"

"It is impossible to find God outside of ourselves", said Vivekananda. "Our own souls contribute all the divinity that is outside of us. We are the greatest temple. The objectification is only a faint imitation of what we see within ourselves."

So true and vital is this, the major religions have what is known as Holy Communion. Communion with what? An outer Deity? Assuredly not! but communion with *THAT* within: wherefor the prelate, ministering a wafer, declares it to be The Christ or Living God, as though to say, "Here, take *THIS*, it is God! If you cannot realize that His Kingdom is *within YOU*, we must force Him down your throat so that, in actually swallowing God, you might be assured that He is really within Y-O-U!" Could more be said in favor of the Inner Man—or God-Self?

(To be Continued)

## *My Spirit's Home*

JUSTICIA EDNA MASON

*What have I for my Spirit's Home?  
I have the whole wide world to roam—  
The Universe — I'm free as air —  
My soul and I go anywhere—  
Away beyond the blue, blue sky  
To heights o'er heights we fly and fly.*

*Oh could you know such bliss as this  
You would not think it good to miss.  
My soul and I — and soulmate too  
Go sailing often through the blue—  
Oh it is such a lovely thing—  
Who ever would to four walls cling?*

*So every night my love and I  
Sail far away beyond the sky—  
Join hands and sing love songs so gay—  
Oh it is such a lovely way—  
There is no night there — all is day.*

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\*Unless you are interested in character building, do not read this article. If you are interested, a complete file of Dr. Mystery's articles will be invaluable to you. They will be continued. The language and form of expression used are as originally given and may at first be difficult to understand. However, they cannot be changed without altering their meaning.

## *Divine Love*

Dr. Mystery

**D**IVINE LOVE—love of the Divine, or that sacred part of man that helps to lift him out of the mesh of life into a realization of idealism of something to work toward, of something to fulfill — an ideal of life that helps him to cherish all that he could hope to maintain in the highest moments of his consciousness; that part of man that lifts him up and out of chaos, out of discord into harmony, out of the surrounding turmoil of life into a clearer conception and realization of being.

It is because of this great Divine Love that man is able to think of others, is able to know that there is something greater than the mere idea of self-advancement. It is because of Divine Love that humanity has

been able to progress, to go onward, forward and upward; because of Divine Love that man has not remained an animal, has not remained in the lowest degrees of his mentality. Divine Love! That Great Something that assists him to know these other human beings that are going on with him and working toward this great goal of perfection.

To attain to this great position of at-one-ment, Divine Love is one of the greatest stepping stones. It enables us to forget the petty self, it enables us to expand idealism and ideas and become tolerant and learn all of the other attributes of Divine Mind—that great reality which exists for all of us within ourselves.

In explaining these various phases of Divine Mind, we must never for a moment lose track of the fact that each and every one of us is the center of the universe unto himself. Think of it! That does not mean that he should seek far out from himself and work back toward himself, but it does mean that he is indeed the center and from this great center within himself he works out into manifestation to a realization of life in its greatest fulfillment. Life everlasting! Life in all its phases! Life to us in its fullest meaning now, here and now—not some day in the future, not as it has apparently been in the past, but now! Because we are capable of becoming Gods, because potentially we are Gods within ourselves even as the seed for the plant, because this is true, then are we able to give forth from within us this Divine Being,

this Divine Self, which is indeed Divine Love, and come out into manifestation that others might recognize and know that they too can do the same, and as many are willing to bring forth their divine natures into the outer manifestation, then do they recognize that life has a greater and fuller meaning, a meaning that lifts us out of the ordinary turmoil, that assists us to understand the acts of others, that assists them to understand their wishes and needs, that we might help, not that we might help them to assist themselves out of this chaos and turmoil into a position where they can rule their lives, not with arrogance, not with these different attributes that people feel are control, but rule with Divine Love and Wisdom and Understanding—all of these complete.

We have within ourselves the ability to fulfill from our own center outward. We are all parts of the One Whole, yet individual parts, and each one must fulfill the law unto himself, each one must recognize that he cannot expect to go into greater progression in the path of another, he must find his own approach. Therefore, as we look out and see life as a great prism we know that it is necessary that we look at it from that angle at that moment and as we learn our lesson, then do we see other sides of the prism as phases that give us more understanding of life about us. God cannot manifest only through beings, his highest phases. He cannot manifest unless He has that which He must use as a channel for his own expression, and you and I and all of these about you are phases of this great

God-head in manifestation, but it is within us, we are the ones who must fulfill, we are the ones who must carry out our own part of the plan. If we fail we can recognize and know that the chain is only as strong as its weakest link and we must not be weak, we must bring ourselves up, we must recognize the fact that it matters not what another does, that it can in no way affect us only as we permit it to do so.

We must fulfill through our own individual being. We must see life through our own mentalities, we must fulfill, and the plan cannot be complete until even the least of these has fulfilled. Therefore, if we were to add to our fulfillment Divine Love, that love that always includes and never excludes, Divine Love, that Love that surrounds us continuously and protects us, we can go far, we can go by leaps and bounds if we have the courage and the strength to do so. If we will think and look about us and know that others have done it and if others can do it, then we too can do so. Think of all the possibilities that we individually possess, know that we are creators, that we can do these things, that we have no need to limit ourselves, that we have a wand within our hands that we can pass over that which means nothing and turn it into that which means much. We can do this; we have the ability. Then why do we not use it? Why do we sit down and drift with the tide? Where is our courage? Where is our strength? Are we mentally lazy or are we willing to step forth and use all the energy that we possess that we might bring out more

and more? As our channel opens it becomes wider and wider and a greater flow will come forth if we will but open the flood gates of ignorance and permit the flow to come through.

We have for a long time caused our brains to be obstructed. The brain is the bridge over which the life flows into outer manifestation through us. We should ever keep that bridge unobstructed by not having thoughts that grow into great barriers because we have not watched them, because we have given to them power until they grow so large it takes much to dislodge them.

Our lives seem to be chaotic, seem to be lacking in system, seem to be difficult for us to control and direct. Remember the sayings that we have given to you before. Learn to direct yourselves as you would direct a package when you express it to another. Learn to direct yourself when you express yourself to another. And learn that through your expression, release and proper direction, do you fulfill the law of life, that great immutable law of cause and effect. It is in expression that all need to direct themselves. Remember expression does not mean suppression, does not mean a lack of control, does not mean an inspected thought or idea or one that has been partially thought and suppressed because of fear lest it might not fulfill the highest ideal, but it does mean a proper thought before it is put into words to be expressed properly. And each and every one of you have been told many times that you are the master over your

own domains, you are the rulers and because of such you should remain upon your thrones and direct life and not permit life to direct you.

Remember, the qualified stands aloof but the unqualified permits himself to get down off his throne and mingle with the riffraff. If you would be qualified then learn to direct and control your life as you would have it expressed. That does not mean stopping life expression for fear that you might make a mistake, that does not mean that you should refrain from all that you would hope to do in life, but it does mean that you should think well before you act.

But as we have told you over and over again, if you become angry then this anger poisons you because usually individuals do not permit their anger to go forth as they feel it, they have been taught otherwise. We say to you if once you are angry or if you are caught in the turmoil of battle, it is difficult to control these emotions, but it is in the time of peace, it is in your moments of quiet thinking that you must learn to control yourself that you do not permit anger to enter in to be controlled. If you could but know it, the individual who permits himself to indulge in all these emotional conditions and then tries to direct them after he is once caught in the turmoil, finds himself mentally and physically in a state of dissension, but the individual who does not permit himself to enter into these conditions can direct his path and control outer conditions, but not if he opens the gate and permits them in. There is that difference. Keep

them out first. It is easier than to try to battle mistakes if they have once entered in. Strategy beforehand will go far but means little when once one is caught in the maelstrom of this great struggle of life. Emotions carry individuals away. Emotions cause great whirlpools in which the individual loses his sense of direction. It is important that we learn not to permit these things to turn loose within us but direct the channel of life around them. Do not permit them to enter because once they are in it is next to impossible to direct them, it is next to impossible to suppress them without great physical and mental injury. If you do not permit yourself to get into mental conditions, if you do not permit those thoughts to enter, then you have nothing to come back. That is true self-control—control of the self, first, not last.

We would suggest that when you see a condition coming toward you that might throw you into a great turmoil, that you turn out around it even as you detour in your driving when the road is being repaired. You would not think of going directly on when you see a danger sign, you would stop and look about you for you know if you went ahead and found yourself in difficulties you would perhaps not get out, and that is true in your own lives. Recognize the danger sign first and turn out around it. Control yourself as you would control your car.

Life is not so complicated as we find most individuals trying to make it. If you are excitable, if you are nervous, if you are upset—why is it? It is because

you have permitted thoughts to enter in before you could control them and you then are being controlled for a few moments, and you no longer are master over your own domains, let alone master over conditions about you. You cannot hope to control life, you cannot hope to control your environment unless you can control the self.

It is true that every subject that we give forth to you leads us back to self-control, for that is the center of your being, but self-control is not self-expression, is not obstruction, is not fear, is not lack—but it is expression, it is life in its fullest, and if you will obtain the knowledge that would lift your consciousness to the higher ideals and thoughts, if you possess these ideals and thoughts, how can you have room for lesser ideals and thoughts? Then your lives of necessity express the greater good.

We hear individuals saying, "Then you advocate that we express ourselves regardless of whether they are good or bad thoughts." We do not, but we do advocate that you do not think bad thoughts. We would like to see you lift your consciousness to a position in life where you are proud to express greater ones, higher thoughts, higher ideals. There is only room for one thing at a time in your minds. Which one will you choose? You are the one to direct and make your choice between the right and so-called wrong. But remember, everything in life is utilized for good by God, and if you have made mistakes, do not grieve over them, do not go back and carry, as we call it,



excess baggage, but leave them behind. However, go on with the consciousness that you now possess and lead your lives from now on as you would have them after a realization of the past and of the things that you do not wish to have as you know more. In going over that which you have found disappointing, lacking, if you have not received the lesson, it means that you are mentally lazy and do not have the courage to go forth and direct your life in a higher channel that would bring life as you would have it.

If you find time has gone and you do not have some of the things you think would make you happy, then we suggest that you now have the things that you know will make you happy. You have the opportunity to fulfill all these phases of life if you will do it, even as the individual who has always wished for home and children. You can do it—the birthing of a child is not what counts but it is the child after it is born, and whether that child is of your flesh or some one else, if you are assisting a soul in its growth, you are assisting mankind. Plenty of souls have been brought into the world and have no one to assist them in their growth. Every one of you can still fulfill in that way if you have the courage to do so.

If you feel that you have missed something, there is still time, you are still here and if you have not fulfilled in that phase, then do it. There is no better time than now for you are still permitting mileposts to go by and what are you doing about it? You are going back in your minds over and over again and

saying, "if I had time I would do so and so"—and you are not helping the past and you are not helping the future. If that is what you are doing, then we say to you—complete it; that you may go forward and do something else. That is one of the greatest phases of Divine Love that we know, how to point out to you the assisting of humanity in an honorable and upright manner, in a way that would help them to receive more out of their own lives. These things can be done. It lies within the individual to know how much courage he has, to look himself over and say, "Am I big enough, am I as big as I think I am, have I the strength and courage and will power to do this—or am I lazy?"

Because remember, now is the only time you do anything. It is never too late. It is all in the way you think about it. Now what do you think? Have you the courage to forget the fact that the individuals of humanity have limited their lives, and have you the courage to say, "My soul is not old, my soul is not young,—I stand eternal." Then, if that is true, do now, on this plane of opportunity, that which you feel you should do, and stand forth with courage and do not permit yourself to go through life with the inner conviction that you have not fulfilled all you feel you should have fulfilled. Too many mortals continuously say to themselves, "It is too late, we cannot do this and that." It is never too late and you are in the midst of your manifestations here and now. What are you doing to fulfill? Take inventory of yourselves and find out.

# *How We Are Classified*

VERA STANLEY ALDER  
LONDON, ENGLAND

## PART I

**W**E ARE TOLD that the attainment of wisdom and power can only be acquired through study and knowledge of ourselves. We have seen also that the same laws govern the whole universe, and that if man can understand some of the laws governing himself or the tiniest atom he will have a clue to those which govern the solar systems and the greater system to which they belong. Scientists have discovered that an atom closely resembles a miniature solar system. This leads us to the thought that perhaps our great solar system in its turn is one of millions of atoms forming the body of some great Being too vast for us to picture. Such a Being might feel small compared to the world which He in turn finds surrounding Himself.

Let us carry this idea a little further. The atoms (the stars) forming the cells (constellation) of the body of this vast Being would not appear to be far apart to Him; seen by Him they would be intimately connected with each other, there being strong chemical reactions and influences between them, just as with the cells in our own bodies. When an atom from one

of our own cells is examined it is found to be composed of a proton (or sun) surrounded by various numbers of electrons (or planets) all vibrating at set speeds. Now, we are told that the proton is so small a part of the atom that it can be compared with a bee buzzing inside a cathedral! So that if we could become small enough to cling to that proton we should certainly feel as if we were clinging to a star in a mighty space, and it would be difficult to believe that our star was part of an atom in the cell of a very solid body!

Some scientists now claim that the ether itself is denser than the planets that swing through it, so you see we must reserve ideas about solidity until we are a little better informed.

The point made in this case is that through visualizing our vast giant we can better understand the intimate relation in which the stars stand to each other. Composed of chemicals held together by force or energy, the radiations from each star and planet strongly affect each other, carrying with them chemicals in a very fine and subtle form. Thus from the planet Mercury we should expect to receive rays of the wave-length that belong to Mercury, and containing mercury itself in a fine form; also certain other chemicals which are contained in the planet to a lesser degree. As our solar system is believed to have been formed from the splitting up of one star, every planet, every man and every atom within it must still be held and connected one with another by the interplay of identical chemical radiations. As an example, it is

said that a ruby is actually a fragment of that part of the original star which finally broke away to form the planet Mars.

The astrologer makes careful calculations of the chemical and spiritual influences set up by the continual changing of the relative positions of the planets and luminaries (sun and moon), and of their effect upon the microcosm or tiny replica which is man. The macro-microcosmic law comes into play also in the question of time. A man's whole life is said to be mirrored in the moment of his birth.

According to one school of astrologists a person's individuality, his positive side, his character, are determined by the zodiacal sign in which the sun is found at his birth. His personality, or negative side, is determined by the sign in which the moon is found at his birth. When he is born he is 'tuned in', as it were, to the play of the planetary influences at the time, and the vibrations set up within him rule him all his life, determining his reactions both chemical and characteristic, and the environment which they attract.

It is in this way that people are classified.

There are at present scientific experiments in progress whose object is to indicate the differing results of inaugurating the same chemical mixtures at various phases of the planets, and also the different reactions at such times in plants and animals.

The ancient sages had a great knowledge of this fascinating subject and considered it of paramount

importance. First of all they conducted endless studies about the planets, and we call the results of their research Astronomy. They next made extraordinarily complicated and exhaustive studies of the combined influences of the planets on both the earth and human beings, according to their different positions in the heavens at various times. The results of this particular research have come down to us embodied in another science which we call astrology.

Astrology divides the heavens into twelve portions, rather like the divisions of an orange. These divisions, called the Twelve Signs of the Zodiac, correspond roughly with the twelve months of the year. Each of these Signs is governed by one of the planets. According to the month of the year in which you were born you can tell which Sign rules your life, and consequently what sort of health you may expect to enjoy, and what your characteristics will be.

Astrology is such a lengthy study and so difficult a science that there are few really expert astrologers in the world. Those few who do exist usually belong to a family of astrologers, whose teaching has been handed down for generations. A genuine astrologer must make complete calculations of the interplay of influences, chemical and otherwise, of every planet upon the person or subject under consideration.

But anyone can make a beginning with a simple study of the Twelve Signs of the Zodiac, and although the information gained is only generalization, it is

close to the truth and therefore helpful and can be used by those who have not learnt to cast a horoscope.

To attain his final development, man is supposed to be born under the Signs of the Zodiac one by one, to learn the lessons they teach. Sometimes he is obliged to learn one of these lessons for the third time, perhaps for the thirtieth!

This has all been beautifully expressed in the *Twelve Labours of Hercules*, which was written with a profound knowledge of both astrology and symbolism, and contains deeply occult meaning.

The ancients declared that the whole history of the evolution of mankind, the solar system, and the universe is described and foretold by the stars, grouped in a kind of mystic shorthand, and capable of perfect translation. Such translations are contained in many of the hidden archives.

With respect to our year, one Sign of the Zodiac, with its planet, is ruling from about the 21st to the 21st of each month.

The influences of the Signs overlap each other slightly, so that a person born between about the 15th to the 25th of the month is influenced by two Signs (being born near to their junction). This gives him a more complex character. The most composite influence takes place on the 22nd of the month, so we find many prominent characters born on that date, such as Wagner, Van Dyck, Byron, Bacon, George Washington, Hitler, Conan Doyle, Baden-Powell, Faraday, and Rider Haggard.

A person born during the first half of the month comes under the unmixed influence of the sign, and would therefore be of a more definite type.

It must be understood, however, that in dividing the whole of humanity into only twelve types we are merely taking the first step. We are only generalizing, and although we have made an important beginning we must not take it as the final word.

The birth of Christ took place at a rare and wonderful conjunction of the stars, by which they announced (in the aforementioned shorthand) that tremendous event.

The Three Wise Men, who were Astrologer Kings of Chaldea, had been waiting for this conjunction to occur, and when they saw its approach they set off to journey to Jerusalem, over which town it was apparent that it would take place. They arrived and told King Herod, who at once realized the significance of the conjunction, which heralded a new 'King'. Herod called all his wise astrologers together and 'inquired of them diligently what time the star appeared'. They were all much troubled.

History is full of stories illustrating the immense importance given to astrology, of which astronomy was but the foundation. All priests and governors in olden days had to be well versed in the science of the stars and in the science of numbers, and we find that this knowledge existed all over the then known world.

We have only time here to take a superficial glance at the way in which we can apply astrology to the



understanding of ourselves, and also of racial and world conditions.

By means of this science it is considered possible to map out the whole of a person's life. This is done in the first place by using the law 'As in the Microcosm so in the Macrocosm', and therefore by postulating that the plan of a person's three score years is mirrored in the first day, and even in the first moments, of his life. In the same way the history of a race or country can be determined by the influences under which it had its inception.

These things can, of course, only be believed through the study of proofs. The way to obtain these proofs is first of all to study astrology (!) and then to consider the hundreds of horoscopes of famous people which are available, as well as the annals of history itself.

In Astrology the great law of cause and effect (Karma) plays a big part. If, for instance, a man is greedy, it is not magical to predict that at a future date he will suffer from a digestive trouble, or if he is rash and impetuous that an accident is very sure to befall him. The average astrologer will predict the accident, but if instead he would study the cause, and persuade the man to cure his rashness, Karma would be defeated or adjusted, and the accident need not happen. 'The wise man is master of his stars, the fool is ruled by them.'

A conscientious astrologer always tries to show a person what tendencies he has to master, instead of

playing upon his love of sensation by describing future events. What does a man need with his future before he has any idea of how to deal with the present? Today contains all possibilities for those who know how to strive for them.

Astrology has been sadly neglected as a science, but lately it is beginning to come into its own again, under the patient research-work of hard-headed scientists who are quite unsuspecting of that which they are about to unearth.

One of the principal uses to which Astrology can be put is the thorough diagnosis of a patient, bringing to light the chemical deficiencies or maladjustments in his internal laboratory, and the planetary rays which he is able to assimilate and use, or those which are causing him trouble. This method will do away with all guesswork, it is claimed, as we are assured that it is an exact science and will play a large part in the future of medicine.

Some of the biochemical experts have declared that the twelve principal cell-salts found in the human body are ruled by the twelve Signs of the Zodiac. They affirm that a person uses up more of the cell-salt belonging to the Sign under which he was born, as that chemical is connected with the key-note of his activity. Therefore the first deficiency that occurs in his internal laboratory is this cell-salt, his 'birth salt', and the various symptoms of his ills may be traced primarily to this depletion. All this was ap-

parently known to the ancients, but as they gave to the cell-salts the names of gods, and described their activities in mythical parables, we are only just beginning to understand what they meant.

(To be Continued)



### *The Helmet of Salvation*

The Helmet, designed to protect the head and neck of the warrior, was a most necessary part of his equipment, but equally necessary to him who "fights the good fight" with the Armament of Spirit is the Helmet of Salvation. Whether he be engaged in the relatively peaceful pursuits of civil life, or is serving with the armed forces of the Nation, that man who would find protection from the merciless blows of evil, if he will but "take the Helmet of Salvation" shall not only stand, unbeaten and undismayed, but day by day he shall advance to new victories. These victories may be over self and sense and sin and temptation, or they may be over physical men and material weapons on the high seas, on battlefields, or among the high hung clouds; but Victories there shall be, for this Helmet of the Spirit is more than an inert, unknowing thing of brass,—it is a thing of life, a fourth dimensional Helmet fashioned from the very Power of God. So, too, with nations. Those who would endure and lay hold on Peace, and rejoice in God's Order and Abundance, must also take this Helmet of Salvation and ever wear it.—*Manual of Prayer.*

# • SCIENCE •

## *How Man Heals Himself*

DR. RUTH B. DROWN

MAN, HIMSELF, by the use of his will power, plays the chords in his own life symphony, *in harmony or in discord*, through ignorance or knowingly. Usually, it is done in half-ignorance—the ignorant half being the unconscious reaction on the body. But the knowing half is done when he deliberately permits himself to indulge in anger, worry, prejudice, pettiness, etc., towards others.

The principles of the Drown Radio Therapy are fundamentally those which help man to heal himself. Their basis is radio activity, which, as we understand it, means the various rates of vibration of all things in the Universe.

We do not attempt to deal with anything outside of the energies in action upon the earth today, and for purposes of better explanation we will divide these energies into four parts. First, we will speak of the unit which includes all energies as *The Universal Energy*. Since we are dealing with the body and its various functions, normal and abnormal, we will call the

second *body energy*; the third we will call *disease energy*, which in truth is a sub-head of body energy, and the fourth we will speak of as *earth energy*.

All these energies we have spoken of vary in degree even as the scale of music. We have our full scale in music, and we have our full scale in the various vibratory energies, but there are the flats and sharps and the major and the minor vibrations in the group that we are speaking about, as well as in the scale of music. So it is too vast a subject to attempt to explain. The only part we are vitally interested in is that part which affects the body, since the diagnosing and treatment of disease is our work.

Now, I am fully convinced through experiments in our laboratory that all energies are composed of positive and negative flow, even as we have light and darkness, pain and pleasure, heat and cold. Just so are all energies vibrating at a certain rate composed of positive and negative.

All energies must flow in a circle, as there are no straight lines. Even though an individual is lost in the forest and he is convinced within himself that he is traveling in a straight line, the fact that he is negative to his position draws him back to his starting point and he finds he has traveled in a circle.

We prove that all energy travels in circles. As we send it out from the brain, since that is where it affects our lives first, it comes back to us and affects our whole bodies, usually the part of the body vibrating to its rate.

The energies that we are using with this instrument, called the Homo-Vibra Ray, measure for us the body energies of our patients as a whole, and the disease energies are segregated in their various organs. We find that the disease energy is negative to the body energy, but it is positive to the earth energy. One of our laws is that all positive energies flow toward the negative energies. The body energy has within itself its positive and negative energy, as above mentioned. While some authors declare that the left side of the body is negative, and the right side positive, I have found through actual experimenting and testing with a meter that this is not always true, even in the same individual. Just so, it is not true that an individual is always positive or negative. Since man has the ability to use his will, he is able to be either positive or negative according to his mental attitude. So there are times when the right side of the body is negative and the left side positive. We have found that the energy from the right side of the body seems to pass more fluently down the spinal column and through the nervous system, while the energy from the left side of the body seems to flow through the arterial and lymph stream. Thus, when we have a highly nervous patient, the energy is more concentrated in the nerves. With a patient having heart trouble, the energy is higher in the blood stream.

All of this has its bearing on the body and its various functions, but back and beyond it all lies the Supreme Will of man, which directs the health of his

body, or his lack of health.

We have discovered, if discovery it can be called, that part of the nerves of the body in their process of control over the metabolism of the tissue cells, control the growth of these cells, and the other part control the tearing down, or waste products of the cells. This does not mean that one group of nerves does this work and another group does something else, but it means that every nerve contains the two functions. The nerve cell, as we see it, stimulated by the spinal fluid (which in turn is stimulated by the vibrations of the Universal Energy passing through the brain), causes the controlled growth of the cells with its co-operative function, the blood stream. The latter flows through the nerve cell, working in harmony with it and taking care of the catabolic function of the tissue cells. In other words, the nerve cells control the growth of the body cells, and the blood stream flowing through the nerve feeds the tissue and cares for the waste products of the tissue cells.

But the point we wish to bring out is that the energy governing the growth or anabolic activity functions through the nerve cell (coming direct from the Universal Energy, as also does the negative or catabolic function). Were this energy to be cut off or eliminated, the body changes which would take place would be due to the catabolic or the unbalanced functions of the blood stream which bring about supuration and so-called decay. When we have a tumorous growth, for instance, it is easy to reason that the part

of our nerve which takes care of the catabolic function is impinged to that part of the body, and the only energy flowing through there is the positive energy which is causing the anabolic activity, or growth of the cell. By the same method of reasoning, when we have superation in any part of the body, it would appear that the nerve cell is impinged, and that the energy passing through the cell is only the one that takes care of the catabolic functions and brings about an imbalance of the tissues, or superation.

I would say that the energy which passes over the nerve cell is a positive energy, and that which passes over the blood stream in the cell is negative energy. So through the body—the negative energy is carried by the blood stream and lymph stream, and the positive energy by the nervous system.

Over and above all of that is the positive and negative energy which makes us live and move and have our being upon the earth, and which is affected more or less by the light and dark forces carried by the rays of the sun, and the light and dark and cold forces of the earth. And back of it all, we cannot say that the positive energy coming from the Universal Energy is that which causes growth entirely, for its negative energy which passes through the blood stream is just as important. One flows one way and one the other; one does one phase of work, and one the other—and each is vitally important to the other.

Now, disease energy is that energy which comes from any part of the body whose positive or negative



channel is impinged. Therefore, its own rate of vibration becomes slower in degree to the body energy and it no longer vibrates to the total, but sets up its own rate of vibration. This places it more in harmony with the earth currents than with the body currents, the earth vibrations being much slower and more sluggish than the body vibrations for they are cold magnetism. Therefore, disease energies in the body would be considered negative to the body energy, but positive to the earth energies, until they too become as a rock, or solid substance. Then they are likened to the earth energy more than the body energy.

In diagnosing for disease, we find only the lack of balance of energy of the body. In treatment of disease, we reverse our process and resist the body energy in the diseased part. In that way the negative body energies (which are disease energies) flow toward the earth, and the positive body energy is held in the disease area, lifting the tissue to its own normal rate. Through the process of metabolism constantly going on in the body during treatment, the new tissue cells are brought in at a higher rate of vibration until the affected part is lifted up to normal.

The diagnosing is done by tuning in to the disease energies as they pass toward the earth.

We use no commercial electricity in this instrument, for that is a different rate of vibration to the body energy, even though it is all of the One Universal Substance. Like does attract like spiritually and we would miss our point if we used other qualities of energy with our instrument.

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