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"WILLIAM CARTHEUSER SERIES"

Vol. 5, Lesson 20

THIS ISSUE:

The Connection Between Soul
and Body
and
External Medication

AND OTHER FEATURES

THE RADIANT HEALING CENTRE
St. Catharines, Ontario, Canada



THIS ISSUE INCLUDES:

The Connection Between Soul
and Body
and
External Medication

by
Light
AND OTHER FEATURES



*"What I tell you in darkness, that speak ye in light;
and what ye hear in the ear, that preach ye upon the
housetops." Matt. 10:27.*



THE RADIANT HEALING CENTRE
St. Catharines, Ontario, Canada

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THE RADIANT HEALING CENTRE

The *Radiant Healing Centre*, now in its fifth year, is an organization devoted to the study and promotion of health, spiritual, mental, and physical. It has no selfish interest of any kind to promote, but is devoted to unselfish service of mankind. Every member of the *Centre* is contributing directly and continuously to the forces of health and healing in the world.

The *Radiant Healing Centre* was founded at St. Catharines, Ontario, and is sponsored by those teachers and healers who manifest through the remarkable psychic powers of Rev. William Cartheuser. *Progression* is published to give to the absent members, and to preserve for the world at large, the beautiful and helpful lectures and teachings delivered by LIGHT to the *Centre*.

Membership in the *Radiant Healing Centre* may be secured through application to the Editor of *Progression* or to Rev. Wm. Cartheuser. A fee of One Dollar per year is required, which entitles the member to the quarterly issues of *Progression*, as well as to any helpful instructions that may be given during the year.

Private instructions are sent each member on receipt of application.

Those who wish to become members of the *Radiant Healing Centre* are requested to state this point clearly, otherwise each enclosure will be taken to mean a year's subscription to *Progression* only.

All members are asked to withdraw into the silence daily and twice each month when the Mother Circle meets, to unite in concentration with the Mother Circle and absent members.

Members seeking solutions to problems, especially problems pertaining to healing or to psychic development, may write (as briefly as possible) to the Editor or to Mr. Cartheuser who, at the earliest opportunity, will bring the questions before LIGHT.

Editor of *Progression*,
7 Queen Street,
St. Catharines, Ontario,
Canada.

The Connection Between Soul and Body

by

Light

Welcome to new members. We expect them to be sincere. We expect them to stay with us and learn their lessons, not to walk away and criticize in ignorance. They must be kind and friendly towards all their friends, and must do their best to live a life of which all men and women might be proud. You must deserve the respect of your fellowmen and be able to express love and good will to those with whom you associate. Respect one another as yourselves, and be of help wherever you can. Help to turn the wheels so that they shall never stop but move faster and faster until the road shall glow as with a fire.

Alcohol Disturbs the Connection Between Body and Soul

It is strange that I should be impelled to say this, but there is no great objection if any of you should have a glass of beer once in a while, so long as you have common sense and know when to stop. It is stated in your Bible that Christ made wine out of water but I would not accept the story one hundred per cent, as it is in the book. Christ did not lose his senses when he tasted the wine. He did not care for it, but he did not wish to antagonize society by forbidding people to drink wine when he knew it would do no good. As to Christ making wine out of water, I leave that to your better judg-

ment. I know whereof I speak. Do not indulge in heavy drink, for your own sake, for your soul's progression. If you have a brain with which to think, if you have sense to reason, you will not permit your body of earth to be degraded, your reason to be clouded, and your respect for yourself to be lowered.

*There is a God who has made the laws
That govern the lives of men.
No earthly thought can sway his mind
For his love is his crown, his heart is kind.
His wisdom shineth through every mind.
It will not falter nor will it fail.
Therefore, oh souls, that inhabit clay,
Listen to the Master,
Hear what he has to say.
In his weakness he cried for light,
He heard the voice; He conceived his prayer.*

The Ignorant and Weak May Become Earthbound

You are taught in your churches that Christ descended into hell, that he preached to the spirits in prison. This means that Christ was earthbound for three days. He preached to those that were earthbound on the astral plane. It is not hell, although many live in hellish conditions which they have created for themselves. After three days Christ rose into the spheres, where he received

his reward, his peace, and his further mission. You are here to learn, so that you may not be earthbound for years, but only for a day or two or three, and we are here to help you, not through threats, but by giving you absolute facts which should appeal to your common sense and reason.

Let us have music and then I will reach for another cord and upon that I will draw for knowledge that shall be food for the mind, health for the body, and progress for the soul.

The Brain Via the Solar Plexus

The connection between the soul and the brain is by way of the solar plexus. The qualities of the brain are part of the inheritance of the flesh and they are modified by earthly expressions and teachings. The inheritance of the flesh has many qualities,— thousands of them,— good and bad. Very few realize the existence of these qualities of inheritance which reside in every cell of the body. From the cells rises the essence of these qualities like a mist, or like the fumes of alcohol, when they rise into the chambers of the brain, and saturate the brain cells. But it is only through vocal expression or reading, that these ancestral habits can become really imprinted upon the sensitive brain which stores up knowledge and retains the memory of what is seen and heard. These qualities of inheritance cannot register themselves upon the brain without receiving vocal expression from other people, or the expression of the written or printed word.

Ancestral Qualities and Habits Registered on the Brain

The sound registers through the ear, or the words expressing the thought register through the eye. The process may be compared to the action of a typewriter. As the key imprints the letter upon the paper, so the impact of the words upon the blank membranes of the brain imprints the impression upon them. While this hammering process is going on, some of the thoughts of the physical ancestors hovering about may be caught between "the key and the paper" and may be placed upon the memory board of the brain along with the thoughts, the lessons, you receive from those who speak to you, and teach you.

The Reason of Family Resemblances

When you notice a family, a father and mother, with their children, you will say "The son and daughter have very many qualities of the father and mother. Why is this?"

It is because they have inherited a mixture of cells of both parents making up their whole bodies. The children are each a part of both parents, but they are not conscious of the inherited ancestral habits implanted in the cells of their bodies.

The child has to learn, at school, and at home, and wherever it goes. It may gain knowledge that is quite different from the knowledge of its parents, but the vapour that lies around and between all the cells of the body, carries the ancestral habits or qualities, and these are often imprinted with the impression the child receives from

the spoken word, with the lessons it is learning. We speak of children resembling the parents or grandparents but the truth is, that in the bodies of children are the habits of all their ancestors back through animals and even through the vegetable kingdom back to the mineral.

New Knowledge is Combined with Inherited Qualities

Thus the power of men to express themselves and their power to communicate with others on earth lead to the result that records are imprinted on the brain, but with these records are mixed and combined the invisible qualities of ancestral habits and thoughts. The best and highest qualities are and can be best taught from without. Therefore it is advisable, most urgently advisable, to develop in the child, a strong will, and a fair judgment, reminding the child of the thoughts of the ancestors who had good qualities, and trying to avoid the many qualities not so desirable for the progress of the soul and for its success in life.

The Soul Controls the Body Through the Brain

The connection of the soul is through the solar plexus but its sphere of control is the brain. Now the brain is subject to many many influences,— thought waves,— shocks that the body receives,— effects from the food which nourishes the body, but most of all, thoughts, knowledge, material knowledge. This knowledge which the brain absorbs while you dwell here in the material world, should be strained, and purified, before it is allowed to enter the ears of a child, before it is presented to the vision of the windows of the soul. This is very difficult to accomplish in this age.

Troubles Enter Via the Brain

Friends, if you could only realize all the troubles that are caused in your bodies, by the things you hear, see, accept, and permit to enter the recording chamber of the brain! These undesirable impressions are registered, and they affect certain of the brain channels that function in rhythm with the body, and cause them to waver, and thus the harmony is broken. The blood stream no longer supplies the proper balance of nourishment to the various organs, and trouble shows itself,— stomach trouble or some other form of discomfort.

If a patient says "Doctor I have a sore stomach", the doctor gives him some pills or a prescription and sends him away to the druggist. In a short space of time the doctor can see a hundred patients. If he were to treat his patients mentally, it would take too much time and would require a great deal of effort on his part, and he could see only a few patients, and it would not be so easy to make a living. If a doctor could guarantee cures, many would be glad to pay to be cured and the doctor would make a better living.

How to Treat Mental Ailments

I wish to impress upon you that mentally you cause yourselves to become old, when you mentally absorb troubles, cares, worries, fears, and other material earthly desires. You cause a breaking down within the brain, and this leads to physical deterioration, old age, suffering, and death. To medical students especially, do I emphasize this thought. Many medical men know of this, even though they only treat you with medicine. I must say, I understand why most medical men do not know how to

treat mental ailments. The only proper way for a good physician to treat his patients would be to treat them mentally, with sincerity and discrimination. If the conscientious doctor would study hypnosis, mesmerism, he could do wonders, and work miracles upon his patients. But doctors can work faster and make more money by injecting serums, and giving medicine.

The Mental Training of Children

We have mentioned at different times the importance of training children in the right way. It seems that our meagre explanation of the functions of the brain, with its tremendous sensitiveness to both physical and etheric vibrations, leaves you with quite a problem. So much of the education in your schools seems to concern verbal expression, the use of words, and dwells on the explanation of things in a mathematical way. Mathematics may be a suitable study for some, for the few who must use it in their work, to make calculations, and to avoid mistakes. Exact calculation is necessary in chemistry, in medicine, in pharmacy, otherwise medicines might be given that would kill rather than cure, or that might be too weak to produce any effect.

Mathematics is a branch of knowledge that has its application in the physical, in the mechanical, in designing and constructing machinery that will function and fulfil the purpose for which it was designed. But, the greatest mathematician is he who sees the universe obeying laws of perfect harmony, who has absolute faith in the power that created all things, who realizes the instinct within, who ever seeks to open the hidden chambers in which the soul of perfection can be found.

The Business of Education

The business of education is a complex one, involving many different stakeholders and interests. It is a business that is often overlooked, but one that is essential for the future of our society. The business of education is not just about the classroom, but about the entire system of learning and teaching. It is about the people who work in education, the resources that are available, and the policies that govern the system. The business of education is a business that is constantly evolving, and one that is facing many challenges in the 21st century. The challenges of the 21st century are different from those of the 20th century, and they require a different approach to education. The business of education is a business that is essential for the future of our society, and it is one that we must all take responsibility for.

Business and Implications

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Discourse is Created by the Mind

The mind is the source of all knowledge and understanding. It is the faculty that allows us to perceive, think, and reason. Without the mind, we would be unable to comprehend the world around us or ourselves. The mind is a complex and mysterious organ, and its functions are still being explored by scientists and philosophers alike. It is the mind that creates the concepts and ideas that we use to describe the world. It is the mind that allows us to learn from experience and to improve ourselves. The mind is the most powerful tool we have, and it is the key to our success and happiness.

The mind is also the source of our emotions and feelings. It is the mind that allows us to experience joy, sadness, and love. It is the mind that allows us to feel the pain of loss and the joy of achievement. The mind is the seat of our conscience, and it is the mind that allows us to distinguish between right and wrong. The mind is the most important part of us, and it is the mind that makes us who we are. We must take care of our minds, for they are the most precious things we have.

The mind is a powerful tool, but it is also a fragile one. It can be easily distracted and overwhelmed. We must learn to control our minds, to focus our attention, and to resist the distractions of the world. We must also learn to listen to our minds, to understand our thoughts and feelings, and to use them to our advantage. The mind is the key to our success, and it is the mind that makes us who we are. We must take care of our minds, for they are the most precious things we have.

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External Medication

by

Light

I will say a few words to you about a method of healing and an aid to health that is almost disregarded by the human race.

Medical science already knows and realizes to a certain extent that medicine, which is usually taken internally can also be taken in other ways. In the course of time there will be developed treatment through the skin of the patient, and this treatment can and will bring about, beneficial results. This treatment will be for the most part by the application of certain liquids to the skin. First, the patient will be subjected to the proper degree of heat, so that the pores may be opened and relaxed. Then the liquid will be applied, heated to the same temperature which was used to relax the pores. Under these conditions the pores will actually take in this medicinal liquid and it will be absorbed into the cells and tissues.

The Skin Breathes

You do not realize how beneficial this will be, when the proper ingredients are applied to the skin in liquid form. If the liquid is treated so as to contain oxygen, this will be very beneficial. Medical science already knows that the skin breathes, that it must have air and sunshine, and that it expels through the pores, waste material, greasy matter, within which exist poisonous substances that must be eliminated from the body. The pores need to be opened and relaxed, and cleared of all obstructions and if they are fed with the proper elements, such treatments will be very valuable.

The Skin Absorbs Nourishment

Nothing better could be devised to take away the wrinkles of the aged, to fill the hollows in different parts of the body. Such treatments would make great changes in the hands, where the veins can be seen so plainly, because fat and flesh cells under the skin have diminished. You can actually feed the starving flesh cells through the pores. You can also kill not only the flesh cells but the body itself, by poison which is absorbed through the pores.

Or Poison

If you prepare a bath containing a very small amount of lysol, and bathe a dog in it, this will kill the fleas on the dog but will not hurt the dog. A little too much lysol in the bath will poison the dog and the dog will die. The dog does not drink any of the water containing the drug, but it enters through the pores, diluted as it is and the poison goes through the whole system.

If a poison can enter the blood stream in this way and permeate the system, other ingredients can enter the system in the same way. The skin and the underlying tissues can absorb fat and other foods. Tissues that are not being properly nourished from within, can thus be fed. The same food taken internally may not have the same affect, in fact, it may never reach these starving tissues. Through improper eating, excess acid may have developed crystallization, in the arteries and nerves, clogging the blood stream that flows beneath the skin, to feed the body, shutting it off from many cells.

Healing Ingredients in the Earth

It would be a good thing for many men if they could bury themselves nude in the damp earth, from time to time, for half an hour, or even for an hour. The earth should be at the temperature of a warm bath. Afterwards they should bathe and wash off the earth and cleanse the pores, and lie down, and relax, make themselves comfortable, and rest. Mud baths are highly recommended by some medical authorities. They have not gone any further than this, whereas there are many different kinds of minerals in the earth, in soils of different colors, black, brown, yellow, that will promote growth, and provide healing elements which can penetrate the body. There is also the wonderful possibility that these elements will charge the body with healing magnetic rays. Modern specialists are experimenting and are using radio magnetic waves and are finding these will cause healing changes in the body.

The New Treatment

The time will come when many many people will partake of liquids through the skin and will have no wrinkles or falling away and shrinking of the flesh. I may be able to make more suggestions later, and gradually develop this line of thought so that you can experiment and see how it works. You yourselves have seen how the tissues of the skin absorb, when they turn yellow, in people with certain kinds of liver trouble. If people will bury themselves in warm moist earth, it will help to draw the poison out of their systems and will prolong their lives, but of course, for a permanent cure of any condition, the cause must be corrected.

LITTLE GIANNE

(Jane's Fairy Story)

Little Gianne was tired of staying at home. She could play in the garden and that was lovely, but always she must be where her mother could see her. She wanted to roam far away through the fields, into the woods and again into the fields. She thought "I would not go too far, I would always keep in sight of home." But always she was allowed to play just in the garden.

One day her mother said to her, "Gianne this afternoon you must stay in the house for I am going away to see some friends. You can look out at the flowers through the window, but you must not go out into the garden while I am away."

Gianne promised that she would stay in the house and keep it clean and neat; she would make her little bed; and she would water the flowers in the pots by the window. So then her mother kissed her goodbye and went away.

At first, Gianne was lonesome, for the house seemed so quiet, but she bustled about to do the work she had promised to do, and for a while she forgot to be lonely.

When she had watered the flowers in their little pots, she thought of the flowers in the garden and she looked out through the window. The sun was shining on the green grass and the bright flowers, and the birds and the butterflies were flitting about in the trees and among the blossoms. Then she looked beyond the garden at the green fields smiling in the golden sunshine, and she saw the woods in the distance looking so cool and inviting.

Little Gianne was filled with a great longing to go out. She said to herself, "Mother will never know, if I go out, I shall be perfectly safe. I'll be gone just a moment. Nobody will ever know". And so she went to the door but she hesitated. Just then a knock at the door! It made Gianne jump. Who could it be?

"Who's there?" said Gianne in a little voice.

"Someone to see you," answered a sweet voice, not loud, but so clear it could be heard far away. It was a lady's voice and Gianne wondered who the lady could be.

"I am the lady of sunshine," said the voice. "Let me in and I will show you the flowers."

Gianne opened the door and in stepped the most beautiful lady she had ever seen. Her hair was like spun gold, her eyes blue as the midsummer sky. Between her rosy smiling lips, her little teeth shone like pearls. Her dress was light and fluffy and as she moved, it shone with all the colours of all the flowers in the world.

The lady sat down on a little chair and Gianne sat on a stool at her side, and the whole room seemed to be filled with golden sunshine. Then she told Gianne how the flowers live; how they talk, and whisper, and nod to each other; how they laugh, and sing, and dance in the sunshine and wind; how they drink the dew and the rain; how they draw their food from the rich brown earth, as they daintily pick and choose the things they like best. As Gianne listened she felt she could almost hear their little voices.

Then the sunshine lady told the story of a handsome young prince who left his father's palace to search for the little maiden who should be his sweetheart. Far and wide, he roamed about the world, always and always seeking for her, and many times he had to struggle over mountains, through forests and valleys but always in his heart was the hope that he would find his heart's desire. Years passed by, and one day the prince was weary as he came to the edge of a forest, and he threw himself down upon the grass beneath a tall slender pine, and so he fell asleep. As he slept he saw his beautiful princess coming close to him. On her tiptoes she came, and she bent over and kissed him and whispered that soon he would find her. And suddenly the prince awoke, and jumped up, and ran, and ran, for he thought he might catch up to the princess.

Soon he came to a brook with many flowers, blue and yellow, along the shore. He knelt down and stooped to drink of the clear water and lo, peeping over his shoulder as he looked at his image in the water's mirror, he saw the face of the one he loved and heard her voice whispering to him. Quickly he turned and there beside him was a beautiful golden flower and as he looked he saw the face of his beloved in the heart of the flower, and she whispered "Prince, my prince, will you wait until I am free? For I must complete my work, I must seek in the earth for precious minerals that to me are as gold and silver; but soon I shall be through and then I will change my dress and come to you."

Then in a moment, it seemed just a flower, but the prince knew he had seen and heard his beloved and that he must wait for the flower princess to come to him.

Little Gianne thought it was a sweet story and she slipped off the cushion to the lady's feet, but just then, there was another knock at the door, and a man's voice, but such a strange little voice, said "Let me come in". Gianne was not afraid, and she opened the door.

In stepped a little man about two feet high dressed in green and brown, and with a long white beard that reached almost to the floor. He bowed and his beard would have swept the floor but he caught it in his hand, and he smiled and then he laughed as Gianne looked so surprised. She said "Where do you come from and why are you laughing at me?" He said, "I have just come from the land of the sun, and there I saw all kinds of animals and birds that live in the rays of light. I flew on a ray of sunshine till I came to the door of your house, so I could see you."

The little man told Gianne how he tended the little animals that live in the sun, and brought them into the garden to play among the flowers, to dance on the surface of the water, and to frolic in the fields. He said "They play hide and seek with you in the garden and have such

fun." Gianne said, "But I didn't know. I never saw you before." The little man said, "We see you, and we jump and dance and sing with you." And then he became very serious and he said, "Do not forget us. Remember us every day, and then you shall see us and you shall play and dance with us. But if you forget us *one* day, you will never see us again. The sun will never seem so bright again and you will miss something and you will wonder what is wrong."

Just as he said this, there was another knock, and in came a lady tall and slender, and she said "I am Love and I care for all things on earth that live and are happy." And then the tall lady told a story that seemed to be a sad story,— of a little girl who ran away from home, and was lost, and could not find her way back home. She had to wander on and on, and she had to search for food, and she had to carry stones and wood to make a shelter, and she had to pull the grass for a bed, and she had to sleep on the ground, and she had to wash her own face and comb her own hair. She was sorry she had run away, and she did not find her prince, but she came to a great city, and people were cruel to her, and would not take her in, and life was hard for her, and so at last, a kind angel came and took her to her home. It seemed like a little heaven to the little girl, and the angel said, "Now you are as good as I am, as long as you stay at home and mind your mother."

This was the end of the story.

Then the three started to sing a song, the lady of sunshine, the little man from the land of the sun, and the tall slender lady whose name was Love, and as they sang, the birds came to the windows and sat on the window-sills and sang beautifully. Then the three visitors said goodbye, and went away, and left Gianne alone.

Still she sat on the floor, and suddenly there was a rustling sound, and a voice spoke, and said, "Gianne,

where are you? Why, there you are asleep on the floor!" Then Gianne jumped up and ran to her mother's arms, and she said, "Oh Mother, I saw fairies, and what they told me, I'll never forget. Oh, Mother, I have been good. I didn't go out. I found the garden and flowers and birds right here on the floor."

Then the mother took her little girl upon her lap, and held her close, and rocked her, and sang to her little songs of mother love, and as she sang, the sun was setting in the west and all the world was filled with a beautiful mellow golden light, and the birds all sang their evening song in the sunset glow. And then both Gianne and her mother fell softly to sleep in God's love and sweet protecting care.

Lost

A precious moment set with golden opportunities.
No reward offered, for it is lost forever.—Anon.

Because of Some Good Act

*Let me to-day do something that shall take
A little sadness from the world's vast store,
And may I be so favored as to make
Of joy's too scanty sum a little more.
Let me to-night look back across the span
'Twixt dawn and dark, and to my conscience say
Because of some good act to beast or man—
The world is better that I lived to-day.*



PHILOSOPHY IN VERSE



TOO SOON

*God sometimes calls those servants home
Whose years are in their prime,
But He has better measure than
The pendulum of time;
Some workers quickly do their task
Of service and of love,
So their promotion early comes
To higher work above.*

*God loves them and He spares them much,
Not theirs to wait alone
And feel the ache of useless years,
With strength and vigor gone;
They are not stranded derelicts
While tides go rushing by,
They do their part and win the race,
And then they gently die.*

*Not theirs to lift their fading eyes
And find no comrade left,
Not theirs to dwell among the graves,
Forsaken and bereft;
They pass from work to better work,
And rest before the noon,
And God is very good to them,
They do not die too soon.*

—Marianne Farningham.

The Legend of the Forget-Me-Not

*When to the flowers so beautiful
The Father gave a name,
There came a little blue-eyed one—
All timidly it came—*

*And standing at the Father's feet,
And gazing in His face,
It said with low and timid voice,
And yet with gentle grace.*

*"Dear Lord, the name thou gavest me,
Alas, I have forgot."
The Father kindly looked on him
And said, "Forget-me-not."*

—Anon.

TAKE HOME A SMILE

*Take home a smile; forget the petty cares,
The dull, grim grind of all the day's affairs;
The day is done, come be yourself awhile:
To-night, to those who wait, take home a smile.*

*Take home a smile; don't scatter grief and gloom
Where laughter and light hearts should always bloom;
What though you've travelled many a dusty mile,
Footsore and weary, still take home a smile.*

*Take home a smile — it is not much to do,
But much it means to them who wait for you;
You can be brave for such a little while;
The day of doubt is done — take home a smile.*

—Edgar A. Guest.

We Would Know

(A page devoted to answers given by *Light* to questions pertaining to healing, psychic development and kindred subjects).

Question. Is it wise for parents to give in to their children, for the sake of peace?

Answer. In this Twentieth Century it seems strange that the mothers and fathers have lost discipline and permit their children to dictate to them what to do and to tell them, as you say, where to get off. Even if children are grown up they should respect their parents and not try to deprive them of their pleasures and of their welfare and joy, during the brief time that remains for them to breathe the air of earth. Oh parents, have your minds weakened? Have you forgotten your independence, your sense of authority? Do you realize that if you allow your children to dominate you, when you pass out you will be in a weak condition, and will be unable to release yourselves from the burden of the thoughts of the younger generation? It is not right that children should dictate to the parents. I speak not so much for your welfare on earth, as for your preparation for the life over here, so that you may not be in a state of weakness which will retard your progression.

Question. Do you have your own homes in the spirit world?

Answer. Yes, I have what you would call an estate. With the help of some of my people I control and manage my estate. It is a miniature world. We must experiment and learn to control it by the power of our wills. We see what reflections we can throw upon the other living things within our domain. You people on earth have to manage your households in a somewhat similar way. You do not realize that there is always some invisible force watching you, observing how you run your household, how you manage your children, how you receive your friends, what you give them to eat, how you talk to them. According to your success in these duties and responsibilities, will be your position when you come over here to us. Those who watch you, are very kind and forbearing. They will never hurt you or persecute you, and when the time comes, they will always put you in the position you have created for yourselves.

He was a friend to man, and lived in a house by the side of the road.—Homer.

Blessed is he who has found his work — let him ask no other blessedness.—Carlyle.

LIFE

*Life is a gift to be used every day,
Not to be smothered and hidden away;
It isn't a thing to be stored in the chest
Where you gather your keepsakes and treasure your best;
It isn't a joy to be sipped now and then
And promptly put back in a dark place again.*

*Life is a gift that the humblest may boast of
And one that the humblest may make the most of.
Get out and live it each hour of the day,
Wear it and use it as much as you may;
Don't keep it in niches and corners and grooves,
You'll find that in service its beauty improves.*

—Edgar A. Guest.

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