

# PSYCHOLOGICAL HERALD

Issued Occasionally to Emphasize Independent and Constructive Thinking. To Stress, Know Thyself.

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No. 1.

## THE NEW THOUGHT.

By ROSE M. ASHBY.

It seems that the supreme goal to which all evolution on earth tends, is to the plane "where I and my father are one, or Cosmic Consciousness, hence it is imperative, that we direct our energies in avenues that accelerate the unfolding of our faculties, that we may cognize and realize the much talked of Unity. In the New Thought realm perhaps no principle has been more promulgated and stressed, than the principle of Unity.

But to my text. As a precursory I will say, New Thought is new life. To think new and constructive thoughts means a constant inflow of new and vivifying power.

While it is true there is nothing new under the sun, it is equally true, that there is nothing under the sun that is not new. It matters not if a thought is as old as Being Itself, when that thought is first awakened, and finds lodgment in, and expression through my consciousness, it is New Thought to me. New Thought is old thought understood. It matters not how old or universal an experience, and how many have had the experience, when it first comes to the individual it is new, and if one has not the light and knowledge that enables one to handle the experience in construction, it means that if one masters, one must evolve more light and knowledge from out the Universal, and that which one evolves is new.

New Thought includes constantly asking and seeking for more light and knowledge, that we may apply them to life conditions and problems, here and now, making our philosophy operative as well as speculative.

In New Thought we know the Kingdom of Heaven is within, but we desire to be able to bring it from within, out—and breathe, radiate and reflect it upon all who come within our individual radius, or sphere, that our light may so shine before men that they seeing the good work, may glorify the Father who sent us. In the New Thought philosophy, this truth is paramount—"The Father in me, He doeth the work. I must decrease: He must increase."

The more we can divorce the power from the personality, and know that we are only mediums in and through which the great Spirit works, the more powerful for good we become.

We are wont to believe that the old way of doing and being is the only way compatible with sanity, and that our standard of reality, is the only standard. We think the world encircled by our own horizon, is the whole universe, and we are prone to limit others to our vision. New Thought implies a continual lifting of horizons, a constant piercing of veils.

New Thought means perpetual evolution, and conscious progression. To think finality is to deter evolution. If we occasionally take stock of all we have, and an inven-

tory of that which we have not, it will preclude that deluding feeling that we are finished: we have arrived: we know it all.

Of course God carries on His evolution through all of His centers, and when we can recognize God in operation or expression, we will truly belong to the school of Eclectics, and will receive truth wherever found, and from whomsoever given.

In the contemplation of New Thought, it is certainly expedient that we use our discriminative faculties and discern the real from the unreal, and align ourselves only with the forces that construct. "Measure all things: Hold fast to that which is good." We are not to accept with avidity all that we hear, and read. Students are prone until they are individualized, to sometimes accept with indolent acquiescence, all that enterprising enthusiastic teachers and writers give out as Truth. Analyze, sift, reject, select and accept with positive intelligence. It is imperative that we think for ourselves: evolve ideas of our own.

We desire to be conscious of God, and radiate and transmit that purity of thought, that comes from the conscious knowledge, that we are children of the Most High.

New Thought philosophy will assist us to unfold our spiritual powers through independent methods, knowing there can be no coercion in soul evolution. Neither does God play any favorites with His children—"Whosoever will let him take of the water of Life freely and live." Every soul must be left in freedom, to attract, select, utilize and appropriate that which accelerates its individual growth, and will attain to the plane, where "I and my Father are one, by willing, working and waiting for the Truth that frees."

We are a measured portion of Infinite Life, and back of our portion, is the Universal storehouse of knowledge and life, the Infinite Magazine of God, from which we can draw at will, according to our capacity to receive and appropriate. We link the individual consciousness with the Universal, and thus increase our capacity to do and to be, and enlarge our capabilities to overcome and become, thereby lifting ourselves and others to a greater vibratory force.

In unfolding our interior and latent powers, our individual development is commensurate with the individual effort we put forth to attain. Our growth cannot be delegated. It is an inexorable law that the one to be benefited is the one that must do the work; must put forth the individual effort to attain.

The law is that we give a full equivalent of what we receive, and we receive a full equivalent of what we give, but above and beyond this law is the truth that there is a plus element generated through giving and receiving and this plus element is our increase, our growth and development.

It is only through Spiritual Knowledge, that we lift ourselves from the dead level of the material life, to the living perpendicular of the Spiritual.

In the New Thought philosophy we are

never discouraged. We know that the supply is greater than all the demands that have ever been made. Truth can come to us from any, and all arcs in the circle. Demand all you need. The Universe has not been bankrupted. There are illimitable worlds to conquer. We perhaps will never reach the place where, with Alexander the Great, we can weep because there are no more worlds to conquer. When we have conquered on one plane, others unconquered stretch out before us. There is not only a Fourth Dimension, but Infinite Dimension approached through inner perception, and apprehended through spiritual qualities.

Before we can point to others the Path, we must have traveled that Path. Before we can direct others to Light, we must have seen the Light, and followed it. It is only when we evolve the real in ourselves that we are able to perceive the real in others.

New Thought naturally stresses educational healing. The only recuperative power is within. Impacts from without and within, serve as stimulus to set life forces to flowing, and to bring about normal conditions. We are to help people to help themselves, and direct them to God from whence comes their help. Teach people to go boldly and directly to the Throne of Grace without intermediaries.

Through the study and practice of New Thought, and kindred philosophy, we will perceive the truths that lift us from things of sense, to those of Soul: that take us from the thought of impermanence, to that of permanence, and expand us from the personal, into the impersonal.

Confucius voiced a salient and succinct truth, when he said "Religions are many: reason is one; we are all brothers." The one cementing, unifying principle that runs throughout this Universe is Love. We find many teachers, writers and workers in New and advanced thought. They are all telling the same story. Telling it differently perhaps, yet we recognize identity underlying it all. Each in his own tongue. Each trying to point to the more excellent way of living and thinking. Brotherly love brings us all together at the Great Heart Center. Love one another. Not in a perfunctory way, but in a vital forceful way.

The one who embodies and incorporates into his consciousness the principles of New Thought Philosophy, will find that he has discovered the Golden Mean of individual development and can literally and spiritually interpret the New Heaven and the New Earth.

## THOUGHTS ARE THINGS.

"Think for thy self, one good idea  
But known to be thine own  
Is better than a thousand gleaned  
From fields by others sown."

**"Self-knowledge, Self-reverence, Self-control; These Three Alone Lead Men to Sovereign Power."—Browning.**

"As a Man Thinketh in His Heart So Is He."—Jesus. "There is Nothing in It So."—Shakespeare. Neither Good or Bad But Thinking Makes

## PSYCHOLOGICAL HERALD

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Published Occasionally by the Atlanta  
Psychological Society, Atlanta, Ga.

The Atlanta Psychological Society meets every Sunday afternoon at 3:30 o'clock in Convention Hall, Ansley Hotel. The public is cordially invited.

The subjects for discussion will be suggested and selected by members each Sunday and announced for the following meeting.

### OUR NEW QUARTERS.

We are certainly privileged by having one of the most central and beautiful places to hold our Sunday afternoon meetings. The Ansley is the newest and finest hotel in Atlanta. We meet in the Convention Hall of this hotel every Sunday afternoon at 3:30 o'clock. It would be impossible to find a more desirable or beautiful hall. We are much indebted to the management for this courtesy.

### OFFICERS OF THE ATLANTA PSYCHOLOGICAL SOCIETY.

President—Mrs. Rose M. Ashby, 470 Pulliam St.  
Vice-President—Mr. N. C. Adams, Hapeville, Ga.  
Recording Secretary—Mrs. Belle Woodruff, 243 West Third St.  
Corresponding Secretary—Mrs. Jas. Savitz, 23 Arnold St.  
Treasurer—Mrs. Annie McMillan, 341 Myrtle St.

### PSYCHOLOGICAL CLASSES AT THE PANAMA EXPOSITION IN SAN FRANCISCO.

From February to December, 1915, there will be a World Propaganda of the Teaching and Application of Mind Power conducted at the hall of the Metaphysical Headquarters and Library, at 220 Post street, San Francisco. Teachers and lecturers from all over the world will participate in this Propaganda. Different teachers are registered and are to serve different weeks. In the first calendar of the World Propaganda issued we note the following:

August 8 to August 14—Class at 8 p. m.—Mrs. Rose M. Ashby, Atlanta, Ga.  
Sunday—"New Thought the Golden Mean."  
Monday—"Fourth Dimension."  
Tuesday—"Vibration and Color."  
Wednesday—"Thought Forces and Forms."  
Thursday—"Mental Alchemy."  
Friday—"Concentration and Will."  
Saturday—"Law of Cause and Effect."

It has been our pleasure to represent the Atlanta Psychological Society in the meetings of the National New Thought Alliance, in Omaha, Los Angeles and Detroit. These meetings were a source of great inspiration.

## THE ATLANTA PSYCHOLOGICAL SOCIETY.

The Atlanta Psychological Society has met for the last twelve years every Sunday afternoon. The scope and influence of this Society has been far-reaching. Hundreds of people testify to having been inspired to independent thinking, and to having been benefited in many ways by coming to the meetings and getting hold of constructive ideas which they applied to individual life. The only propaganda of this Society is the propaganda of Truth. We believe in receiving truth wherever found and by whom so ever given. We have open Forum. All constructive thinkers are invited to express the Truth as they see it.

Among the noted teachers and lecturers of New Thought and Psychology that have come to Atlanta through invitation of this Society are Henry Harrison Brown, of California; Harry Gage, of California; Henry Frank, of New York; Dr. Chas. Brodie Patterson, of New York; Mrs. Grace Brown, of Denver, and Swami Abhedananda, of the Vedanta Society, New York. These teachers have been a source of great inspiration and have disseminated beautiful and constructive philosophy to those seeking for Truth.

### SWEET HOUR OF PRAYER.

O Thou great pulsing Immortal Nature! Whose first principle is Law and that Law Love, teach us to know ourselves that we may know Thee. Teach us the knowledge born of the Wisdom of the Ages, that we may sympathize with and appreciate all living things. Guide us along the path of zeal, without ambition; strength without pretension; hope without fear; love and serenity without selfishness; that we may never be flattered by praise, nor offended by criticism. Above all teach us to live thy Law of Universal Love, that we may at least attain Divine Perfection.

—Selected.

### INVICTUS.

"It matters not how straight the gate,  
How charged with punishment the scroll,  
I am the Master of my fate,  
I am the Captain of my Soul."

### "OTHERS."

Lord help me live from day to day  
In such a self-forgotten way,  
That even when I kneel to pray,  
My prayer shall be for—"Others."

Help me in all the work I do,  
To be ever sincere and true,  
And know that all I'd do for you,  
Must needs be done for—"Others."

Let "Self" be crucified and slain,  
And buried deep; and all in vain  
May efforts be to rise again,  
Unless to live for—"Others."

And when my work on earth is done,  
And my new work in heaven's begun,  
May I forget the crown I've won,  
While thinking still of—"Others."

"Others" Lord, yes, "Others."  
Let this my motto be.  
Help me to live for "Others,"  
That I may live like "Thee."

## THINK ON THESE THINGS.

"God is the only Cause,  
Spirit is the only Substance,  
Love is the only Force,  
Harmony is the only Law,  
Now is the only Time."

—Selected.

### WILL.

A well developed trained will supplemented with intense desire is perhaps the greatest tool of our requirement in blazing the trail to perfection. Will is spirit in motion. I will is the power that can. When we feel and vibrate that unconquerable determination of Soul, obstacles stand aside and watch us pass.

To overcome downward tendencies and to build upward we need the persistency of Napoleon when he said, "There are no Alps," and there are no Alps in this life that cannot be surmounted by the progressive determined soul. There is no condition that cannot be met with the Sword of Spirit. There is no foe that cannot be conquered in His name. There will never be a Waterloo to the soul who interprets the promise, "The Lord shall fight for you, and ye shall hold your peace."

To attain, achieve and realize, exercise that appreciable something we call Will.

### THOUGHT PROJECTILES.

"If you do not want to be criticised do nothing, say nothing and be nothing."—Hubbard.

If you dare think and express a new thought or raise your head above the mediocre line, some one is sure to see and hear and criticise.

There is only one way out of the darkness and that is by perceiving the light beyond the darkness.

Remember Hypocrates, the Egyptian god, dross of silence. Don't tell it all. Silence is golden. Learn to hold your tongue in seven languages. "Set a watch, oh, Lord, before my mouth; guard the door of my lips." Nature conceals all her secrets until we can decipher them with knowledge.

M. Y. O. B. That interpreted is "Mind your own business, and a favorite expression of Henry Harrison Brown, the good psychologist. If we can only determine our own business and "hew to the line," how much more we would achieve. Mark out everything that means digression for the soul. "Eliminate low curiosity; pick no locks," says Emerson.

Don't be a "has been." Emerson says, "Life only avails, not the having lived." It we live truly we see truly. Let a man know his own worth and keep things under his feet."

The innermost vital principle of man is derived from love; in its presence we grow warm; in its absence we grow cold, and on the privation of love man dies.—Swedenborg.

"The only money of God is God. God will not make Himself manifest to cowards."—Emerson.

"If you condemn a single function of life you devitalize the whole life."—Harry Gage.

"He that dwelleth in the secret place of the Most High shall abide under the shadow of the Almighty."—Bible.

"There shall no evil befall me; neither shall any plague come nigh my dwelling. For he hath given his angels charge over me to keep me in all my ways."—Bible.

"To those leaning on the sustaining Infinite today is big with blessings."—Eddy.

"When Men Speak Ill of Thee So Live That Nobody Will Believe Them."—Plato.

**"Let a Man Believe in God, and Not in Names, Places and Persons."—Emerson.**

**SMILE.**

Smile, it's as easy to smile as to frown.  
Smile, it's hard to keep a cheerful man down.  
Smile, be happy and cast aside care.  
Smile, you'll find you have friends everywhere.  
Smile, your prospects will at once grow better.  
Smile, thus make the whole world your debtor.  
Smile, for the morning must follow the night.  
Smile, out of darkness there cometh the light.  
Smile, cease making a friend of old sorrow.  
Smile, the day's done, there will be dawn tomorrow.  
Smile, for Dame Fortune no favorite plays.  
Smile, by so doing your Creator you praise.  
Smile and the worst of the journey is done.  
Smile and one-half of the battle is won.  
Smile, for each cloud has a bright silver lining.  
Smile, for behind them the bright sun is shining.  
Smile and thus banish all doubt and all fear.  
Smile, for I send you the best of good cheer.

—Selected.

**GLEANINGS.**

"Before the tongue can speak in the presence of masters it must have lost its power to wound." If we are tempted to gossip, to say an unkind, untrue or ugly word that in any way offends, let us think of the above excerpt from "Light on the Path."

"Before the ears can hear they must have lost their sensitiveness."

When we are prone to listen and feel offended, or in any way take remarks as personal, let us think of that quotation from Light on the Path. We have to be still to hear the "still small voice of Truth."

"A good name in man or woman dear my Lord is the immediate jewels of the soul. Who steals my purse steals trash; 'twas something; nothing; 'twas mine, 'tis his and has been slave of thousands. But he who filches from me my good name, robs me of that which not enriches him, but makes me poor indeed."—Shakespeare.

A good name is rather to be chosen than great riches, and loving favor rather than silver or gold."—Proverb.

When one is tempted to reflect on another's good name or reputation by act, word or innuendo, think upon the above. Remember the Golden Rule, "Do unto others as you would have others do unto you. This is the law and the prophets." Let us learn to spend our time in building the more "stately mansions of the soul" for ourselves and others.

"One should raise himself up by his own self; never should one let himself sink. For one's own self is his friend and his own self his foe. To him is his own self a friend who by self hath conquered self; but to him who is not self subjugated, his own self acteth inimically like an enemy."—Bhagavad Gita.

Revelation is the disclosure of the soul. We are all discerners of spirit.—Emerson.

**PERSONALS.**

Mr. Chas. Deckner, one of the original members of the Society, is still earnest and faithful. He adds much to the meetings with his dynamic talks.

Mr. Gerard Thiers, of the Southern Conservatory of Music, contributes much to the harmony and joy of the meetings with his musical programs.

Mrs. Jas. M. Savitz is a charming reader and often delights our audiences with selections, usually from Ella Wheeler Wilcox.

Mrs. Harry Smith, also one of the "original," is always present to contribute to the success of the Society. Mrs. Smith will join her sons in California soon. She will find many congenial New Thought people there.

Mr. and Mrs. Noel and the baby are regular attendants and all disseminate so much joy and good cheer to all.

Mr. W. H. Starick has given the first of a series of short talks on Vedanta Philosophy. These are instructive and appreciated.

Mrs. Neely and Mrs. Martin, sisters, are always ready and willing to contribute their beautiful piano duets for which they are noted.

The Psychological children offer service too, and give psychological readings and declamations. Those who oft times delight us, are Marcelle Lyons, Fanny Bell Woodruff and Harold Ashby.

Mrs. Florence Marsh, our charming Theosophical friend who was with us all last summer, is now at her old home in Minneapolis.

Although our Vice President, Mr. N. C. Adams, lives at Hapeville, he is always at our meetings and found always zealous in promoting our cause.

We will certainly miss Mr. Baker at our regular Sunday meetings. He and family have moved to Griffin.

Lady Davenport, 92 years young, was at one of our meetings recently and gave an interesting talk.

Mr. Spires, from Richmond, Va., lectured before the Society Sunday, March 28th. He is always interesting and instructive.

Robt. Bryan Harrison, now of St. Louis, with a few other students of Truth, organized the Society in 1903. He was President up to the time he left Atlanta. He has continued active in Psychological work in Cleveland, O. and St. Louis, Mo.

Our president, Mrs. Ashby, has been elected for the fifth consecutive year and has not missed a meeting of the Society in the last eight years unless out of the city. She was Vice President three years.

Mrs. Ashby has recently been invited to visit the Higher Thought Assembly in Detroit. She has been one of the vice-presidents of the National New Thought Alliance for three years.

**"IN THE SWEET NOW AND HERE."**

Let us not postpone life. Remember this day, this hour, this minute, is just as important as any that has gone before or will come in your evolution. Live now. Get a hold of principles that will enable you to cope with the situation of today. That will enable you to meet the demands of the hour and relate yourself to the minute. How you live and think today determines how you live and think tomorrow. Raise your activity and solve your problems by right thinking. "The spirit sports with time."

**REFRAIN FROM FAULT FINDING.**

No two people progress mentally or spiritually at the same ratio. No two people have the same personal equation or the same perspective of life. Hence we cannot lay down an arbitrary rule or dogmatic law by which any soul must unfold. Each soul must find the method, the path best adapted to its growth and welfare. It is momentous that I put no obstacle in the path of another soul to impede its progress. It is of equal moment that I allow no one to bar my soul's progress to the perfect life. I neutralize and eradicate my own Karma and it behooves me to finish my business. If I leave a problem unfinished like "Banquo's Ghost," it will up again and again until I have finished it constructively. I must know the law of continuation. Keep at my task; pound on ignorance until it is dissolved. Just in the degree we knock and knock aright will the door that unlocks for us the knowledge of the superphysical world be opened unto us. Just in the degree that we ask and ask aright will we receive the light from within that will illumine our path and enable us to overcome and become. Just in the degree that we seek aright will we get glimpses of the kingdom of heaven within to encourage and inspire us. All growth comes from an earnest desire and effort to know the Truth.

**HEALTH.**

We believe in the gospel of good health and the gospel of good cheer. We can be healthy if we think right, eat right, sleep right, live right, do right, be right. Sure we will be all right. Physiologically we are here and we cannot explain things away. On this plane we function through a physical body. The "current of the life wave carries us up or down the scale of life," according to our desires, and the way we utilize our forces. Our bodily tenement can only be purified and rarified and become a temple of the living God, a habitat in which the Spirit dwells and a medium through which it is radiated and transmitted by being reconstructed daily through vital force. As we think and breathe purely we go into a clearer, purer atmosphere, and the vibratory force of our bodily atoms are accelerated, thus enabling us to draw to us the higher spiritual forces.

**PSYCHOLOGICAL MOMENT.**

Psychology is usually defined as the science of the soul. We particularly need greater soul sense. The vivid inward life gives a vivid outward life. We need to be aware of the inner, or psychological forces in order to achieve and realize on the outer plane. The psychological moment is when we realize the universal forces are working in and through us in such way that if we act we accomplish. It is when the individual is co-operating with the universal in such conscious way that action brings results. We can create our psychological moments by right thinking, by consciously knowing and utilizing our forces. If we use our reasoning power, illumined by spirit, we will know how, when and where to act to achieve results.

We like the word psychology. It does not savor of dogma and doctrine. It implies universality, not partiality. When you think of the Atlanta Psychological Society, do not think of phenomena, psychic research, hypnotism, suggestion, etc. These are not in our curriculum. Ours is the New Psychology.

**Nerve Us With Incessant Affirmatives. Don't Bark Against the Bad, But Chant the Beauties of the Good—Emerson.**

### AS A MAN THINKETH.

"Think beautiful thoughts and set them adrift  
On Eternity's boundless sea,  
Let their burden be pure, let their white sail lift  
And bear away from you, the comforting gift  
Of your heart-felt sympathy.

For a beautiful thought is a beautiful thing  
And out on the Infinite tide,  
May meet and touch and tenderly bring  
To the lost, the sinning, and sorrowing  
A comfort so long denied."

—Selected.

### TRUTH.

We are told in Sacred History to "know the Truth," for the Truth will make us free, and if Truth makes us free we shall be free indeed. We all desire to be free. To attain freedom, we must pay the price. The price is living the life of Truth as it is revealed to us day by day.

Then comes the old, yet ever new question: "What is Truth?" Every soul is seeking to unfold its Truth. Each individual is asking the question. Each individual is evolving the answer from within its own soul. Jesus said: "I am the Way, the Truth and the Life." We have often heard it said that each person is to himself the Way, the Truth and the Life." Let us think, consider. When we realize that each individual has incarnate the Christ principle, that the Spiritual Ray in each is the "Word made Flesh," that the Immortal Spark in each is that "Light that lighted every man that cometh into the World," then we can in a degree understand that each is to himself the "Way, the Truth and the Life." The Christ principle is the Way, the Truth and the Life. When that principle is awakened in us, if we live it, unfold our life by its standard, then that principle leads us into all Truth.

Truth is universal. It has never "been once for all delivered." Truth is eternal and changeless. It is the "same yesterday, today and forever." Our conception of truth may change. We are constantly getting greater glimpses of it; are continually awakening to a broader perspective of it, but it remains the Eternal Truth.

No one has a monopoly on Truth; its very nature precludes the possibility of such. Truth is immanent in all things. It interpenetrates all; it literally is in all and much Truth as one is capable of appropriating and utilizing, that has he. He constantly unfolds into knowledge of greater Truth.

Emerson says: "Soul is the perceiver and revealer of Truth." "Soul knows Truth when it meets it." We know that much sophistry is abroad in the land, but let your soul select; "By lowly listening you will hear the right word."

Truth is the Divine Alchemy. It transmutes everything to its own plane. It is the Universal Solvent. When known and applied to every problem, and condition of life, it solves and dissolves them constructively. Truth is Light, Light, More Light.

To know Truth, we must be true: Act true, speak the truth; live it always, in the degree we know. The truer we are the nearer we get to the great heart of Truth. Every untrue thought, act or inact divorces us just that much farther from Truth, the thing we are seeking.

Why do we not demonstrate more of

Truth? Because we are not vibrating the force of Truth and Love. We are not true. Why was it possible for Jesus to demonstrate the principle of Truth? Because he had embodied Truth. He was Truth and vibrated and radiated its power and force. The only way to acquire the power of Truth is to be true. The home of Truth is within each soul. It is the inside spark that vibrates in unison with every other inside "spark."

"To thine own self be true and it must follow as the day the night, thou canst not then be false to any man." To thine own Higher Self be true. Know thyself, thy Higher Self. Therein will Truth be found. Truth triumphs. Never doubt it. Trust it to the end.

"Truth crushed to earth shall rise again,  
The eternal years of God's are Hers,  
But error wounded writhes in pain  
And dies amid His worshippers."

"Truth is Marching On." Keep step in the march. By Truth you conquer.

### I BELIEVE.

I believe the faithful sun will surely shine tomorrow.  
I believe in courting joy and banishing all sorrow.  
I believe an open hand is stronger than a fist.  
I believe it is our duty to convert the pessimist.  
I believe we help ourselves whenever we help others.  
I believe without a doubt that all mankind are brothers.  
I believe all busy bodys should busy boosters be.  
I believe if I expect the best, the best will come to me.  
I believe that every failure can be turned to a success.  
I believe Ill Luck is Good Luck in a masquerading dress.  
I believe in Boosting others and Boosting with a zest.  
I believe that all that happens must happen for the best.  
I believe an ounce of laughter is worth a ton of sighs.  
I believe in all Humanity that dwells beneath the skies.  
I believe that Hope is man's best Friend. Despondency's a grafter.  
I believe that if you're all right here, you're right in the Hereafter.  
I believe that God's green Earth was made to live in and be merry.  
I believe there really is no need of such a word as "Worry."  
I believe clouds have two sides to them, one dark the other light.  
I believe you'll always find them fair, if your viewpoint is right.

—Selected.

### LIFE CULTURE.

The life culturist should persistently aim to make his spirit and form godlike. In this age we want the glory of the ancient Greeks united with the newest and purest of modern inspiration.

The fact that so many live today with aching bodies and depressed minds indicates the necessity of awakening better thoughts and habits. Make a firmer demand for health, happiness and success. Obstacles melt away before firm resolution and optimistic, affirmative action.—Harry Gage.

### FOLLOW THE LIGHT.

We allow the relentless Vampires of grief and worry to impede our progress. If we would accelerate our Spiritual growth, it is imperative that we "let the dead past bury its dead and follow thou me."

Emerson says: "I am an eternal experimenter with the past behind me." Nor let us look back, but press onward, ever onward where the light leads. Keep our faces to the East, to the sun, there are no clouds there.

"No man putting his hand to the plough share and looking back is fit for the Kingdom of Heaven." Pythagoras tells us "When traveling, look not back, for if you do the furies will accompany you." How many along the path of progress, have failed to receive the full Illuminata because they have looked back?" How many have failed to vibrate the Spiritual Excelsior, because they turned around, stepped aside? Remember Lot's wife, and go forward.

### NON-RESISTANCE.

We need not be militant. Fighting for the Lord is out of date, and please do not fight error. That which we fight we put our force into and substantiate its claim for reality. We never fight darkness and try to drive it out of a room. We turn on the light and the darkness is dissipated. Be good and error will not affinitize with you. I am my own error.

Non-resistance is a law of growth. Everything in physics and metaphysics moves along the line of least resistance. Sir Walter Scott said, "No sword on earth, were it the Excalibur of King Arthur, can cut that which offers no steady resistance to the blow." That epitomizes non-resistance. Let us quit fighting. Surrender to Spirit. "Be not overcome with evil, but overcome evil with good." To return good for evil is the Christian attitude. Non-resistance does not mean inactivity. It is the highest, most subtle activity. It is living the Spiritual life. It is being "lifted up," and thus lifting others through the power of Love.

### STUDY AND PRACTICE PSYCHOLOGICAL PRINCIPLES.

If you are poor in purse, study psychology. This increases your power to do and to be. Thus you become more efficient and consequently command greater omnia. If you are sick, study psychology. Learn of the recuperative power within. Learn of the finer forces of Nature, and how to use them. In your soul know that God is the Great Physician, and "healeth all our diseases." Get a conscious knowledge of God and be whole.

If you are discouraged and unhappy, study psychology. Learn the relationship of the individual to the Universal. Life is a Universal proposition, not a partial. Learn of the Great One. Relate thyself to that One, and know the joy of living.

Learn something of your interior powers. You have areas of brain cells dormant; wake them up and let them work. Think, think, think. Through the power of thought you can shape your life in accordance with what you would have it.

Our Book of Life may be out of balance, but by repeated efforts we can find all mistakes, all errors; correct them with Spiritual knowledge and finally in the Grand Scheme our Book is balanced in the perfect life.