

Systematic Re-Education of the Subconscious Mind

A Practical Course of Study
in Mental Dynamics



By

J. A. EICHWALDT

Founder of the Resumin Club,
author of "Vital Facts," "Affirmation,"
"The Silent Hour," etc.

Published by
J. A. EICHWALDT
Fruitvale,
Oakland, California

Gift of Author

Copyright, 1927
By J. A. Eichwaldt
All rights reserved.

TO THE
ALBERTUS

Printed in the United States of America





DEDICATION

This book is dedicated to the students of this course of study and to my co-workers whose faith and devotion have been instrumental in making this Ideal a Reality.

While every member of the human race is in need of this message, not everyone is ready to accept and to use it, therefore it is the sincere desire of the undersigned that those who have made effective application of these truths in their own lives may carry on this work to others who are gradually becoming awakened to its importance.

J. A. Eichwaldt.

Oakland, Calif.,
August 24, 1927.

667456

**EXPLANATORY FOREWORD
AND
INTRODUCTION**

Systematic Re-Education of the Subconscious Mind

A Practical Course of Study in Mental Dynamics

Original Text Copyright, 1921 and 1922, by J. A. Eichwaldt.

EXPLANATORY FOREWORD

You, dear reader, are the most important individual in the universe—to yourself, first of all, but also to the world and humanity, provided that you have found your mission and are pursuing it. And your degree of importance to yourself is a gauge of your importance to others, to the community, the nation, or to humanity as a whole. Please consider this truth well and from every angle and standpoint possible, bearing in mind the true nature of your Real Self, or Higher Self, or Immortal Spirit, or whatever else you may choose to call this Divine Spark of Perfection towards which every individual is evolving.

This self is not your physical body nor that combination of mental elements and vital forces which makes up your Personality and which most people are wont to

consider the Self. The Real Self, or Ego, is within, beyond and above that somewhat narrow and limited Personal Self which during a long and tedious process of evolution has become what it is today. That much is clear to the Resumin students as it is to nearly every thinker, investigator and scientist.

But your lack of understanding of this fact, or disbelief and rejection, will have no practical effect upon the results which you are certain of achieving if you pursue this course of study and apply the simple and almost self-evidently and logically convincing principles in the intimately personal affairs of your daily life as well as in the transactions incidental to whatever your business, profession, occupation, calling or career may be.

Let us examine the results in detail and determine whether they are worth while; whether they are worthy of a comparatively few minutes' daily effort—an effort which in time ceases to be an effort and becomes pleasurable fascinating—like a

most interesting game, only more so, because this pursuit brings you even nearer to your goal, and when you see that which, at the beginning you considered a worthwhile goal so easy of reach, you will be encouraged to establish a still greater and more purposeful ambition. This is progress in accordance with the subtle urge of that Ego which is the Real You and which is potentially omnipotent, omniscient and—strange as it may seem to you—omnipresent.

You cannot get very far on the road to that goal which means success according to your own conception of the term unless you have health. But neither success nor health alone, or combined, will give you that sense of satisfaction known as happiness unless you also enjoy the most prized treasure in the form of love expressed and reciprocated. Then, with health, a satisfactory progress upon your road to achievement, added to a satisfactory love life, you have happiness. These requirements vary greatly in detail with each individual, even

though the method of procedure for their acquirement is the same in every individual instance and, generally speaking, consists in systematically re-educating the major portion of the individual mental functioning. This major portion, considerably over ninety-five percent of the whole, has been diversely and variously named by those who have observed and studied it. In this work it is called the Subconscious Mind, or Subconsciousness, even though its activity merges into both, the conscious and unconscious functioning of the mind.

Mind is an intelligent force, has its positive and negative poles and operates in accordance with its laws. Everything in Nature is governed by law and the unity of the Universe itself is mental in quality. We can not get away from mind and mental activity, because in it we live, move and have our being. Only those among the very ignorant in the civilized world, who have not kept abreast with the progress of science, are likely to deny or argue against the universality of mind or omnipresence

of intelligence. The savages, of course, cannot comprehend these subjects until they have made further progress through evolution which includes re-incarnation.

In this course of study and training the student will be taken step by step through all the essentials for individual achievements of the requisites for success and happiness. If you, dear reader, are in earnest in your desire to do away with sickness, ill-luck, misfortune, poverty, and misery in every form, if you really desire health—that buoyant condition of aliveness which but few of this be-drugged, doctored, manipulated, operated upon humanity are enjoying—then follow this course like many have before you, and become one of the pioneers in mentalism, an inspiring example and object-lesson for those who will follow the same road in years to come.

Why not shape your life in accordance with your heart's desire by ceasing to struggle against that sorry scheme of things, conditions and circumstances which may seem beyond your control? This is

not done by domineering others or by controlling the weak through the exercise of what is known as Will Power; nor is it done by any manner or means which might harm, humiliate or deprive any human being on earth. Systematic Re-Education of the Subconscious Mind does not include any mental burglary, chicanery or "black magic" in any form whatever. As a system for individual use it has stood the acid test of practical application as a course of training which was originally put forth under the personal supervision of the author. This method of procedure necessarily limited the number of those who could be accepted as students. The author was prepared to risk an investment which eventually amounted to about forty-five thousand dollars in advertising, etc., to get a sufficient number of individuals interested to try out this system which is now offered to you, my reader, at the cost of this book.

The first student was enrolled about the first of January, 1922, and the vast number of discerning men and women who have

gone through this study and training since that date bears witness as to its efficiency.

The course of study itself, even though the result of many years of research and experience of the author, had to prove itself valuable by demonstrating its practical usefulness to the student. The average individual interested in a subject of this nature, having had, as a rule ample, previous experience with the vast claims made for other study courses, books, lectures, etc., proved to hail distinctly and decidedly not very far from the "show me" state, Missouri. Therefore any unsupported claim which might have been made for the efficiency of this work would have, nevertheless, fallen short of carrying full conviction because of two important requirements, financial obligation and personal effort. In order to overcome these and other possible objections, this work was offered first with a "money back" guarantee in four months, which period was later extended to seven months.

According to the four months' "money

back" clause, about one percent of those enrolled demanded and received a refund in full. This number was reduced to less than one-half of one percent under the seven months' clause. While either period is sufficient to enable the student—any student—to effect a decidedly noticeable improvement and every indication of satisfactory progress, such a guarantee itself is unscientific and unbusinesslike as well. These students, having been attracted through general magazine advertising, were scattered throughout the United States, Canada and the rest of the civilized and uncivilized world, and could not be held to the required study and application; and, in the second place, some of them were too far gone towards physical or mental dissolution to muster the determined decision which is an essential requisite for the successful pursuit of any scientific study. Some of them assumed the manifestly absurd attitude that, instead of being a study course, this system would act as an amulet

or charm, and that the mere possession of it would be sufficient for all needs.

One, in particular, a Jewish tailor in the City of Brotherly Love, wanted to become a highly paid picture scenario writer without bothering with the necessary practical requisites for such work—and all that in four months! Another, a banker in Texas, did not know what he wanted. He merely demanded and received a refund. A lady in Idaho, after receiving her refund in full, had the unparalleled gall to request arrangements for a course of individual instruction at the author's home—also “without money and without price.” Such is “human nature” and this explanation is made without resentment of the inevitable.

While the Systematic Re-Education of the Subconscious Mind work is scientifically accurate and practically efficient, any guarantee which may be made as to its study and application and consequent efficiency must come from the student. This work itself has more than amply proven its efficiency and value; as a matter of fact, it is

doing that daily in the lives of those who are using it.

Dealing with this large number of students through correspondence has enabled the author to gain a practical insight into the diversity of the individual problems in which help and advice were desired and given. This method, while serving its purpose in the individual cases referred to, has likewise made it possible to perfect this work in such a way as to do away entirely with personal correspondence.

The original text of every part or lesson of this course is printed first, with each paragraph which requires further explanation numbered at the close of that paragraph. Immediately following the original text of these lessons, the Explanatory Lessons are printed, with each paragraph of the explanation, elucidation or extension of the contents of the numbered paragraphs of the original lesson text correspondingly numbered at the beginning of the explanatory paragraph.

The student who will get the most out of

this volume will be the one who proceeds in accordance with the plan of study outlined in the first part of the original text.

Unlike the ordinary book, even though on a scientific subject, which the average reader peruses to get the central idea or gist—and is fortunate if even one single practical or useful idea is found—the contents of this volume consist only of practical ideas and instructions systematically arranged. The student will be amply rewarded in exact accord with his sincerity of study and earnestness of application of that which he has learned.

May the Universal Mind—the Spirit of God—reveal itself—Himself—to you, is the sincere wish of—

J. A. Eichwaldt

INTRODUCTORY

The author, after many years of study, observation, research and experimentation, maintains that the phase of mental functioning known to psychology as the Subconscious Mind, or the Subconsciousness, is the serving principle of the Creative Mind. The term Subconscious is really a misnomer, because by far the greatest majority of the functioning of this phase of mind is done absolutely unconsciously to the individual Conscious Mind. Every function of the physical body, for example, is operated by this mental phase or department; yet we are not conscious of such functioning. From the life and activity of the minutest cell of which the physical body is composed, to the operation of the many affairs in the departments of individual life known as conditions of health, happiness, circumstances, environment, relationship in business, profession, society, family, politics, etc., the Subconsciousness rules supreme. We can, for instance, exercise no conscious control over our heart-action, but

we do have the power either to disturb or to harmonize this action by our conscious thoughts or thought-processes.

Every individual is fundamentally responsible for his status in life solely by virtue of the controlling, guiding, educating and training power he possesses and exercises over the Subconsciousness. Everyone is constantly either educating the Subconsciousness on desirable lines, or else mis-educating this vast realm of mentality to perform adversely.

This fact is easily understood if we realize that life—individual life—is a continuous process and does not have its origin and beginning at the birth. Those who cannot accept reincarnation as a necessary adjunct of evolution, need not accept it. Men have circumnavigated the earth and were still confirmed in the belief that, instead of being a globe, the earth is a flat, stationary center of the universe and that the sun, moon and stars are moving around it. In a similar way the application of the principles brought out in this work will produce

results regardless of the individual conception of his origin or destiny. Many have proved that to be a fact.

If a given procedure or process produces certain definitely described effects or results when applied by one person, these effects or results may be due to some individual idiosyncrasy of that person and the procedure or process may or may not fulfill the same purpose with other persons. On the other hand, if such a process or procedure gives certain and definite results as this course of training has produced with a thousand or more persons, then these results cannot be explained through any individual idiosyncrasy, and the process or procedure is surely based on a law which works in all cases when applied. It is not absolutely necessary that we should know all the truth and be proficient in applying the laws of nature in every phase. We will get results in accordance with the fidelity of our application of that which we do know.

At this writing nearly two thousand in-

dividuals have taken the Systematic training of the Subconsciousness as it is given in this book. The procedure explained has, in the brief space of only a few years, so greatly helped, inspired and made useful the lives of this large number of men and women that some of them have pledged their future lives to the promulgation of this science. Yes; it is a science in the fullest meaning of the term, even though its inception and origin has not been heralded through news syndicates, nor has the author been hailed before crowned heads and presidents. Nothing like that! While the author has received much sincere appreciation and generous gratitude from those who have been benefited and blessed through his efforts, he has also had a few jeers from the non-thinking boob element of the populace.

These efforts themselves, while started in a humble way, have borne glorious fruit and this is only the beginning.

By sending forth this work in the present form, it will be made instrumental in the

next few years of being of real service to the teeming millions and in this way effect desirable changes in these very conditions of human life upon which rest true progress and development of this civilization itself. Any real thinker of this age realizes that—unless changed from the present course—this civilization cannot go on very much longer. It must undergo a change in principle more rapidly or else perish like other civilizations have perished in the past ages, as shown in history which has invariably repeated itself.

You, my reader, are a component part and parcel of humanity and all this mankind will be, or hopes to be. May you realize the solemn duty you owe to yourself to do the work in this critical time of transition and balance.

Naturally, you will be inclined to ask about the how and the why, likewise the way you will have to go. This book is the answer.

There is work for you to do—much work; but it is a work for your own self at first

and for your own good—work which will better and benefit yourself first of all and, as you are making progress in this work, you will find it productive of much happiness. You are not asked for alms, or sacrifices or endorsements. Nothing like that, unless the laying aside of all prejudice is a sacrifice.

All you are requested to do consists of setting your own house in order by becoming acquainted with your own Soul, which term is synonymous with the Subconscious Mind, the connecting principle between your conscious life and your origin or source, which in this work is termed the Universal Mind or Spirit of Life, of which your Ego is a part in the same way as a drop of water is a part of all the oceans of the earth, or as a spark of fire is identical with all fire. This Ego is perfect—as perfect as its source—but the Subconsciousness, the Soul, is not necessarily so, but the Soul, or Subconscious Mind, should be perfected or re-educated towards per-

fection in accordance with each individual's conception and desire.

Every individual has his own particular problems and the problem, as well as the point of view, of a college professor, for example, differs from that of a farmer. There are no two individuals exactly alike. Just because of this freedom of choice referred to herein, every individual has made himself what he is today. While he is the product of his own mental activity, or lack of such activity, through many reincarnations, and he has had his ups and downs in the many roles he has played, it is not necessary that he should remain the same hap-hazard product of evolution. The decision is squarely up to him.

The purpose of this work is to show how anyone can train himself for definite control of his life in all departments in a parallel way to that in which an athlete trains for purpose of gaining control of and strengthening or developing his muscular system and thus direct his own evolution and development.

THE ORIGINAL TEXT

SYSTEMATIC RE-EDUCATION
OF THE SUBCONSCIOUS MIND

A Practical Course of Study
in Mental Dynamics



By

J. A. EICHWALDT

1935 1
Heinrich

SYSTEMATIC RE-EDUCATION OF THE SUBCONSCIOUS MIND

A Practical Course of Study in Mental Dynamics

(Original Text Copyright, 1921 and 1922, by
J. A. Eichwaldt. All Rights Reserved).

Dear Friend and Student:—

In taking up this study you have stepped off the beaten path of the majority and are to be congratulated for doing so.

The effects of the wholesale misapplication of the greatest power on earth—the power to think—as practiced by the mass of the people, are apparent everywhere. This universal miseducation of the Subconsciousness is in evidence individually as well as collectively.—1.

You will learn through the study of this system why it is so. You will also learn how, and why, every thought of your conscious mind, particularly if prolonged or repeated, invariably produces a corresponding effect upon the Subconsciousness, causing a re-

action which in turn materializes in your life and environment. Worry is a particularly powerful form of thought; fear, likewise, sooner or later materializes the thing or condition feared.

I therefore ask you to begin forming the habit of analyzing every thought process. If you find that your ~~thought tendency~~ is inharmonious, negative or destructive, change it at once. In other words refuse to think of qualities and things you do not want materialized in your life, but think only of such thoughts which represent desirable conditions and affairs, such as you really want in your life and environment.

—2.

Don't say that you cannot control your thought processes. You can if you will determine to pursue this course of training.

A set formula, or affirmation, will be found effective in changing undesirable thought moods to desirable ones. If, for instance, you are sick, refuse to think about your affliction, but affirm: "I-am-healthy,-strong,-vigorous." If in financial stress or

difficulty affirm: "I-am-prosperous; abundance-is-mine." If sad or unhappy for any reason, affirm: "I-am-loving,-harmonious,-happy."—3.

Simple methods, such as the one suggested above, have done and are doing wonders daily. Later on you will learn to understand the reason why. You will also learn to use creative methods of thought which will hasten the Subconscious Mind in the materialization of any purpose you may have in view and to make your life a joy to yourself and a blessing to your fellowmen.

The purpose of this system of study and practices is to enable the student to transmute the dormant or static qualities of the Subconscious Mind into active or dynamic values and results in life.—4.

In order to derive the best results possible from this system and the application of the laws and principles unfolded in this course of study it is necessary to adopt a definite, systematic method of action, such as outlined herein.

This system deals with laws of nature which are as yet but little understood by men of science. Yet, these laws of mind are as exact as the proven laws of mathematics, physics, chemistry or electricity. If you study these laws and apply the knowledge gained in the affairs of your daily life, you will derive results that are as unfailing as those derived through the operation of any law in nature. The benefits derived are in exact accordance with the fidelity and accuracy of application and far exceed those to be derived in any other way.

Let me illustrate.

The multiplication table is fundamentally the key to the solution of problems in mathematics. If properly used, it never fails to produce accurate results. Likewise, every known law of electricity, if properly applied, will produce exact results. It does not matter who makes the application, or whether the application is made with a thorough understanding of the law and an exact knowledge of the results that will ensue, or whether it is applied ignor-

antly and the results are not foreseen.

The great majority is applying the laws governing the Subconscious Mind daily in utter ignorance as to results or consequences; therefore the effects produced are not always desirable. It is my privilege to show herein what these laws are, and how you may, by an intelligent compliance with them, make your life as it should be—as you want it to be.—5.

I, therefore, ask you to enter into this study with an open mind, with a firm determination to absorb every idea, to apply every principle and to practice every exercise given until it has been mastered. The more fully you will do this, the more completely you will gain an understanding of the Law involved and the more perfect and satisfactory will be the results.

Any psychologist will tell you that to begin the pursuit of any course of action and not finish it is weakening. On the other hand, if you undertake this study fully determined to master it, and if you persist in this determination, you are laying

a foundation for a future that will hold every desirable thing, condition and quality to which you may aspire.—6.

This course of study consists of seven parts or lessons and the Mid-Course Review. Each part should be read at least once a day, for fourteen days, and the exercise, or exercises given therein should be practiced as directed until the succeeding part is taken up. After the Mid-Course Review parts five, six and seven should be treated in the same way. The principles elucidated should be adopted in your daily life. Knowledge is made valuable only as it is used; unused knowledge is like buried treasure—absolutely without value from a practical standpoint.—7.

This part gives the foundation of the training you have undertaken. Read it carefully; study it; apply its teachings in your daily life. If you do just that, you will soon realize its practical value.

ORIGINAL TEXT, PART ONE

All Mind is one with the Universal Mind. It includes your mind and my mind; it embraces the mind or intelligence common to all human beings as well as the intelligence present in all animal life and in the vegetable and mineral kingdoms. It exists throughout the Universe.

Science has resolved matter into Electrons, but has failed to define the intelligence—Mind—possessed by each electron. This intelligence, the Universal Spirit, or Universal Life Force, is a vibratory force. It pervades all space and acts upon the Electrons, which also are ever and universally present. In fact it exists within every electron and combination of electrons. From a material standpoint we have Electrons as the basis of all manifestation. From the metaphysical standpoint we have Mind. The two are one and indivisible.—8.

The action of mind upon matter, or more properly speaking, upon Electrons, is through vibrations, and the rate, or number, of vibrations per second makes the dif-

ference between one kind of matter and another. It makes the difference between matter and force, between light and heat. In short, the vast variety of combinations and groupings of electrons as they exist in the mineral, vegetable and animal creation in all its complexity, in all natural forces, colors and sounds, is and has been due to the creative action of Mind upon Electrons.
—9.

The Universal Mind includes all wisdom, intelligence and power and substance in the Universe. In it we live, move and have our being. It includes the great Cosmic Will, the Positive Creative Principle, the ultimate cause of all manifestation on every plane.

In the inorganic world the action of this Universal Energy appears, to our limited range of perception, violent at times, frequently chaotic and destructive. In the organic world a more benign element, or intelligence enters into the creative scheme of nature. This higher form of intelligence individualizes and differentiates the species

and develops them to a point of individual consciousness and volition. This evolutionary element of the Universal Mind is non-existent in the inorganic world. Without it no change is possible in same. Without this individualizing life-principle the inorganic would remain forever the same dead, inert matter, or fixed combination of Electrons.—10.

We find the first manifestation of individualized life in the very lowest forms of the protozoa. These organisms consist of only one cell and possess no organs of any kind. Among these is the Moneron, upon which the most powerful microscope fails to reveal any organs whatever. This, the simplest conceivable form of life, this brainless, organless, limpid jelly-like cell is endowed with mind and shows individualized intelligence. This intelligence is sufficient to enable it to choose, from the various materials about it, that with which to build tissue. It does not accept or absorb that which is injurious to its existence. It has the power of reproduction. When it

reaches a state of maturity, it divides itself. It has the ability to move about. When pricked with a needle it responds to the stimulus, showing the existence of rudimentary sensory nerves. After division, both cells are like the parent cell, showing the law of heredity. In short, this most primitive form of organized life, even though brainless, has the essential attributes of potential omniscience of the individualized Universal Mind.

In higher forms of organized expressions of life greater intelligence is used in choosing food, etc. The angle worm, while still brainless and devoid of eyes, ears and other organs, has sufficient intelligence to escape when in danger. All this intelligence is unreasoning, subconscious intelligence, but one with all the intelligence of the great Universal Mind. It always follows certain definite lines of development to the point of self-consciousness of the Ego. In the lower forms, life is guided by the Subconscious Mind entirely. There is no voluntary in-

dividual action or interference with this benign guidance.

Man, owing to his high degree of individual development, has become conscious of the Ego; the "I Am." Through this "I Am" of supreme self-consciousness man has the power to choose and has through the abuse of this power, by miseducation of the Subconscious Mind, brought upon himself all his trouble and misery. A proper use of his power of individual choice is the universal panacea.

The individual Ego, through its instrument, the objective or the conscious mind, has the power to accept or to reject any thought. When once accepted, the thought is passed on to the Subconscious Mind to be acted upon. It is not subject to any further reasoning; in fact, the Subconscious Mind does not and cannot reason. Through the Subconscious Mind man is one with the Universal Mind. The Subconscious Mind has built the body of man and is ever busily at work in maintaining and keeping the same in repair. It never sleeps,

never rests. It is unerring in its action and perfect in results. In building the body it has faithfully followed the pattern predestined by heredity and modified by education and environment. It is performing its work in every department of life with mathematical precision and in exact accordance with the hereditary and environmental impulses, as modified by the education it has received. The education determines the results. If the results are unsatisfactory or undesirable, this subconscious action should be changed through a systematic process of re-education and re-instruction of the Subconsciousness.

You have power over your Subconscious Mind. If properly used this power enables you to produce any results you desire. You can be what you will to be if you undertake the re-education of your Subconscious Mind in accordance with its laws. There is no other way. Your Subconscious Mind connects you with the Universal Mind, which is the mind or intelligence behind every electron as well as the mind or in-

telligence within the most highly organized human being on earth. You are one with it all! You can take advantage of this unity only through the Subconscious Mind, which in the physical body functions through the Solar Plexus and the Cerebellum, or the back of the brain. You must, however, not lose sight of the fact that this subconscious intelligence pervades every grouping of electrons, of which your body is composed and which are called cells.—11.

The receiving and transmitting station of the Subconscious Mind, the Solar Plexus, can function best if it is not interfered with by mental and physical pressure. Tight clothing, a cramped position of the body and lack of proper respiration are among the most serious physical causes that interfere with the free action of the physical organ which connects man with the infinite. The mental causes are more numerous. Thoughts of fear, worry, anxiety, hatred, all mental tension, contract and repress the action of the Solar Plexus, causing a transmission of unfavorable reactions through

the Cerebellum to the entire organism. All pleasant thoughts enable it to respond freely to the thoughts received and to function properly.—12.

The following exercise will be found useful in preparing the receiving and transmitting station of the Subconscious Mind for the receipt and assimilation of the process of re-education prepared for that mind. Practice it night and morning, if possible. If you cannot do so twice daily, practice at night, immediately before retiring.

7 Time, from 15 to 30 minutes. Sit in an easy, comfortable position, facing the East. Breathe deeply and easily for a few minutes. Relax completely physically, and as nearly as possible banish all thought. After a few minutes of this relaxation, sit up erectly, both feet squarely on the floor, the head slightly inclined backward, eyes closed and turned slightly upward. Fold the hands in front of you. Breathe deeply through the nose. Be passive, receptive and at the same time try to realize your

oneness with all there is. You will be greatly aided in your effort if, after several minutes of passive concentration, you mentally affirm the fact you are trying to realize, to establish and to impress upon your Subconsciousness. Repeat slowly the following affirmation: "I - am - one - with - the - universal - creative - force, - with - the - universal - spirit - of - life. It - is - operating - within - me, - through - me - now."—13.

This affirmation expresses an actual fact, an indisputable fact—the Truth. Nobody can dispute it and get away with it. One might just as well attempt to dispute any other self-evident fact in nature. It can't be done. Therefore, if you repeat this fact several times a day, and be positive in your affirmation, feel it—muster your emotional nature to your aid—you are impressing the Subconscious Mind to accept it readily and to act upon it. Do not fail to affirm, in a positive way, after you have retired at night and until you fall asleep, whatever condition you aim to bring about. Make

this a regular practice until it becomes a habit.—14.

The Subconsciousness is ever ready to accept and to act upon thoughts representing the truth concerning your being because it is one with Universal Mind, or Spirit of Life which contains all knowledge, all power and all wisdom. Through your Ego you are one with the Positive Principle, which is the controlling and deciding factor in Evolution. The Subconscious Mind, with all its vast resources is at your command and always ready to serve you in accordance with the law of mind. When your Ego recognizes this fact and passes it on to the Subconsciousness, all former and erroneous impressions will have to give way to the Truth in the same manner as darkness yields to light.

Breathe for Health and Life—15.

In the human organization a close relationship exists between the dynamic activities of both Mind and Air, because the nature and quality of our thinking controls

the nature and quality of our breathing in a reactive way. Just observe your breathing under various mental conditions and you will be readily convinced that the nature and quality of your thinking processes determine the nature of your breathing to such an extent that your physical health is affected either for better or worse.

Unless you are now using some definite breathing method with satisfactory results, I would suggest that you follow the process given below, either systematically, or whenever you have time and happen to think of it. A daily and systematic procedure, of course, is best. This breathing process relieves mental depression, the blues, nervousness and down-heartedness from any cause. It may be taken anywhere, in the open air or in front of an open window; it may be practiced standing, sitting or walking.

1. Relax; let go of your worries and troubles. Throw out the chest. Exhale through the mouth by first contracting the abdominal muscles; then empty the lungs. Close the mouth; set the tip of the tongue

against the roof of the mouth; inhale through the nose, evenly; inflate the abdominal region first; then the lungs. When you can not inhale any more, hold the breath while you count ten. Then exhale completely through the mouth. Repeat this exercise from seven to fourteen times. Its beneficial effects are apparent at once, but it should not be overdone and not practiced oftener than four or five times a day. It should never be practiced immediately after a meal.

When physically ill or depleted of vitality, the following exercise will give almost instant relief.

2. Assume any desired position. This exercise may be taken standing, walking, sitting, or lying on the back. Relax completely while exhaling, slowly and evenly through the nose. When you can not exhale any more, stop all motion. In other words, hold the breath out while you count ten; then inhale through the mouth in gasps, like yawning. Keep the body relaxed. When both the abdominal region

and the lungs are fully inflated, exhale as before through the nose. Again stop all action while you count ten and repeat the process. This exercise should be taken every two or three hours while awake. Its beneficial effects are apparent at once.

In order to aid the purification of your body and the elimination of poison and waste from your system, from two to three quarts of water should be drunk during each twenty-four hours. If desired, a little orange juice or lemon juice may be added to the water and it should be taken in small quantities, say about a tumblerful at a time.
—16.

Preliminary Remarks, Part Two

Part One of this course of study is of utmost importance and I would ask you to review the same carefully. If you give it proper attention, in accordance with the directions given therein, before proceeding with the second part, you will place the entire structure of this training on a solid basis. The results will be forthcoming in

accordance with your application of these principles in your daily life and the sooner you begin to make such application the better will be the ultimate benefit thereof.

Should you, for some reason, not be able to give each part of this System the required daily attention for fourteen days in succession, do not proceed with the following part until you have given the current part the required study for an equivalent period. It is best not even to read the following part until you are ready to go ahead with it.

Please avoid the great American habit of "hurry-up" in this study as well as in everything else. Learn to eat slowly, to breathe deeply and to sleep at least eight hours out of the twenty four.

When you enrolled as a student you agreed to certain specific provisions and thus assumed the open-minded attitude of a student. If you maintain this attitude during the pursuit of this training all will be well. The degree of your success in this System will depend upon the degree of your

fidelity to it in every way. In the course of time, if you are faithful, you will not only know the reasons why it is so, but your general understanding, insight, sagacity and judgment will become more and more unerring as time progresses.

As you gain in power you will become more tolerant, realizing that criticism, condemnation and even "righteous indignation" are thought-processes which will react and bring correspondingly inharmonious effects into your own individual life.

ORIGINAL TEXT, PART TWO

We have seen that all mind, matter, force - in fact, everything there is in the Universe - is one and indivisible. We have learned that the human Ego, the "I AM," is one with the positive, or deciding principle of the Universal Mind, or Spirit of Life. If we become conscious of this unity, we gain a perfect understanding of how to solve all our more or less complex problems in life. We then are able to ignore the complexity of effects and to deal with causes.

All power, all wisdom, all knowledge exists in the Universal Mind. Man, the individualized expression of the Universal Mind, is able to exercise his many and various attributes, powers and possibilities through his power and ability to think. This is done by action of the conscious mind of man upon the Subconscious Mind, which connects him with the Universal Mind. This ability to think links man with his Universal source and makes him like that

source as a drop in the ocean is like all the water in same.—17.

Man, as an individual, is the result of heredity and past thoughts. Heredity again is the cumulative result of the thinking processes of the ancestors which have caused reactionary effects that are now crystallized in his life, circumstances and environment. This has been accomplished through the creative reactions of the Subconscious Mind. If your life, circumstances, conditions, health and environment are unsatisfactory, you can at once begin to bring about a change. This is done by consciously acting upon the Subconscious Mind in a positive, intelligent and constructive way.—18.

Every conscious thought influences the Subconscious Mind and produces a reaction in exact proportion to its nature, its quality and its power. Unless, and until acted upon by conscious thought, the Subconsciousness cannot produce any change whatever in your life, but is ever busily engaged and at work in carrying out the commands re-

ceived in the form of past thoughts and impressions of the Conscious Mind. If the Conscious Mind accepts thoughts of fear, worry, disease, misery, hard times, misfortune and other negative and undesirable ideas, the Serving Principle of the Subconscious Mind can neither discriminate nor reason, but invariably acts upon the thoughts thus received from the Conscious Mind. The thoughts are commands that the Subconsciousness obeys implicitly. The results are inevitable. It is, therefore, important to ignore negative and undesirable conditions and to give the Subconsciousness only positive commands of desirable conditions. The Subconsciousness gives back to us precisely what we send into it. We receive as we give in conscious thinking. **Whether ignorantly or knowingly, every human being is, and has always been the master of fate and is a "self-made" man or woman.**

While every thought makes an impression upon the Subconsciousness, the ordinary purposeless, weak and vacillating

thoughts of the average man or woman do not penetrate deep enough into the realms of the Subconscious Mind to produce a powerful or effective reaction, and it is fortunate for the human race that it is so.—19.

Only positive, determined and concentrated thought is able to quickly penetrate^x the outward stratum or phase of the Subconsciousness. This outward phase of the Subconscious Mind is termed by some psychologists, the Subjective Mind. It operates through the Cerebellum or back brain, and is the seat of dreams. This is the Mind used by hypnotists, so-called Spiritualists and Clairvoyants. Its reactive effects are comparatively weak because they lack the deep, full and powerful backing of the Omnipotence of the Universal Mind. Yet, the great majority of the world's population is controlled and governed in all departments by these jumbled-up and chaotic reactionary effects.—20.

If you would be a real master of yourself and a master of your fate, you must learn to think for a purpose. You must

learn to concentrate and control your thoughts and to send them into the deepest realms of the Subconscious Mind as effective commands. Such commands will bring whatever things you desire from the Subconscious Mind.—21.

The Serving Principle of the Subconscious Mind is the Static Mind - Mind at rest - until acted upon by positive thoughts of the Conscious or Dynamic Mind. Then, and not until then, will the reactions produced become dynamic in their effects.

Only strong, purposeful, positive and concentrated thoughts of the Conscious Mind, are able to penetrate to, and to impress the Subconscious Mind deeply enough to quickly produce the reaction desired. Such thought will penetrate and eliminate the comparatively weak and confused mixture of thought currents of the Subjective or Dream Mind referred to herein.

Concentration practices only will enable you to master your thought processes, and make them positive and effective, then

the force produced by your thoughts will not be confined to any particular sets of nerves or anatomical sub-divisions. The reactive effects received from the Subconsciousness will then saturate the entire being and fill you with conscious power - a force which enhances the inherent energy of every cell and radiates beyond the confines of the physical body.—22.

If you have been “in love” you have experienced a consciousness of energy - and bliss - which is akin to the feeling produced by true Subconscious reaction. The latter, however, may be created at any time and does not require the stimulating presence of a loved one.

The ideas presented herein, while scientific and based upon actual facts as verified by the experiences of thousands of people, may seem strange to you. If you do not believe these truths, it is because the instrument of your Conscious Mind, the brain, lacks certain cells. You can develop these cells by exercise. Exercise means repetition of a performance, which in this

case means the repetition of the thought.

New truths have always had an uphill road to travel. Copernicus, after twenty-three years of work, completed his treatise on the movements of planets around the sun, and died. Galileo, about a hundred years later, found the world still scornful of this new truth. After hearing a lecture by Wurteisen in Italy on the theory of Copernicus, Galileo declared the whole "a piece of solemn folly." Yet, Pythagoras and the ancient Egyptians, centuries before the birth of Christ, had realized the truth of these celestial mechanics. Despite the fact that this truth is now common knowledge and is readily accepted and assimilated by every school boy, there are still many who believe that the earth is the center of the Universe and is flat as a pancake besides.

The human brain is the most yielding substance in his anatomy and responds readily to any thought entertained or concentrated upon by man. The longer an idea is entertained the clearer and more lucid it becomes, because it builds for itself

the mechanism for its reception and for the attraction of other related thoughts through Subconscious reaction, from the great realms of the Universal Mind. The millions of wonder workers, brain cells, readjust and rebuild themselves in conformity with the new ideas, in response to concentrated attention. Edison, Marconi, Ford and others are examples of the effect of such thought concentration.

Your decision to consciously select your thoughts and to determine their quality and nature is an important step towards the re-education of the Subconscious Mind. Make such a decision and abide by it. Then determine to think only constructively and for a purpose. X

Let your Ego, the innermost you, the "I AM", be the deciding factor, the real Captain of your Soul, able to command your ship of life through constructive reaction of the Subconscious Mind. Such commands should be persistently repeated until the results materialize in your life. The minute you become conscious of this truth,

the minute you realize - actually realize, (as in time you must realize) - that you are not a miserable, groveling worm of the dust, but a "Monarch of all you Survey," you then are touching the live-wire of Omnipotence and can never again entertain thoughts that will produce negative or undesirable conditions, then only, you can be what you will to be.

The fact that you cannot consciously entertain two thoughts at the same time, will, if you utilize it, enable you to take control of your conscious thought-life and impress your Subconsciousness constructively at all times.

Construct a suitable statement of affirmation in accordance with your present needs and requirements, or use the one given below, whenever beset by undesirable thoughts, or at any other time.

If religiously inclined, affirm:

"I - am - a child - of - God -

The - Father - and - I - are - one."

If of a scientific turn of mind, construct

your affirmation in accordance with accepted scientific facts, viz:

"I - am - one - with - the - Universal - Creative - Force."

In either case add the following absolutely true and scientifically exact affirmation:

"I - am - ever - strong - perfect - harmonious - loving - powerful - prosperous - and - happy."

Always affirm in the **present tense**. Remember that the Universal Spirit of Life is "All and Within All", and consequently is within you. The human mind cannot conceive anything that does not have an existence in the Universal Mind or Spirit of Life like a plant or tree exists in the seed germ.—23.

Whenever undesirable thoughts harass you, put your affirmation to work, no matter where you are. Then try to realize the real, true nature of the "I AM". Remember that a recognition of the existence of an object, force or quality is the first step; ways and means for the use of such

an object, force or quality will develop later.

X For your daily exercise take the position as described in the first part. Use the same room and the same chair, if possible. First thoroughly relax physically and mentally. After a few minutes of passivity, concentrate upon and try to realize your unity with all there is. Then breathe deeply, at the same time realizing that with the air inhaled you are also partaking of this Universal Creative Force through your Solar Plexus. A feeling of power should come over you during such a period of concentration; a sense of peace, harmony and courage to accomplish.

You should feel an exhilarating impulse or sensation in the region of the Solar Plexus, spreading throughout the nervous system.

If you have read so-called "Occult" literature warning of the "dangers" of concentration, etc., please forget all such "bunk". There is absolutely no danger unless you mentally absorb the idea of danger and im-

press it upon the Subconsciousness.

Fearfulness is a powerful thought-mood, and will create danger through subconscious reaction anywhere and through any source. We all know persons who cannot eat apples, and others who cannot drink milk because it poisons them! You now will understand why this is the case.

There cannot be any danger in concentration with the view of becoming conscious of the Universal Spirit of Life. There positively is not.

Is a loving Mother dangerous to a babe who snuggles its little head against her breast filled with Mother Love? The Universal Life-Spirit, the Father-Mother of Nature, beckons you and is ever ready to welcome you and to shower upon you the richest blessings, if you comply with the laws as explained herein.

In the next lesson you will learn how to plan effectively and then instruct and influence the Subconscious Mind to create conditions in accordance with your plans.

Preliminary Remarks, Part Three

The Third Part, or section, which you have reached in your Systematic Re-Education of the Subconscious Mind contains an important phase of your training.

If you have a natural aptitude or ability for visualizing or forming mental pictures, but undesirable or unfavorable conditions continue to exist in your life, such conditions will be rapidly transformed by the Subconsciousness in accordance with the new and correct mental patterns. This does not mean that you should practice visualization only, and neglect the other mental exercises given or to be given herein. None of the facts explained or exercises prescribed should be slighted. All the practices should be applied until the principles they represent become habitual parts of your mental life.

If some of the ideas given herein, or the truths presented in this or some of the other sections of this Course are familiar to you, so much the better. **Act upon them;** bear in mind the fact that all knowledge is

valueless unless and until it is made use of. You may know the exact location of a vein or deposit of tons upon tons of gold, but as long as you keep this knowledge locked within your mind and do not use it, you are no better off than anyone who doesn't possess the same knowledge.

In this system you are given certain definite and necessary facts, with directions how to use or apply same; **it is up to you to make the application.** That is the reason they are given - - for purpose of training through use - - the same as examples in arithmetic are given to a school boy.

Mere reading will only give you an understanding - the knowledge - which without application avails to naught.

If you are faithful throughout the first Six parts of this Course, to the preliminary advice given in the First Part, then you will be prepared and ready to effectively apply the work to be given you in Part Seven. Then, in consequence of your fidelity and earnestness of purpose you will achieve results - - such desirable results as are

obtainable only through a constructively
Systematic Re-Education of the Sub-
consciousness.

ORIGINAL TEXT, PART THREE

Imagination is a force or element which can be made a powerful factor in the work of influencing and compelling the Subconsciousness to act in accordance with any purpose that is constructive, and in harmony with the evolutionary tendency of the Universal Mind.

A purpose, or plan, which is not in harmony with the creative scheme of the universe can never permanently succeed. It may appear to prosper for a while, but owing to its very nature it is bound to carry the germ of defeat from the conception of the idea that resulted in the purpose. It cannot impress the deepest vibratory forces of the Subconsciousness sufficiently to cause a reaction powerful enough to win permanent supremacy. If you think, and reflect, you can see samples of such attempts to coerce the Infinite all through the history of the human race. The perpetrators have invariably come to grief.—24.

Right is always Might, and therefore, be-

fore deciding upon an undertaking, make sure that same is constructive and in harmony with the general tendency of the Universal Mind, the one mind in all and for all.

If your plan is constructive, it is in harmony with the creative principle of the Universe, then it will benefit others beside yourself; it will be of service; it will not injure or harm anyone no matter how remotely connected with the undertaking, or not connected with it at all.

If you have such a purpose, you may plan fearlessly. But first you should use your imagination in constructing a mental picture of the conditions **as they would be when your purpose has been accomplished.** Make such a picture complete; make it perfect; make it as grand and as beautiful as you can. Such a picture, evolved from your imagination and firmly held before your mental vision, will serve as a pattern or model for the activities of the great Omnipotent and Universal Intelligence

which operates through the Subconsciousness.

In constructing such a mental picture it is important that the same is not changed or altered. If you form one picture today and a different one tomorrow, all your efforts to accomplish something in the way of practical results by this method will fail. First determine what you want and then make your picture by first constructing a general outline of same. Gradually, as you continue concentrating upon and visualizing your picture, and as same continues getting clearer and assumes a more definite shape, you may add details until your mental structure is perfect in every respect.

Assuming that you have an ambition to operate a retail store, for instance. Supposing it is a confectionery store. First form the picture of an empty store; then keep adding the fixtures, the stock in trade, the clerks, etc. If you visualize such a picture persistently and imagine yourself operating under the conditions visualized

here and now, you hasten the realization of your purpose. To form a mental picture and to hold it as something that is going to materialize in the dim and distant future is to impress the Subconsciousness to put off the construction indefinitely. Success then will appear in the future, but you will never realize it; it will constantly elude you, but appear just a little bit ahead. It is, therefore, of utmost importance to concentrate and visualize in the present tense.

This may seem easy at the first glance, and will be found easy if one possesses the faculty of forming mental pictures. You can readily determine to how great an extent you possess this ability by trying a few experiments.

Take a small article, a coin, for example. Look at it a minute or two, observing every peculiarity and feature of it. Then close your eyes and try to visualize it. If you can do that perfectly, try the same experiment with a portrait. Next shut your eyes and try to visualize a landscape, including trees, plants, rocks, paths, etc.—25.

Should you find that the results of such experiments are faulty, please practice this method of forming mental pictures during your daily concentration periods. Begin with the simpler things and gradually proceed with the visualization of more complicated pictures. Best of all, begin at once with the outline of your own future.

Thus you may construct for yourself an ideal business or an ideal home in ideal surroundings, and with ideal associates.

Do not make the mistake of attempting at once to dictate to the Subconsciousness the plans or definite details as to how your ideal may become real. The Subconscious Mind, being connected with the Universal Mind, its unlimited resources and its omniscient Omnipotence, does not need to be told how to accomplish whatever it has been persistently directed to perform. The details will be worked out in the best possible way by the Subconscious Intelligence and your purpose will be realized in a perfectly natural manner.

This does not mean that you should stand

by with folded hands when all this takes place. No; not at all! You will do more and better work than ever before. But it will be work in accordance with your natural inclination. You will enjoy every moment of it because it will bring you nearer to the realization of your ambition.

Let me tell you right here, that you cannot have any real ambition or formulate a deep desire which does not have within itself the germ of fulfillment. You need not be told by anyone what to do. If you will follow the leading impulse of your innermost being, the "I AM", you cannot make a mistake, and your leading impulse will be revealed to you in the silence, during your concentration practices.

If your leading impulse is to be a great farmer, you will have no ambition to enter the millinery trade. If the "I AM" prompts you to become a great surgeon, the intricacies of criminal law will have no interest for you.

I know a young attorney in an obscure country town who became an Assistant U.

S. Attorney General by employing methods such as these given herein. Another man, once a humble bank clerk, is now President of a powerful financial institution; and still another man, an invalid, ridden with tuberculosis, made himself well, useful, prosperous and happy by such methods persistently and faithfully applied.

If a realization of the pattern-picture you have visualized contains elements which require special skill, talent or ability on your part, you will be endowed with such talent and ability. If it is something which requires firmness of character or a tactful personality, you will be led through reactive effects of the Subconscious Mind to acquire these qualities, or to develop them, provided that you do not already possess them.

Be careful that your plan-picture does not interfere with any other individual. All the people essential for the accomplishment of your purpose will appear at the proper time and in the right place. They will naturally belong to the particular

scheme of things and will be equally benefited with you.

Forget whatever you may have heard or read about "influencing" others, such as taught in some "psychology" courses and salesmanship instructions. You have no business with influencing any other individual's mind. "Great is the Mind that leaves other Minds alone."—26.

By methods as these described you are dealing with Subconscious powers, which are connected with the Universal Mind, the one Mind in all people and all things. By attempting to influence the Conscious Mind of someone in connection with whatever plan you may have would create reactions that might seriously interfere with the ultimate outcome of your purpose. You would follow the general method in vogue, which knows nothing of causes and always considers only effects and deals with them frequently in a "Bull-in-the-China-Shop" manner.

Your task may not be as easy as it would seem. It requires persistent mental work,

but the results are worth while. Gradually and in a perfectly natural way you will be prompted to take certain steps which will lead to associates, circumstances and events. One thing will lead to another, until you will find, as an actual reality, that which at first was built as a mental vision—a product of the imagination.

There are other methods, and they are dealt with elsewhere in this course; but this way of visualizing is the quickest and most direct way of achieving a purpose. Perfection is acquired only with practice. When once started, you will enjoy this practice of visualizing the ideal for your actual future, because it will enable you to realize your power to create—a power that every human being has—a power that is not properly used by the majority.

The same method may be employed in eliminating disease and physical imperfections in yourself and others. The Subconscious Mind has been mis-educated and mis-directed in some way or other and caused to produce the abnormal or imperfect con-

dition. In order to remedy the difficulty and to produce perfection, visualize perfection. Do not, under any circumstances, allow yourself to think of or to visualize the imperfection and thus prolong or aggravate the trouble.

By visualizing perfection, and impressing same upon the Subconsciousness, you will create reactions which will produce the condition visualized. Should any physical measures, change in diet or material remedial agents be necessary, you will be prompted to use them at the proper time.

A Mr. Thompson created somewhat of a sensation in California last winter by giving a sure way of growing hair on bald heads. His method is simple, but those who tried it have found it effective. He advises to visualize a full, luxurious head of hair, while vigorously rubbing the backs of the finger nails of the right hand against those of the left hand five minutes at a time several times a day. In addition he asks to keep the scalp clean and to stimulate circulation in the surface of the scalp by gently pulling

the hair and massaging and brushing the scalp at frequent intervals. According to several people who have tried this method it is producing the desired results.

All manner of disease is being cured and imperfections are removed by just such methods. Diseases that have been pronounced incurable have yielded to the Omnipotence of the Universal Mind, the Mind which is reached through the Subconscious Mind. Nothing is impossible to him who complies with the laws of his innermost being. There is absolutely no limit excepting the self-imposed limitation fixed by yourself. The Universal Mind is absolute and unconditional.

You have learned that every electron, every atom, every molecule in the Universe possesses and is maintained, operated, changed and manipulated by the Universal Mind or Spirit, the basic Life Principle. YOU, the real YOU, the "I AM" within you, have the power and ability to use this life principle in changing the groupings of electrons, called cells, in your body. You

are making an appeal to the Universal Intelligence through the Subconscious Mind. Let that appeal be positive and persistent, and let the perfection of your mental picture be unwavering. Say firmly to the Subconsciousness, "This is the condition 'I' want to produce," and bear in mind the real nature of the "I" as an indivisible part of the positive principle of the Creative Force of the Universe.

In treating others remember that the Subconscious Mind operates only through reaction and is just as potent in your patient as in yourself, because all Mind is one Mind.—27.

You will gain perfection by practice and in time develop faith and confidence in your ability and power, which is the ability and power of the "I AM"—the essence of your Soul.

You no doubt have heard or read of the little lady who has been healing the multitudes at San Jose, California. Those who have talked with her have learned of her unlimited faith in this Power within, which

inspires faith in others. In consequence, thousands are healed, some of them instantly. The Subconsciousness invariably acts as directed, provided that your command does not include a self-imposed qualification limiting its action.

By all means continue your daily practices of concentration. This time, and until your purpose has been realized, visualize your own future in accordance with the details given herein. Having finally decided upon whatever you desire to accomplish, mentally picture that condition as an established fact.

Always visualize, concentrate and affirm in the present tense, and you will find that the old patterns established through wrong thought-processes, which the Subconsciousness has been compelled to follow, are rapidly yielding to the direct and powerful influence of concentrated and positive thought methods—methods that are in accordance with the creative scheme in Nature and are producing correspondingly powerful effects in the form of reactions.

Preliminary Remarks, Part Four

If you have so far carried out both the letter and the spirit of this System, all is well. Then you are gradually but surely, and with mathematical precision, nearing your goal. Because you are educating and impressing the Subconscious Mind constructively at all times, desirable reactions are bound to ensue.

Should you be one of those who have failed to read each part of the course daily for fourteen days, or one of the few who have taken up this work just to prove that there is "nothing in it," let me tell you that you are doing yourself a serious injustice.

While reading each part of this System you are planting into the Subconsciousness ideas which represent vital truths. Each rereading will cause these truths to root more firmly. Then, your concentration periods will attract to you other and associate ideas through Subconscious Reaction, which will replace and cancel the impressions you may have formerly made.

The Subconsciousness is full of all kinds

of ideas, impressions, theories and mental pictures, which have been planted in the course of years, or decades. Some of these may have become mental habits and are now quite powerful in reacting effects which may not be desirable. The disease idea may have grown strong, or the poverty idea, or the anger and worry idea, or the worm-of-the-dust idea.

By observing the requirements of this System daily, you are strengthening and promoting the growth of the constructive truths accepted. New and desirable thought-habits will gradually crowd out the old until your entire thought-process has undergone a change. Then it will be almost impossible to think otherwise than constructively and the results in life will become correspondingly desirable.

You must not for a moment imagine that such a transformation may be accomplished by only fifteen or twenty minutes of daily concentration. As explained in the beginning of Part One, **your entire conscious thought-process must be re-constructed.**

This is not as difficult as it may appear to be. This system of study and training will do the work, **provided that it is applied according to directions.**

There is no other way. You cannot continue thinking poverty and still expect to gain riches, nor can you expect reactions of harmony and happiness from thoughts of discord and misery. As you sow, so will you reap. There is no mystery involved and no magic, other than the magic of the wonderful privilege and ability to consciously and deliberately choose your ways of thinking.

Every theory presented in this course stands out as irrefutable truth in the light of both reason and science. A personal application of these truths will give you the proof—the evidence which will be more convincing to you than volumes of testimony of others. I, therefore, ask you again to please be sincere. If you are as sincere in accepting and putting into practice these instructions as I am in giving them, then all is well with you—you cannot fail.

For best results it is desirable that you review the first three parts of this course of study immediately after having given the fourth part proper attention for the required period of fourteen days. Then please give a description of your method of procedure in the light of the knowledge gained, directly or indirectly, through the study and practice of this system of mental training, under conditions as specified below.

1. How would you proceed in case of illness, or for purpose of improving the general health?

2. How would you go about to bring harmony in case of discord, dispute or controversy?

3. What is the exact mental process you would use if you aspire to improvement of your circumstances and environment?

In reviewing your work with the object referred to, please understand that all indirect knowledge, or conviction, comes through Subconscious Reaction and impresses itself upon the Conscious Mind in

the form of intuitive impressions. The source of such knowledge exists within the boundless realms of the Universal Mind. The volume and quality of such impressions increase with continued practice. The knowledge pertaining to the matters concentrated upon is not always revealed in detail intuitively. You may be prompted to “accidentally” open a book and be surprised to find the required solution therein; or you may receive the required information, or solution, through a “casual” conversation with someone. You, of course, understand that there is nothing “accidental” or “casual” in this Universe of Law and Order.

Having written your version, please read the Mid-Course Review and judge your grasp of the subject and your consequent progress accordingly. As you will later realize, the concentration and visualization practices are of great importance and attention should be given them whenever occasions may arise.

ORIGINAL TEXT, PART FOUR

We have learned that every conscious thought impresses and influences the Subconscious Mind. Repetition enhances the influence, and, when the repetition of a thought or of a line of thought becomes habitual, it creates a frame of mind. Such a frame of mind cannot fail to produce corresponding reactions from the Subconsciousness, particularly if backed by emotion.

Emotion intensifies any thought, whether same is expressed or merely entertained by the Conscious Mind. Thought backed by emotion is earnest, sincere, concentrated, and—accordingly—powerful to make an impression upon the Subconsciousness. Love-thoughts are powerful because of the emotional backing and it is no wonder that “All the world loves a lover.” The greater the love, the more powerful the emotional backing and the more effective it becomes in impressing the Subconsciousness and thus realizing its reward, which in case of

love of man for woman or woman for man is reciprocation.

If you want love, be loving. If you are sincerely so, you cannot fail in attaining satisfactory reciprocation. The same law also applies to friendship, to trust, to confidence and loyalty in all human relations. You cannot demand, or expect love, confidence, friendship or loyalty unless you give these qualities first. You will receive in the exact proportion you give until the cumulative reaction overwhelms all other thoughts and carries everything before it. Therefore, do consider first whatever you have in view. If you find that you can give the best there is in you—the full backing of your emotional nature, go ahead. You cannot fail! Your love of the thing will vitalize your conscious thought and cause a correspondingly vital reaction from the Subconsciousness.

Let me tell you again that there is no possibility or chance for you to have a real ambition, if it is backed by emotion which does not carry within itself the possibility

of its full and glorious fulfillment. Read this paragraph again; it is important that you realize its truth, its potency, its reality in your own life.

Don't go to an Astrologer or a Psychoanalyst for information as to your life. Go within the deep recesses of your own soul, to the "I AM," which is the deciding principle of your life.—28.

An "Analyst" or "Ologist" might tell you that you would make a good horse doctor, for instance. In this day and age the horse is a back number and you would have to use your own judgment, backed by the real desire of your soul, in deciding what to do.

Therefore, don't go to a sooth-sayer for advice on matters that your innermost self is best able to prompt you.

But supposing that you are in uncongenial work, under inharmonious conditions, tied down by circumstances?

The remedy is within yourself. Think! Come to an understanding as to what you would like to do; what you would want to do with all your might. Then concentrate

and visualize yourself in your natural sphere of activity. Bring all your emotional backing to bear upon the Subconsciousness and you will eventually become active according to your highest desire.

But supposing you should have an ambition to do something radically impossible; to become the President of France, for instance. Such an ambition would not be real and could not be backed intellectually nor emotionally. It would be a waste of effort, because it would not—could not—be the real desire of your soul. You could not formulate it, in the first place.—29.

Having formulated a real ambition, you have planted the seed for its growth and fulfillment. Your conscious thought-processes during your periods of concentration and at other times are producing the necessary conditions for the germination of the seed which leads to the development of your plan. The Subconsciousness, being duly impressed, will re-act accordingly and gradually but surely you will be brought to the full realization of your purpose or am-

bition. Do not make the mistake of beginning to force matters by an attempt of prematurely dictating details to the Subconsciousness. Pay no attention to effects or details until you are prompted by Subconscious impressions, received after your periods of concentration, or at other times, to take certain definite steps. Such impressions, when received, are overwhelmingly unmistakable. They may come to you unexpectedly and unannounced, but you will recognize them and act upon them.—30.

Be sure that you are right, then go ahead. If you are faithful to the practices given herein, you will not be likely to mistake the surface impressions transmitted by the outer phases of the Subconsciousness which control the life of the average human being. In consequence, the average life is but a “mush of concessions” and yieldings to such surface reactions. Fear of some sort is generally the leading impulse. In fact, fully seventy-five per cent of the general or mass-consciousness is composed of products of fear-thoughts. These as-

sume many and various forms and go hand in hand with worry-thoughts. Fear produces worry and worry in turn reacts more fear. The more perfect the individual ability to concentrate and to impress these fear and worry-thoughts upon the Subconsciousness, the more harmful are the results. Therefore endeavor to get rid of fear if you have not already succeeded in doing so.

In the next part of this course you will be shown how to attune yourself to the Universal or Cosmic Force. While thrilled with its blissful reality you can neither fear nor worry. But in the meantime endeavor to consciously banish all undesirable thought-processes by cultivating their opposites, which are constructive, and therefore, desirable. Constantly think, affirm and visualize that which you want; giving no thought to that which you do not want.

Your Conscious Mind cannot entertain two thoughts simultaneously. You cannot worry and be optimistic at the same time. You can take advantage of this fact when

beset by worry or fear by using constructive affirmations. This should be done at any time.

The use of an affirmation or statement expressing a desirable, or desired condition, will be found very effective if **persisted in**. Put your affirmation to work at any time.

Having established in your Conscious Mind the object you are aiming to materialize, concentrate upon it. Establish a mental picture of it, of some leading phase of it, and stick to it. Reinforce your objective ambition with affirmations until the Subconsciousness gets the idea and begins to react. Then you will begin to receive impressions that will suggest to you definite details.

Forget whatever you may have heard about predestination and realize that YOU—the “I AM” within you—can be the Architect of your own destiny, and that you can be the maker of your fate if you will. There is where the use of what is termed “Will Power” comes in. Let this “WILL,” the fixed determination, the definite unyielding purpose, strongly impress the Subcon-

sciousness. Let this "WILL" be backed by emotion, and there is nothing to keep you from achieving your purpose.—31.

The Subconsciousness will react in exact proportion to the impression received and such an impression, given with all the backing of a determined Will, vitalized by emotion, is invincible and brings quick and powerful reactions from Subconscious realms.

If you should be in such a negative condition that you find it difficult to formulate a constructive desire and to establish a definite ambition, a proper affirmation will help you to impress the Subconsciousness and the reactive thoughts and impulses coming from that source are bound to help you by re-inforcing the conscious desire and enhancing the emotion until the combined impulse carries everything before it.

No matter in how negative a condition you may be now, you can work yourself out of it by just such simple methods as described herein. But you must persist in your determination. Bear in mind that a

positive thinker only can be free. A positive thinker is a person who consciously selects his own thought-processes and positively and constructively impresses the Subconsciousness at all times. Those who fail to use their thinking power in order to cause the Subconsciousness to react for them constructively, or abuse this power to think by impressing the Subconsciousness to react destructively, will always remain slaves of conditions and circumstances; will always bear the burden of fear and worry; of disagreeable, uncongenial, hard or ill-paid work; of sickness and misery.

Nature is lavish in her provision for man. The world is full of resources and there is an abundance of everything humanity needs and requires for sustenance and happiness.

Scientific thinking in every conceivable line has brought forth knowledge and ideas from the boundless Subconscious source which have resulted in marvelous labor saving inventions, machinery and appliances. What, then is the trouble? There is none, excepting with the individual. There

is no way of legislating anyone into constructive methods of thinking until such methods are taught to the young in schools, as they should be, and some day will be.

Constructive thinking, which means the re-education of the Subconscious Mind on desirable lines, is an individual problem. It is your problem. Its solution leads to the solution of every other problem which may confront you. Nobody else can do your thinking for you, nor permanently change the reactions of the Subconsciousness. Nobody has any moral right to interfere with your freedom of choice. Since you are a free agent, why not use this freedom constructively and thus master your fate and determine your own destiny?

All Mind is one Mind, and you may receive assistance from other minds trained in conscious, constructive thinking. All mental systems and forms of treatment of inharmonious conditions are helpful, but they afford no permanent panacea. The individual must succeed in changing the reactive influence of the great and mighty

Subconsciousness through his own individual efforts. Then only he will become truly free from all outward props, helps and assistance. This is true self-reliance—the dependence upon the real Self—the “I AM.” It never fails in any emergency.

It is, of course, right and proper and in fact a brotherly duty to give such mental help when appealed to. But let such help consist only in an effort to awaken the Subconsciousness into constructive reaction.

Visualize the person you want to help as perfect; affirm the same as an established fact. You can do this only by realizing your own inherent perfection. In fact, you must be in a position to mentally convince yourself of the Truth that all Mind is one Mind. Subconsciously there are no dividing lines anywhere.—32.

As thought vibrations travel with the speed of every Cosmic Force, at the rate of 189,380 miles per second, you can realize that distance makes hardly any difference.—33.

The evidence of the senses is not always

conclusive, and frequently not reliable, and must be disregarded whenever the same conflicts with the real facts—the Truth. One needs to observe only a few everyday physical facts in nature in order to realize the fallacy of sense evidence. In fact, the senses but rarely record the Truth regarding anything. The Sun does not travel around the Earth, and the Moon only reflects light. There is no dead matter and—fundamentally—there is neither good nor evil. It, therefore, behooves us to learn to discount appearances; frequently we will find them not in accordance with real facts.

The Silence, that absorbed, concentrated condition of the Mind which enables the individual to become conscious of his Innermost Being, that powerful, immortal element, the essence of his soul, the “I AM,” is a condition difficult to describe. While really in that condition, the desire expressed is backed by the deepest emotion, and will make a correspondingly deep and effective appeal upon the Subconsciousness.—34.

Endeavor to go into such a Silence during

your concentration periods. Still the senses; first positively determine to become deeply absorbed in the Subconsciousness, then become physically and mentally passive. While the Individual Will, the deciding principle of your being is positively active in reaching that condition, you are unconscious of anything that may transpire about you.

Nearly everyone has been "in love" at some time or other. While in that blissful condition, no difficulty is experienced in becoming absorbed in the loved one to the exclusion of everything else. That is true concentration, backed by emotion.

If you have a desire which seeks fulfillment, or an uppermost ambition, then love it; nurse it; become absorbed in it; picture it mentally as an accomplished fact, and you will realize it, provided that you enter the Silence often enough to persistently and powerfully impress the Subconsciousness and cause reactions which will work wonders.

Remember your unity with the object,

condition, quality or kind of success you desire. You do not want that which belongs to someone else. You want "your own." It is your own by virtue of mental law; it will eventually become yours actually. Let your desire be firm and vitalized by intense emotion or feeling. Whether you believe it now or not, persist in your efforts in putting to work the laws of mind as they are unfolded herein, and you will soon develop that faith which we are told, will remove mountains. In your case these mountains may be only hills—sand dunes heaped up through past mis-education of the Subconsciousness, or mere snowdrifts accumulated by erroneous reactions. In either case let them be swept away or dissolved by the invincible reactions created by positive, concentrated desire, made vital by the fires of emotion.

Do this daily in connection with your visualization practices and note the results after having completed the sixth part of this course.

ORIGINAL TEXT, MID-COURSE REVIEW

Knowledge acquired but not used is like wealth accumulated and not used, or strength developed to no purpose. Unlike some metaphysical and psychological studies, this System of Mind-Training is primarily designed for use. The knowledge and training acquired through study and application can be made intensely practical from the start.

We have learned that the first cause of all physical imperfection and ill-health results from miseducation of the Serving Principle of that phase of the Universal Mind which deals with the physical man. We have also learned that this Serving Principle is indeed a faithful and obedient servant. If it has complied with erroneous impressions and commands, directly or indirectly received, and has caused discord or disease, it may be induced to correct the harm done by changing the impressions and commands. This process is called in this course of training a Systematic Re-

Education of the Subconscious Mind. The process of re-education itself may be applied deliberately, with decision, and with the same assurance of gradual improvement which is the inevitable result of muscular exercise.—35.

Spontaneous results should not be looked for in the beginning. They are possible only with a trained mind. In a like manner startling athletic feats are possible only for a trained physical culturist. The trained thinker is one who has, through persistent and prolonged practice, acquired the ability to quickly reach through the Subconscious realms, the innermost recess of the Universal Mind, the original source of all power, intelligence, knowledge and wisdom. This ability may be acquired by all, and other processes for its acquirement are dealt with further on. They are processes of mind-control and concentration and are known in the language of the Metaphysician as processes of going into, or entering the Silence. The first requisite is a relaxed, passive physical attitude, combined with a

positive, concentrated mental effort—an effort which, after some practice, ceases to be an effort. When the positive action of the Conscious Mind has effected a sufficiently powerful reaction of the Subconsciousness, then the individual will truly realize that “I and the Father are One.” Then nothing seems impossible and life itself assumes a new meaning and will truly become worth the living.—36.

But, before the average student has progressed so far, he need not be deprived of the effects of a proper re-education of the mental functioning referred to. Every conscious mental effort will awaken corresponding reactions from the Subconsciousness. It, therefore, becomes necessary to rearrange the entire conscious thought-life of the student whose ultimate aim and purpose should be to produce Perfection. This applies to all of the three problems which the student has been asked to consider.

1. In event of illness, the aim of the student should be to produce a condition of perfect, vigorous health; or, in other words,

a normal, harmonious condition. This is done by the apparently simple expedient of ignoring the imperfection and producing a mental picture of perfection. The visualization of the perfect picture should be re-inforced by affirming perfection as an established fact. By the process of visualization a pattern is created—a vacuum mold, which is gradually but surely filled through the process of affirmation. **The effect of this mental combination is infallible, provided that it has the backing of intense Desire—a desire amounting to feeling, which is inspired by Faith.**

Even though the Faith be small, or be absent entirely at first, one victory will create it and further successes will give it strength.

In learning to ride a bicycle, the first evidence of progress, the ability to maintain a balance, would supply the necessary Faith in the success of the entire problem, even though the experiences of others were not in evidence. In the pursuit of this course of training the student has, first, the ex-

perience of others and, next, such individual victories that he may achieve to aid him in establishing and developing within himself that mental element Faith—"the evidence of the things not seen." This applies to all of the three problems referred to.

The mental reactions produced in the form of impressions received may sometimes indicate the use of some material remedy or mechanical manipulation. Even though the remedy itself be worthless and the manipulation unavailing, if the use of same is indicated, impressed, or prompted by the Subconsciousness, by all means comply with such an urge. The use of such a material process would, indirectly, act upon the proper subconscious faculties and cause them to restore health, vigor and strength. Many so-called medicines are nothing more or less than indirect means of impressing the Subconsciousness to perform a cure.

2. Discord is prolonged and increased through combativeness. Argument and controversy, in efforts to maintain in-

dividual rights and privileges will invariably create more or greater discord. In the light of this science the truth of this statement may be realized without further explanation.

The proper mental process is to ignore the existence of the prevailing condition and to visualize an ideal condition, or relation, with the person, or persons, involved. **Affirm peace and harmony in a most positive way.** If at fault, or even partly blamable for the indifference, or discord, it is masterly to acknowledge it mentally. It is courageously generous to tender an apology after some mental work, and when intuitively prompted to do so. It is still more generous, and highly desirable to forgive and forget whatever "wrongs" you may have suffered. Just remember the Real Cause and realize that the individuals allegedly responsible were only **instruments.** Likewise, whatever good has come, or is coming to you through others, who have acted in compliance with the promptings of that Mind of which each of us is a

part, appreciate it, and the instruments as well, and the blessings in your life will continue to grow and to multiply without end. **Think it over—thoroughly!**

3. Circumstances and environment are but results and crystallized reflections of former thought-processes of the Conscious Mind. They are partly due to inherited ways of thinking, reinforced, aided and abetted by associates, etc.

One frequently hears remarks, such as these: "Some people have everything they want, but I have always had to work hard and I suppose I always shall have to work hard in order to earn a bare living."

Of course you will, my friend; as long as you thus continue to mis-use your creative power, which is your power to think. You simply, but persistently confirm your own life-sentence to "hard work" for a "bare living." You'd be as well off in jail!

Early in 1920 I had occasion to meet a conspicuous example illustrating the mental process of failure. This man is otherwise a very intelligent individual. Although

a good business man, his habitual frame of mind was just like the one described above—with the added phase, which, according to his own wording, indicated that “the worst was yet to come.” This man then embarked in an agricultural enterprise under favorable conditions. I again met him here a few days ago. Owing to his prevailing thought-life he had failed in his project, having lost over five thousand dollars cash and two years’ hard work. Unless he “changes his mind” he will continue to play the game of life as a persistent loser. Failure with such a mental attitude is an inevitable, foregone conclusion.

“But,” says someone, “somebody will have to bear the burden of hard labor, etc.” Yes, indeed! “Somebody” is also invariably “out of work and out of luck”; some other body is in jail or in the “nut house,” and other “somebodies” are tramping around the country carrying bundles of dirty blankets as their sole possessions, only homes and sources of comfort. Furthermore, there are millions of “somebodies” running around

naked in the jungles of Africa and other millions elsewhere; to say nothing about the millions starving in China, etc. Of how much help, uplift and inspiration can, or will you be to any of these by putting yourself upon their mental level? What individual good and personal satisfaction can you extract from such a frame of mind? Such a condition of alleged sympathy is the mental condition of failure and misery in every way; it benefits no one.

On the other hand, any down-and-out failure, even a tramp, who could be induced to adopt the mental attitude of Victory, would at once cease to be a "knight of the road" and would eventually but surely become a success in any given line of human achievement which he may choose.

Please note that all improvement, development and growth in nature, be it in physical or mental realms, is a gradual process of individual growth. Your progress in this work may be hastened in accordance with mental law. The growth of a cabbage plant may also be hastened by improving the con-

ditions upon which this growth depends. First you will need to know and to understand these conditions as well as the laws governing them.

You have learned to know, to understand and to apply some of the mental laws and to comply with conditions which, if properly operated, will insure success, will improve circumstances and environment. You will learn more as you proceed with this system of training. Apply the same formula by first Desiring the conditions or environment, then Visualizing and then Affirming the same as an established fact, here and now.—37.

Preliminary Remarks, Part Five

You have reached the Fifth Part or phase in your Systematic Re-Education of the Subconscious Mind. A thorough understanding of this section of your course of training is of utmost importance before the vital principles dealt with herein can be properly applied in the affairs of your daily life.

Such an understanding can come only as the result of careful study of the subject matter, with persistent concentration and deep meditation upon the fundamentals explained herein.

A mere intellectual realization of the Unconscious and Subconscious Unity in Nature, while a good beginning, is alone not sufficient. Such a realization must also become a conviction emotionally. Then, and not until then, will the reactions created become powerfully effective in connecting the Individual Consciousness with the most benign forces in Nature. Then all hatred, all ideas of strife, all discordant and destructive thought-processes will disappear from the Conscious Mind; then all will be harmony.

But what of the prevailing strife and discord among and between classes and nations? As humanity, in the many and various subdivisions and strata, is composed of individuals, these truths must be realized by the individual before he can become constructively active, in a cooperative way,

towards the betterment of human conditions in general. While Brotherhood is indeed one of the fundamental facts in Nature, the universal realization of this truth cannot be brought about by physical force, by coercion, or by violence, but only through Individual Realization. Such a realization, in accordance with the principles of this System of study, enthrones the individual as the monarch of his own sphere of activity. This is neither narrow nor selfish, but in strict accordance with the true principle of evolution. All evolution on every plane is individual evolution and growth. It works invariably from within outward, and the individual must first be able to help himself before he may help others. **Constructive, individual self-help automatically also helps others, because subconsciously All are One.**

When you have completed this course of training, you will be given an opportunity to cooperate with other minds, similarly trained, who will assist you with your problems in accordance with the principle of

Subconscious Unity consciously recognized.
—38.

In the meantime there is work for you to do; individual mental work which you are performing through faithful study and persistent application of the principles presented in this System of Training.

ORIGINAL TEXT, PART FIVE

At first you have no doubt wondered why a daily concentration period and reading of each section of this system of study is required for fourteen days. You probably have realized by this time that such repeated perusal will, at each reading, give you a clearer grasp of the subject.—39.

This is also the case when you concentrate on any given subject or use an affirmation. The new ideas which you are receiving will prompt you to qualify your affirmation and to make it more definite. Sudden and spontaneous flashes of inspiration will become more and more frequent. If you nurse such inspirational ideas, if you concentrate upon them, you will continue receiving additional ideas connected therewith until your entire problem, in all its complexity of details, has unfolded itself to your mental vision. Then will be time for you to take action and execute your plans.—40.

This is true subconscious reaction. It is the product of concentrated action of the

Conscious Mind and is a sure process which furnishes the true solution of every problem and enables the thinker to achieve every purpose in life.

Let us assume that you are in debt. Do not make the mistake of concentrating upon your actual condition, or of thinking about it, or worrying about it. By so doing you would impress the idea of being in debt upon the Subconsciousness and the reactive effect would aggravate the condition which you are trying to get rid of. Instead of paying any attention to the debt, concentrate upon the ideal, the condition which you desire to bring about, which, in this case is one of prosperity and plenty. In doing this you must disregard the sense evidence and concentrate upon the fundamental Truth. You know that your innermost being, the "I AM," being one with the Ultimate Cause and source of all things, cannot be in debt or limited in any other way. The Ultimate Cause is absolute and unconditional; all restrictions and limitations are self-imposed by the Conscious Mind. This

may seem visionary at first. **But you have learned that the visionary product of the imagination must precede the materialization of every human achievement.** This being the fact—the Truth—it must be acted upon as a fact before it can become effective in your life and environment. This all-important Truth must be impressed upon the Subconsciousness before the reaction from the boundless realms of the Universal Mind can begin to work out your ideal and make it a real, tangible material condition. Every condition in life, good or bad, has been created in just that way.

Let me try to give you a material illustration.

Many have perished from thirst on the deserts of Southern Nevada where water could be had by digging down for it only a few feet. They did not know water was there. Should you be on such a desert, suffering from lack of water, and someone would come along and tell you to dig for it only a few feet, your sense evidence does not bear out the in-

formation, and you would refuse to dig. There would not be any help for you, and you would perish as a victim of your own lack of faith.—41.

In a similar way you will need to apply the information given you herein. Your conscious determination is the deciding factor always. Exercise it, and the Subconscious Reaction will reinforce and strengthen it. You will thus first develop Faith, which is a form of mental conviction, and will eventually crystallize into the material conditions affirmed, visualized and concentrated upon.

In the realms of physical force reaction is equal to the action which causes it. In the realms of Mind, Subconscious reaction enhances the power of future conscious mental action and thus creates an increase, a growth in conscious power; thus increasing the ability to produce still greater reaction as time progresses. This determined attitude of Mind enables you to make proper and constructive use of Will Power, which is strengthened and increased as it is exer-

cised. (See explanatory paragraphs 40 and 41.)

Remember that real, creative thinking is a concentrated, absorbed way of thinking. The reactions produced by such thoughts are speedy and powerful. The results are unfailing.

The same way of absorbed thinking can be used to increase the vitality of the body and mind.

Still the senses while seated during your daily concentration practices and while in bed, after having retired for the night. Inhale deeply and at the same time visualize a silver-white, vapor-like light in the region of the Solar Plexus. It does not matter whether or not you have seen pictures of that nerve center. Simply visualize this silvery light and mentally draw from it during every inhalation and send out the force acquired throughout your physical body. This force is a real force and this is one way of centering and utilizing it. Your absorbed intention while breathing will accumulate it from the air you breathe. It is

a Cosmic Force and not identical with the known chemical ingredients of the atmosphere. The effect is frequently startlingly delightful. It will enable you to realize your unity with the Universal Creative Force and to banish all fear and worry. While it is still a Static energy, you may make it Dynamically effective in accordance with your conscious desire.

The predominant mental attitude produces corresponding results. The successful man naturally concentrates upon success and in consequence creates reactions which make him more successful. "To him who has will be given." The failure, on the other hand, broods over his "misfortune" and thereby continues to create reactions that produce more failure and thus prolong and aggravate his misery.

That is the law of Subconscious Causation. Berate your misfortune and blame it upon "conditions,"—"the administration," or "injustice" of the world at large, and you will simply bring forth reactions that will make

bad matters worse. You will neither help yourself nor anyone else.

The same law becomes operative whenever you begin to "fight" anyone, or to "reform" in a militant way. The stronger and more determined your thought-process, the more destructive will be the reactions produced by such militant, fighting attitude. The impression made upon the general, or mass-thought will be a destructive one. The public opinion thus formed would be for war and violence instead of constructive activity.

It is true that "public opinion" is a product of a comparatively few thinkers who are utilizing it to their own advantage from a very narrow stand-point. But violence, agitation or militant "reforms" will be unavailing and will not produce any desirable change in the prevailing "system."—42.

The remedy is an individual one. As you have learned, it is the comparatively simple matter of individual re-education of the Subconscious Mind on constructive lines. You can find, if you look around, examples,

products of both methods of thinking in your own town or community. Among the nationally famous object-lessons of the constructive method, Ford and Edison are perhaps the most conspicuous. The first named has built up a national industry, giving profitable employment to thousands. Edison, while he has made several millionaires, has created labor-saving, comfort, ease and pleasure-giving appliances, used by the multitudes throughout the world. He has done more to promote the use of Electricity than any other one individual.—43.

Debs is one of the most conspicuous examples on the side of the destructive method of thinking. His sincerity of purpose and unselfish devotion to humanity cannot be questioned; but his militant attitude—his method of procedure—has caused him no end of trouble and impaired his usefulness, has caused personal hardship and the humiliation and suffering of long incarceration. It has been a contributory cause of discrediting the work and purpose he represents. In short, it has done more

harm than good because it has been the method of combat, the method of strife. You have learned that the Subconsciousness gives back in material results exactly and in proper proportion whatever may be put into it in the form of positive, conscious thought. You can readily understand the reason why the result will invariably be like its cause in nature and quality. It cannot be otherwise.

If you want a life of combat, of strife, of fight, you now know the way you may get just what you want. You may desire that kind of a life. But if you do, don't be disappointed with the results of the contributory reactions of same, which are sure to manifest for you in the form of disease and inharmonious conditions in general. You cannot reap wheat where you have sown tares. The law—that fixed principle in nature which controls Subconscious Reaction—is not a respecter of persons and does not, cannot, discriminate.

On the other hand, if you would be of real, constructive benefit to others and, at

the same time, create constructive harmonious conditions in your own life, you may cause the Omnipotence, which is reached through the Subconsciousness, to react these conditions for yourself and everyone else.

There exists a semi-organized and quite numerous class of constructive thinkers who for a number of years have concentrated and affirmed universal peace. When this movement was first inaugurated, it brought mostly jeers and ridicule from the press. Now universal peace is in the air and hardly anyone ridicules the idea!

If you want light, do not fight darkness, but work for light.

Having learned to control and to concentrate your Conscious thinking processes, you will cause the Subconsciousness to react accordingly. The improvement in your own individual conditions, in every department of your life, will soon be a marked one. Others will be benefited through you. People, who were considered hide-bound thinkers of petrified errors of the ages, will

be indicating through various expressions of their ideas that after all they have absorbed something of the Subconscious Reactions caused by yourself and others who have consciously and dynamically acted upon the Static forces of the Subconsciousness.

You must realize that all Mind is one Mind, and that your harmonious, constructive thought has accomplished something of real value. While keeping your own counsel, you have used no agitation, no verbal violence or biting irony, no irrefutable logic. You have not harangued the prevailing injustice nor advocated to "down" anyone or anything. You have fought nobody but have merely put your own mental household in order and have let your own light shine.

The constructive value of secrecy is intuitively recognized by all successful men. If you want to make a sure failure of anything you might desire to undertake, all you need to do is to publish your plans broadcast; explain your aims to anyone

who will listen to you. This will be particularly true if your plan, or purpose, includes something out of the ordinary—something not expected from one in your circumstances.

Let us suppose that an ordinary clerk should promiscuously announce to all who would listen that he expected to become the next manager of the business he is employed in; or a humble, plain stenographer go about telling to everybody that she aspires to wed the dashing Vice-President of the Company. You may readily figure out what would happen from a purely material way of reasoning. From a mental standpoint the combination of thought-currents would consist of disbelief and ridicule, and would make a corresponding impression upon the Subconsciousness. The reactions produced would become a serious barrier to the successful execution of the plans involved.

During your concentration periods, besides and in addition to your regular concentration upon and visualization of your

specific purpose, meditate upon the all important fact that all Mind is one Mind and that the Subconscious Mind in you is the Subconscious Mind in all; that any thinking process which benefits you must be of benefit to all; that you are giving out in Conscious thought that earnest desire which will cause the Subconsciousness to react peace, harmony, happiness and prosperity for yourself and for everyone else.

Such a procedure will in time attune you with all the constructive forces in the realms of the Subconsciousness. As a result your general mental attitude will become more and more serene and confident of the material results desired, which will eventually but surely come in a perfectly natural and harmonious sequence.—44.

By this simple process you are also doing your share with other constructive thinkers in causing universally constructive reactions. The awakening effects of the efforts of a comparatively small number of thinkers are perceptible everywhere. Progress, humanitarianism and mental free-

dom are in the very air we breathe, and the time is not far off when the new and glorious civilization which is being held as an ideal by many will become an actual, dazzlingly glorious reality for all.

Preliminary Remarks, Part Six

If you have pursued the study of this System with due care and diligence, you cannot escape the inevitable conclusion that you—the real YOU—are indivisibly connected with all the wealth and the sources of wealth in existence or out of existence. If you have had trouble in the past to demonstrate or to externalize this fundamental fact in your everyday experience, the fault—if it be a fault—has been with your ignorance of this fundamental law, or else you have not properly applied the principles of the law involved.—45.

The natural laws and mechanical principles involved in successful aeronautics were the same ten thousand years ago; they were always the same; they will never change. While we cannot change these

laws, it is our privilege to learn to know the laws governing some of the most intimately essential affairs of our lives. This, as you have learned, is best accomplished through Subconscious Reaction.

If you are in want, it is because the poverty idea of your past thought-processes has caused the Subconsciousness to react accordingly. This may have become an entirely habitual mental process and as such seems difficult to overcome. According to some letters received by the author, despite their perfect intellectual understanding of this System, the writers are still complaining about not being able to "afford" this, that, or the other thing. Let me ask you in all earnestness, **how can anyone ever expect to be able to "afford" the things wanted if the entire habitual conscious thought-process is one of lack and self-limitation?** Please bear in mind that nowhere in Nature is there any lack of anything, and that man's mind, through the methods of procedure given herein and explained, has compelled Nature to give up

her secrets for the use of mankind through those who have first given in conscious thought and then made a demand in the proper way. You will find that, briefly put, the secret of acquirement of wealth is to **give first**. As you give, so will you receive, only in a larger measure. If you give out to the Subconsciousness penurious thoughts of abject poverty, the reaction will bring you corresponding conditions in a magnified way. On the other hand, if your habitual thought-processes are of wealth, of opulence, of all the good things and conditions your Conscious Mind is able to conceive, your Imagination able to picture and your Will able to demand, these things and conditions will eventually materialize in your life.

ORIGINAL TEXT, PART SIX

The object, or purpose of everyone, the goal which every individual is striving to reach, is happiness. While the specific requirements of that desired state vary with nearly every person, some of the essentials are alike.

Hardly anyone can conceive a state or condition worthy to be called happy without including health and love. The latter includes friendship and appreciation, prestige and honor; in fact, is a broad term which has a somewhat different meaning with every individual. In addition to these, wealth is a third essential. Wealth is also a broad term. What one individual may consider vast wealth, another may not. In other words, a satisfactory supply of this world's goods, of the necessities and luxuries of life, depends upon the individual's point of view, and we are justified in considering wealth a flexible term. In addition to the three essentials named, viz. health, love and wealth, there is a fourth, which frequently includes all the others.

To the individual who has found the work in life which is satisfactory to him and which he can do with a purpose, his occupation frequently brings him all the other essentials, including wealth and its symbol, money.

Money is not real wealth, but only a symbol, a standard of value and medium of exchange. Yet, it seems to many as the only thing worth-while and stands for success, and is regarded as one of the main requisites of happiness by immature minds. It is an essential of the present civilization and it is right, proper and necessary that we should make earnest efforts in devising ways and means for making money.

To give value for money is the first requisite of money-making. The day laborer does that. The Captain of Industry does it also; but in a larger measure. The difference in the method determines the difference in results. The results achieved by the thinker always exceed those realized by the mere manual worker. The basis of both methods is service. The real secret of

money-making is in the value of the service we are able to render. Nobody has ever made any money for himself without having been of service to others. He has, directly or indirectly, also made money for others. He has rendered more or less valuable service and has demanded and received his compensation for such service.

The first requisite for money-making is service. The next is compensation for such service, which brings us to the most important feature, the DEMAND of the said compensation for the service you are rendering to individuals, business or other organizations, or to humanity as a whole.

To make this demand properly, as a reward or compensation for services and in accordance with the laws governing the Subconscious Mind, is a comparatively simple matter; yet, it is the real secret of money-making.

Such a demand is made upon the Subconsciousness and the Subconsciousness reacts accordingly, until the Conscious Mind becomes fully convinced with the idea that the

service you are rendering is worth the compensation you are demanding for it. The Conscious Mind becomes more and more convinced as the process is continued. As you have learned, continued Subconscious reaction enhances the power of the Conscious Mind to produce greater and more powerful reaction from the Subconsciousness. The result will be what is termed the "Money Consciousness" by some psychologists who do not seem to understand the real reason for same, or to have an explanation as to how it is created or brought about.

You, no doubt, personally know of one or more physicians, lawyers, mechanics, farmers, business men, etc., of exceptional ability who sell the services rendered for a pittance. While able and competent to render services worthy of adequate compensation, these are lacking what is known as the "Money Consciousness." Because, having impressed the Subconscious Mind so thoroughly with the poverty consciousness, the reactions are of continued lack, limita-

tion and failure financially. Such people frequently do the work and furnish the ability for others who know how to capitalize and utilize such ability to their own advantage and profit. Nearly every large law firm, business or financial institution has among the employees one or more of such men of real, genuine ability, who because, lacking the "Money Consciousness," are working for a pittance and frequently under a constant fear of possible loss of employment or of some other calamity. **These people have educated the Subconscious Mind to give service only, having entirely neglected to also convey to the Subconsciousness the important truth that their labor, or service, must bring adequate compensation in the form of sufficient material or financial returns, and that they are entitled to such returns.**

The poverty consciousness is really a product of fear. To get rid of fear is the first step towards its elimination; the next step is the cultivation of the "Wealth Consciousness" by impressing the Subconscious

Mind with the fundamental truth of your unity with all the sources of wealth; that the service you render is worth the compensation you are asking for it; that you are entitled to it by virtue of natural law. **Affirm and visualize that you have it, and you will have it through the established channels and for service rendered.**

You have learned that the main secret of financial success is service. You also have learned how to go into the innermost silence of your being and cause reactions which will reveal to you your life-work, the work in which you are able to render the greatest service. In the same way you must enter and impress the Subconsciousness to enable you to realize proper material and financial returns for your service. **In other words you must endeavor to get into a conscious realization of being entitled to everything your nature demands for your happiness and well-being.**

In making this demand upon the Subconsciousness, you must not lose sight of the fundamental Truth of your Being, that

Abundance is an ever present fact in Nature; that Nature is lavishly generous in reproducing, frequently a hundred thousand fold of a germ or seed planted; that this world, with all there is in it, is a wonderfully fertile provider and a lavish source of every conceivable necessity, comfort and luxury which man's mind is able to conceive; that YOU, the thinker, are subconsciously connected with it all; that you are able to make conscious and deliberate demand upon the Subconsciousness, and that your demands are complied with, because the innermost YOU, the "I AM" within you, is one with the Positive Principle of the Creative Force in Nature. This is the Universal Dynamic Principle of which your individuality, the "I AM," is a part. But unless you consciously realize this oneness, with the great and Ultimate Source of all things, you cannot fully and effectively impress the serving principle of the Subconsciousness with this all-important Truth. Therefore, do not rest until your consciousness has become fully and completely con-

vinced of this vital Fact. Then you can pass it on to the Subconsciousness with all the backing of the Will and the Emotional Nature; results then are certain and speedy; then you are truly and constructively a Master of your circumstances—a Monarch of all you survey.

It is comparatively easy to intellectually grasp this all-important Truth. But it must be made a part of your very life; this eternal fact must enter into all your human relations, and the more you are able to consciously realize this Truth, the more readily you can impress the Subconsciousness and the better service you can render and the greater will be your reward.

If you have been faithful to the application of these truths, as unfolded in the preceding parts of this system, you know that concentrated, interested attention intensified by emotion is the key to every human achievement. If properly applied, such concentration will bring forth from the Subconscious Realms everything your Conscious Mind may conceive, as it has

brought forth all that the present civilization represents.

The nozzle of your garden hose will give you a practical demonstration of concentration much better than I could by writing a book on it. Observe, think, but do not postpone action in the form of a deliberate, conscious mental effort which is certain to cause desirable reaction and eventually bring the ideas which should be formed into an ideal—a mental picture or pattern for the condition desired.

Every mental or metaphysical system is successful only to the extent it succeeds in impressing and awakening the Subconsciousness to react constructively. Every material remedy, every system of physical exercise, every effort in dieting, every method of massage or process of mechanical manipulation gets its results through Subconscious Reaction.

It is not my intention to disclaim or disprove mechanical or chemical action or reaction of the many and various mechanical and medicinal remedies employed, any more

than I would disprove the beneficial or harmful effects of the proper and improper foods and beverages. You have learned that all matter is composed of units moving in certain vibratory combinations, that all matter is in fact a mode of motion, and, if brought in contact with other and more delicate rates of vibration, as for instance these of the human system, it is bound to affect same, either constructively or destructively, unless its vibratory action is controlled or neutralized by the higher and more potent action of the Mind, or its various Subconscious Reactions.—46.

If you feel convinced that a certain remedy, or some definite diet reform will be beneficial to you, by all means use or adopt it. Likewise avoid eating or drinking things, the harmfulness of which you have fully convinced the Subconsciousness.

Your Conscious Mind is satisfied that you cannot live on a diet of sawdust, for instance; or on bread made of starch alone. Likewise, you know that a certain amount of physical exercise will enhance the ef-

iciency of your body. You realize, if you but reflect, that, unless you use a mental faculty it is bound to deteriorate, and unless you use a muscular combination, it likewise becomes flabby and loses its efficiency. Just carry your arm in a sling for a few weeks and notice how difficult it will be to use it again in a baseball game, for instance.

There is no standing still anywhere in organic nature. Life is activity; is progress; is growth. This is true in both physical and mental realms. Wherever the growth stops, disintegration and death begin.

Your Conscious Mind is the deciding factor always. Your reason decides and your Will impresses the decision upon the Subconsciousness. Such a decision is dynamic in quality, and acts upon the static forces of the Subconsciousness; the reaction is dynamically efficient and will materialize in your life according to its quality and power.

In your efforts to help others subconsciously, **you have only to convince yourself**

of your connection with the omnipotence of the universal mind. Then, by simply thinking of those whom you desire to help, and by visualizing them as perfect, you will accomplish your object. The most difficult thing for you to grasp is the all-important fact that, when you have fully convinced yourself of a truth, you also have conveyed this conviction to those whom you are desiring to help. If you have carefully followed this Course, you know the reason why.

If you aspire to any form of commercial or financial success on constructive lines, it is absolutely necessary that you maintain harmonious relations with your fellow-men and women. In realizing new truths and becoming convinced of the erroneous mental aspect of life in general as held by others, some of whom may be near and dear to you, you might become inspired with a desire to "convert" or reform them. While such a desire is as natural as well as a laudable one, do not make a mistake in employing the wrong method. Review Part Five; it

shows you the only right way of genuinely and constructively helping your fellow men, whose friendship and good-will it is necessary for you to cultivate and to maintain. Remember always, that friends are made through helpfulness; through service; through fair dealing; through honorable business methods. But the most important element in obtaining and retaining the good-will, friendship and kindness of all with whom you may come in contact is appreciation. One needs not practice hypocrisy, or resort to flattery in showing or claiming appreciation of someone who may not possess many qualities which can be admired or appreciated. But every person, no matter how defective in character, disposition or conduct, has one or more qualities that really merit appreciation, or that he, or she, as the case may be, is proud of. It behooves you then to discover these laudable qualities and to appreciate them; to praise them; to refer to them when talking about your friend, or your enemy, as the case may be. Ignore all the unlovely

and undesirable characteristics; never mention them; never even think of them. By such a method or procedure you are not only impressing the Subconsciousness and causing reactions which are favorable to all concerned, but you are also causing a reciprocal response, a friendly feeling, from the person involved. Try it on your enemy, if you have one and note results.

Remember your Subconscious Unity with all people and all things and cultivate a feeling of broad charity; a sense of appreciation of the good, ignoring the bad; a tolerant attitude towards the failings of others; a feeling of admiration for their good, admirable and lovable qualities.

The reactions thus produced will favorably affect your own character and conduct and will have a desirable, constructive effect upon all with whom you may come in contact in this great, interesting and unavoidable game called Life.

During your concentration exercise for the next two weeks, in addition to your regular problems, concentrate a few min-

utes on friendships. Cultivate a feeling of good-will to all by affirming it, even towards those with whom you might have had differences.

Having given consideration to this part of the course for the required fourteen days, please proceed with the subsequent and final part of the course of study and training. The seventh part should be of particular interest and usefulness because its practical features have developed during the years since the original text of the first six parts was written. This final part was originally intended to be covered through personal correspondence with students, but the similarity of individual problems of many earnest students and their solution through personal letters gradually crystallized into instructions as they now appear in the following part.

PART SEVEN

It was my intention when I first inaugurated this work, to give the students final instructions through a personal letter. In order to make this letter applicable, a questionnaire was provided with the sixth part. The students' replies then showed whatever necessity existed for further instruction, explanation or advice. This method is still pursued with my personal pupils, even though this seventh part and the Elucidatory Extensions have made further elucidations unnecessary. In this book I have endeavored to make every part so complete and explicitly instructive that a careful student will need nothing else in the way of further explanations or advice. The clear and logical way I have endeavored to present this subject is bringing much favorable comment. While I have published extracts from several hundred of these letters, there is still a trunkful of them intact and additional testimony is being received daily, which clearly shows that this work indeed fills a long-felt need, particularly if the fact

is taken into consideration that the majority of the writers of these letters are seasoned students of matters mental, psychological or metaphysical.

Food, drink, physical exercise, etc., have not been considered in the preceding parts of this Course. If you have faithfully observed the application of mental methods, you have impressed the Subconsciousness to produce whatever results you had in view. Let us suppose that one of your aims has been to gain weight, to put on flesh, or else to reduce. If you have visualized yourself growing in weight, if you have affirmed and idealized such an increase in weight, the Subconsciousness has no doubt responded favorably and you are improving in that respect. A reduction in weight is effected in accordance with the same principle.

But, by analyzing your appetites and cravings for food, etc., in a comparative way, you will find that your desire for certain foods has increased while a liking which you may formerly have had for some

other food substances has disappeared. This is the result of true Subconscious Reaction. It is only taking place when the Subconscious Mind has been sufficiently re-educated by some one or all of the available methods which you have learned in the preceding parts of this Course.

It must be remembered that every physical function in its minutest details from the formation, function and office of every cell until its dissolution, is under the absolute control of the Subconscious Mind. If not interfered with, the predominating impulse is carried out, and the results are in accordance with it. If that impulse or impression provides health and strength, no interference is necessary. But, alas, in the majority psychology, which is composed of the collective impressions of those around us, there is so little that makes for either health, strength, harmony or happiness. Most people appear to look only for disease and trouble and are impressing the Subconsciousness accordingly. In consequence we have perverted habits and modes of life not

only from the standpoint of eating, but from every other standpoint and in all human relations.

The physicalist is inclined to put the cart before the horse by blaming these disastrous effects upon the many and various physical causes, not realizing that these causes themselves are really only effects—the effects of unfavorable reactions caused by erroneous methods of thinking, which in turn have miseducated the Subconsciousness to react unfavorably.

The surest, quickest, most positive and most permanent remedy consists in proper and constructive mental action. You have learned how this is accomplished.

It is true that the Subconsciousness may be, and frequently is, impressed indirectly. Every school of medicine, of healing or treating diseased conditions, every physician, practitioner or healer, is either consciously or unconsciously making use of some indirect method of re-educating the Subconscious Mind. Generally speaking, the majority of such re-educational methods

only reach the outer phases of the Subconsciousness, which is termed the Subjective Mind. The Homeopathic system of medicine is perhaps the most pronouncedly successful method of indirectly impressing the Subconsciousness for health. Many of the manipulative, physiological and dietetic cures, exercise methods, etc., are also in the same class.

But is there a right and wrong diet, etc.? Of course there is! Some perfectly wholesome foods are poisons to some people while others fairly thrive on them. Can you not see now why such is the case?

The Subconsciousness, if impressed for health, youthfulness, strength, vigor and beauty, will respond accordingly; but not contrary to any physical, physiological or chemical law. Food, air and water furnish the materials; the Mind—Subconscious Mind—being One with the Infinite Source—does the work wisely and well, BUT IN EXACT ACCORDANCE WITH THE EDUCATION AND IMPRESSIONS RECEIVED.

If you have made these impressions with desirable results in view, you will realize the error of your way as to diet, exercise, etc. But realizing such error and not acting upon it will only make bad matters worse. You often hear people remark; "Oh, I know I should not eat this or that, so much or so often, but I can't help it; I know that is what made me sick." Of course it is! You can readily see how the same mental state, plus the food, wrong in quality or in excessive quantities, will act as a double jinx; later the doctor and the druggist may do the rest; result—the funeral march.

Some of my correspondents, students of and believers in Astrology, have informed me that the published astrological dope in newspapers is always right. The favorable "aspects" are invariably so, and the "unfavorable" ones never fail.

Those who have really APPLIED the principles upon which this system stands, like upon the Rock of Gibraltar—or the Rock of Ages—know, realize and are sure of the fundamental fact that "as man believeth

in his heart so is he,” and so will it “happen” to him. I know a few perfectly intelligent men who are carrying “the left hind foot of a rabbit, killed during the full of the moon in a cemetery”—for “good luck” (can you beat it?) **BUT IT WORKS!!!**

Some have asked whether I believe it possible to prolong life indefinitely, or as some have expressed it—“to live forever.” It doesn’t matter, what I believe. It doesn’t make a particle of difference to you. **THAT WHICH YOU BELIEVE IS WHAT COUNTS. BUT YOU MUST REALLY BELIEVE IT FIRMLY; YOU MUST HAVE FAITH.** Faith is a mental quality and may be cultivated, developed and increased until it becomes strong enough to move mountains.

The human race, as far as sickness, death and dissolution are concerned is a race of victims of miseducation of the Subconsciousness. Not a single psychological, physiological or chemical reason exists that would prevent the prolongation of life indefinitely. If you can muster the faith and ambition to

get away from the idea of “growing old gracefully”—which really means disgracefully, **THERE IS NOTHING TO PREVENT YOU OR KEEP YOU FROM PROLONGING YOUR LIFE INDEFINITELY.** You may accomplish this only by impressing the Subconsciousness to do the work for you in accordance with your ideas instead of the prevailing mass-impression of three score and ten years as a possible maximum.

But what about calcareous, acid and other mineral deposits in the system?

If you really and earnestly aspire to a process of rejuvenation, and will re-educate the Subconscious Mind accordingly, you will get rid of these undesirable deposits. Subconscious reaction will cause you to adopt the proper physical regime as a part of the means employed. “But”, said one dear soul, “Dr. Buncombe advised me to live on orange juice and olive oil in order to correct hardening of the arteries and it made me sick.” Any advice that comes from the omniscient realms of the Subconscious does

not produce any such effects. You will be convinced first of all that the idea is sound, because it cannot be otherwise, coming as it does from the fountain head of all knowledge, all wisdom, all power. You will know what to do and how to do it. If your diet and mode of living have been erroneous, **AND YOU KNOW IT, AND REALIZE IT, THEN MAKE A CHANGE IN ACCORDANCE WITH YOUR KNOWLEDGE.**

The same principle applies to physical exercise. If your work is of a mental or sedentary nature, a certain amount of physical exercise is absolutely essential for your health, happiness and well-being. But do not allow yourself to be misled by those who insist that heavy, bulging muscles, etc., are essential requirements of physical health. Unless you desire to qualify as a freight handler or intend to engage in pitching hay, beware of the bulging muscular theory. Remember always that use must determine every physical as well as mental quality. Why waste time, energy

and effort on something that you have no use for?

Man, as he is today, is a mental being. His physical frame is only an incidental but necessary adjunct to his mental equipment. Keep it healthy, vigorous, youthful, as an instrument and servant of the mind.

The Sex Question is also an open question with many, despite volumes upon volumes of alleged "instructions." Some of these would-be instructors take the absurdly extreme stand that this vitally important function is all wrong and should be suppressed. That is an old theory which has shown no constructive results in practice. The other extreme is likewise disastrous to those who adopt its practice and also to their progeny. Its true solution like the solution of every other problem, comes through Subconscious Reaction.

Business problems are solved and all possible complications adjusted in the same way. If you have impressed the Subconsciousness with the intention and view of solving some specific problem for you, and

will consciously continue to fret and worry, or to quarrel and fuss about it, you are not getting anywhere. Be still; quit worrying; make no further fuss; you will find a solution. The Omniscient Omnipotence of the Universe, to which you are linked through the Subconscious Mind, will find a solution which may not be in accordance with any preconceived idea you may have had, but it will be the true solution.

The above will explain the much-misunderstood law of non-resistance, which is also a law of non-interference with the actions of others, through the use of physical force, coercion or a domineering will. You will find people more ready to respond to kindness than to domineering force. Besides every kind thought, act and impulse react favorably upon yourself and your own affairs. The most benign and the most powerful force in the Universe is Love. It is a constructive force and its expressions, phases and degrees are many and varied. The sex love of immature humanity, even though much misunderstood, mis-

applied and abused, has been the greatest civilizing force of the human race. All art, all literature and drama are based upon its ordinary phases; it plays a tremendous role in human affairs. Despite its mistakes it will eventually lead humanity to other finer and more profound phases of Love—of that Universal Love which “surpasseth all understanding.”

HOW TO PROCEED FOR DEFINITE RESULTS

Co-ordination of the several mental processes in which you have been trained is essential, if practical, tangible, definite results are sought. Affirmation, properly applied, will train you in such co-ordination.

If you have really followed the practices and aimed to live the philosophy of this system of training, you will have no difficulty now in making your practical application effective for the accomplishment of any desired purpose. In establishing your purpose, please do not limit yourself but make that purpose as grand, as noble and as perfect as your Conscious Mind is able to accept. Please remember that **the more perfectly you are able to EXPECT that which you desire to materialize the sooner it will materialize provided that you will pursue the course here outlined.** This course is, and must necessarily be, a mental one. It does not preclude physical action, but encourages it, particularly when such action

is in response to impulses from the realms of the Subconscious clearly impressed upon the Conscious Mind. The so-called "hunch" is such an impression even though mild and rudimentary. The properly re-educated Subconsciousness produces reactions which may be called inspirations. When one of these inspirational ideas comes to you, you will instantly know and recognize it, **AND ACT UPON IT.**

To act, as some well-meaning psychologists advocate, just for the sake of action, is foolish and in line with the old and exploded theory of "early to bed and early to rise" and other old "saws" framed by pseudo-philosophers to salve the feelings of slaves.

Action, in order to be effective, must be on proper lines of conduct, or, in other words, must be **the right action in accordance with your purpose.**

Therefore, as I have repeatedly and persistently advised, preached and implored, **please first of all affirm that YOU KNOW the proper way—the right course of action.**

This may seem silly to you unless you have really mastered the preceding text of your course of study. If you affirm: "I - know - the - proper - steps - to - take - in - order to - accomplish - my - purpose," you are referring to the Super-self by the "I" which self, by virtue of its unity with the Universal Mind, is in touch with all knowledge, all wisdom, all power—in short—all resources of the Spirit of Life which would be my conception of God.

But, supposing you are purposeless, like a jellyfish is spineless, what then? Why, simply affirm that "I - have - a - purpose - in - life - and - know - what - it - is," and it will be revealed to you by that inner intelligence.

Having established an aim, affirm that you are active in your life-work. The co-ordination of the mental processes which you have learned—and practiced—will make it impossible for you to affirm without also bringing your affirmation into life. You cannot, for instance, affirm that "I - have - a - long - handled - shovel" without

visualizing such a shovel and instantly you become active, in imagination, with the implement affirmed. And, if you persist in your affirmation, you will eventually, but surely, find yourself working with a long-handled muck-stick!

If you should switch from one ambition and begin to desire, affirm and visualize something else entirely different, the Subconsciousness will need time to reconstruct the entire scheme of things. There will be a lot of wasted materials and you have accomplished nothing besides the mental exercise.

That very condition is the trouble with most people. They want one thing today and something else tomorrow. We can now readily see why a person of changeable, or erratic, tendencies or ambitions is and always will be doomed to failure. No matter how brilliant such a person may be, no matter how clever, or how able, this tendency to changeableness, unless corrected, will always prove a cause of failure and disappointment.

It is said of Flagler, the Florida railroad king, that he possessed the ability to visualize in such perfect co-ordination that he not only mentally "saw" the rails, shops, buildings, engines, trains, etc., but that he also "heard" the sounds and noises incidental to the railroad activities visualized, desired and affirmed. There is no doubt but that his desire was intense and emotionally strong. Such perfection in visualization, of course, is not acquired through brief daily practice and in a few weeks any more than the proficiency of piano virtuoso, for instance, is acquired by such brief or perfunctory practice. This art, or knack, of visualizing co-ordinately comes to a gradual growth, brought about by persistent application. You will find the use of an "affirmation" of great aid in the development of both the ability to concentrate and to visualize as well. Visualization and concentration are identical, one being an aid to the other; visualization being the concrete in concentration and this ability, when once acquired, will become the quick-

est and most direct means of materializing every object or purpose in life. Just verify the truth of the above statement by first trying to concentrate upon something abstract, say "goodness" or "beauty." A most difficult task. But, by concentrating upon a "good sandwich", for instance, or a "beautiful woman", you will at once and without effort form a mental picture of your favorite sandwich or your idea of a beautiful woman. Your favorite sandwich may not be the kind visualized by someone else, and the mental picture is sure to vary in case of the beautiful woman.

Let me try to illustrate by some conspicuous examples. One of my lady students expressed a desire to obtain employment in the country where she and her mother could enjoy life. She was then a stenographer and considered herself past the marrying age. By analyzing her case I decided she really wanted to marry someone living on a farm, but that feature of her desire was not given full outlet because of her belief that she was past that age and

for the added reason that her aged mother was somewhat difficult to live with. However, I induced her to adopt an affirmation which included activity in exactly such surroundings as she desired and also included harmonious family relationship between her husband and her mother. Then I directed her to use the mental processes learned co-ordinately, or, in other words, mentally, or rather imaginatively, living under the conditions affirmed, over and over again and again each and every time she so affirmed. She affirmed and visualized herself active among little chicks, blossoming fruit trees, shrubbery, etc., with an attentive husband, a Ford car, and her mother perfectly happy. She made her mental process so intense that she actually "smelled" the blossoms and "heard" the peeping noise of the chicks. She used this process immediately after retiring at night and the first thing in the morning. This, of course, is important.

Within about six weeks from the time she commenced she was introduced, at her

church, to the man who later became her husband. Within six months she had the little chicks and in three months more there were the blossoming trees, etc. The man she married had two little boys whom her mother readily adopted and became very fond of. Love begets love. Consequently the boys responded and the entire little family is perfectly contented with the situation as it is.

During my military career I knew a lanky, raw-boned recruit in the United States Army. The paramount desire of his life was to become a Colonel. I was probably the only person to whom he confided his ambition. Had he announced to his comrades his intention of becoming a military leader, ridicule would have been his lot. However, that man is now, and has been for many years, a prominent officer with high rank in the regular army of the United States.

Another, and similar illustration, is the case of a man now high up in the banking world. When he was a messenger-boy in a

bank, earning a salary of only \$50.00 per month, he began to live mentally in the desired position of authority and power. In the meantime, while attending strictly to his routine duties, he studied and prepared himself for the exalted position he was holding in imagination. Naturally the promotions and honors arrived in due season.

The Subconsciousness may be compared with a pond of water with several inlets and one outlet. Let us assume that all kinds of liquids, including sewerage, have been allowed to flow in. Then, after a realization of the true state of affairs, when the inflow from the various sources of undesirable fluids has been stopped and only the inflow of pure water left open, it would take some time for the inflowing stream of pure water to fill the pond, eliminating all the impure liquids. It will do it, however, if given time. But it will not if the taps or inlets of impure liquids are re-opened. The illustration is crude to be sure; but I trust you will get the drift of it, and observe the principle.

The same comparison illustrates the mental activity of some students. If the first enthusiasm and continued application of the thinking power effects a corresponding improvement, such improvement cannot continue unless the desirable thought-processes are also continued. If the clear waters of constructive thinking are shut off or adulterated with the miscellaneous inflow of destructive or negative mental activity, the results are bound to vary accordingly. The Subconsciousness responds to all impressions at all times and cannot ignore any of them nor discriminate between the thought-processes of health and disease, prosperity and poverty, harmony and discord, happiness and misery.

When one has fully succeeded in establishing the habit of thinking constructively at all times then he may feel like John Burroughs so beautifully expresses it in a poem entitled "Waiting."

Serene, I fold my hands and wait,
Nor care for wind, nor tide, nor sea;
I rave no more 'gainst Time or Fate,
For lo! my own shall come to me.

I stay my haste, I make delays,
For what avails this eager pace?
I stand amid the eternal ways,
And what is mine shall know my face.

Asleep, awake, by night or day,
The friends I seek are seeking me;
No wind can drive my bark astray,
Nor change the tide of destiny.

What matters if I stand alone?
I wait with joy the coming years;
My heart shall reap where it has sown,
And garner up its fruit of tears.

The waters know their own, and draw
The brook that springs in yonder heights;
So flows the good with equal law
Unto the soul of pure delights.

The stars come nightly to the sky;
The tidal wave comes to the sea;
Nor time, nor space, nor deep, nor high,
Can keep my own away from me.

Burroughs, like every real poet, is expressing fundamental truths in Nature—psychological facts—spontaneously. The heart shall reap—is reaping, indeed—what it has sown, but the harvest will not be the fruit of tears if the sowing has been in the form of constructive thinking processes, or, in other words, if the thought-life consists, and has consisted, of thoughts representing desirable things, conditions, circumstances and environment, the serving principle of the Subconsciousness has been re-educated to bring forth desirable fruit only. But the ultimate object and purpose of all mental development, of all self-culture, yes, even of each of those comparatively brief spans of existence in this physical world is **TO GAIN A CONSCIOUSNESS OF UNITY WITH THE SOURCE OF ALL THINGS**, which, in this course of study, is

termed the Universal Mind or Spirit of Life.

We are connected with the Universal Mind; we always were; we always will be. "In Him we live, move and have our being." As you have learned, or will learn if you review the preceding parts with that end in view, the connection is made through the Subconscious Mind. Your Ego, although an indivisible part of the positive, or deciding, principle of the Universal Mind, the creator of all, may not be conscious of this unity. In the higher species of the animal kingdom, or rather the lower species of mankind, we find a very narrowly selfish Ego, an Ego at war with other individuals. The higher the individual develops on the scale of evolution the more he partakes of that Consciousness of Unity with other individuals and their original source, until in some of the most highly developed human species this consciousness becomes paramount. Then the individual, like the most perfectly evolved man we have any record or knowledge of, may state with the as-

surance of realization: "I and the Father are one," and "He is in me and I in Him."

Nearly everyone who has aspired to mental development on lines of Universal Service and Usefulness to mankind, has experienced flashes, and even periods, of such unity with the Universal Source. Such indescribable moments, when once experienced, are never forgotten. **MAY YOU ALSO ACHIEVE THAT GLORIOUS REALIZATION!**

I would strongly suggest that you make a practice of occasionally reviewing this as well as the preceding parts of this course of study, particularly when in need of advice or guidance. The beneficial effects of such a procedure will more than repay you for time thus spent.

CO-OPERATIVE MENTAL WORK OF THE RESUMIN CLUB

(Note: Resumin is a word coined from the title of this work and stands for Re-Education of the Subconscious Mind.)

I would suggest that you participate in this co-operative mental work of the Resumin Club every Friday evening between seven and eight o'clock, Pacific Time. Use your customary concentration room and chair, or lie down for the purpose, and relax as completely as possible. Affirm that your relaxation is complete and perfect and that you are ready to receive strength, power, knowledge, wisdom and help for every purpose from the realms of the Higher Self, which are the realms of the Universal Spirit of Life. We are One with it and **OUR PURPOSE IS TO REALIZE THIS UNITY.**

After a few minutes of this perfect relaxation please **BREATHE FROM THE HEART.** Next carry your breath to the center of the chest cavity and breathe from it; then to the Liver, the Solar Plexus, the

Spleen and the physical Sex Centers, coming back through the Spine, the Pineal Gland, the Thyroid Gland adjoining the Adam's apple, and the Heart to the center in the chest cavity.

This breathing from the centers referred to should be conducted without any strain and with hardly any conscious effort. This is possible if you have made ordinary deep breathing habitual. Mentally do not try to visualize these centers or organs as such but rather make a mental picture which in each case should resemble a light fountain-like center or nucleus of the size of a walnut but radiating from within outward.

After some time of this procedure affirm:
"I - AM - NOW - REALIZING - HARMONY - IN - ALL - DEPARTMENTS - OF MY - LIFE - AND - FOR - ALL - WHO - ARE - NOW - CO-OPERATING - WITH - ME - AND - FOR - THOSE - WHOM - I - WANT - TO - HELP." (Mention the names of these.)

Please understand that "Harmony" in this sense includes health, harmonious sur-

roundings, prosperity, pleasant relations with members of your family and associates, the harmonious development of your talents and ability—in fact the term “Harmony” in this instance is intended to include everything desirable in life and—if used in such a sense—it becomes to us a constructive Magic Word of deep meaning and great power. Again relax and remain in this restful condition until the end of the period.

This particular procedure in its entirety should not be undertaken at any time excepting Friday evenings, seven to eight, Pacific time, even though the practices connected therewith may be rehearsed at any time and used for vitalizing the body, etc.

Your individual experiences after several months of this procedure should be described in form of a letter which will aid the author in preparing further instructions to those who are ready to receive them. To those who are actively interested in this feature of mental co-operation further communications will be sent from time to time.

Expressions of personal experiences with this System are frequently helpful to others. While I never publish confidential letters from students, I am always glad to circulate copies of such letters if written for the purpose of helping and encouraging others.

You have gained a realization of the value of this work and its eventual importance upon human affairs. The deeper you think, the more you will be convinced that Re-Education of the Subconsciousness is the only true solution of every human problem. Therefore your help, your encouragement, your moral support are solicited. **Let us pass it on!**

ELUCIDATORY EXTENSIONS

These extensions are intended to furnish further explanation of the general original text of this course of study. The paragraphs to be explained in the original text are numbered at the close of each paragraph which was found to require further extension or elucidation. The extensions are correspondingly numbered and should be considered by the student as he reads the original text.

ELUCIDATORY EXTENSIONS

PART ONE

1. "As man thinketh in his heart so is he," was realized by the psalmist many centuries ago. This truth has been reiterated by many others and in many ways. Thinking itself would have no immediate or direct bearing upon anything in the way of shaping individual conditions and environment, were it not for the fact that there is a Principle, or Department in the realms of Mind which we will, for the sake of convenience and consistency, call the Serving Principle of the Subconsciousness. This Serving Principle, even though elevated by some psychological writers and worshipped as the Universal Principle, or God, has none of the fundamental qualities of the Positive or Ruling Principle of the Universal Mind. Its office is to execute the orders received—to serve. It does not discriminate, or reason; it merely obeys the dictates of every thought and every impulse from the individual's Conscious Mind. Can you not see in the light of this explanation, why so

many individual lives are out of joint?

2. This paragraph and the one preceding, if carried out to their ultimate conclusion, will gradually but surely reform—transform—the conditions of the individual. The process of transformation is hastened through the other processes herein explained, provided that these ideas are put to work. A prominent psychological writer very truthfully states that “knowledge does not apply itself.” Therefore: no matter how profound your knowledge may be of a fact, no matter how accurately you may be able to express your knowledge, it will remain dormant unless—and until—you make practical use of it through application. It will pay you to apply the knowledge gained through these two paragraphs and you will notice a material improvement in every department of your life within as short a time as seven to twelve months from the time you actually commence to utilize these ideas.

3. It will be well to review right here and now the contents of that little book entitled

“Affirmation,” by this author (Resumin Press, publishers, Fruitvale, Oakland, Calif. Price 30c).

4. In other words, this system of training is re-educating the Subconscious Mind for any desired purpose, provided that the student has a purpose. If he has not, he will learn as he goes along, how he may formulate a purpose so mighty that it will carry everything before it.

5. It would be well to begin here to reflect about life—your life—and its purpose.

6. The sense of determination suggested here will grow and develop into a power of will, of decision, which gradually, but surely, transforms the negative into positive qualities.

7. The American “hurry-up” habit—the habit which is responsible for the prevailing multitude of dyspeptics and nervous wrecks—does not readily yield to the systematic procedure suggested. Experience with personal students has demonstrated that four weeks’ study and application of each part of this course would be much better. How-

ever, good results are achieved even with one week devoted to each part **provided that the student then again begins at the beginning and goes through it all in the same way, three or four times**, and then occasionally reviews the entire text, thoughtfully determining how fully each idea has been understood and how perfectly applied. All padding has been strenuously and consistently avoided in this work, purposely, to make it one of the greatest practical utility possible, even to a person too busy to wade through many padded volumes in order to learn what it is all about.

8. Years before the discovery of the Electron as the indivisible component basis of all creation the slogan of the mentalist—"All is Mind, there is no matter"—expressed with almost exact accuracy a scientific truth which material scientific researches have fully verified and vindicated. An electron is not solid and can therefore not be classed as "matter"; it being an intelligent and well regulated mode of motion—a force in motion—and is

therefore mental in character which again goes to show that exact and accurate scientific knowledge may be revealed directly to the human mind and without that elaborate process of inductive and deductive reasoning, combined by almost endless experiments, through which nearly all the so-called material scientific discoveries have been made. Surely the Universal Mind, the great source of all knowledge may be made to yield according to the capacity of the Individual Mind to receive. This receiving capacity may be developed and increased at will and one of the objects of this work is to furnish ways and means through which the individual may develop it and thereby attach himself to the Great Source of all knowledge, all wisdom, all power and all joy.

It might be of interest to observe here the functioning of Electrons as it occurs in an Atom, which consists of a nucleus corresponding to the central sun, and various electrons moving around it. The Atom has been compared with a solar system. The one difference between the movements of

the electrons in an Atom and the planets of a solar system, according to physical science, is in the nature of the force which operates either.

The solar system is operated by the force of "gravitation," while the Electrons in an Atom are driven around their nucleus by "electricity;" at least, so says science. As a matter of fact, science will find that the same force which is called electricity likewise operates the solar systems. Electricity, after all, is only a name; likewise the attributes, positive and negative, are merely designations which show that both phases of this universal force are attracted by their opposites and repel their own kind. Take a box of sealing-wax, rub it, and you will find that it will attract bits of paper in the same way a horseshoe magnet picks up iron filings. The friction makes sealing wax electrically positive in a similar way as the electrial nucleus of an atom is positive. The electrons, being negative, are moving around the nucleus at a terrific rate of speed. According to the law of inner

square this attraction diminishes and increases with distance at the following fixed rate: at one half the distance the attraction is increased four times; at one third of the distance, nine times; at one quarter of the distance sixteen times, and so on.

The planets of a solar system attract each other, being both positive and negative; the electrons of an atom, being negative electrically, repel each other, likewise according to the same law of inner square. The size of the nucleus makes the difference in atoms. The electrons themselves do not vary in size.

9. Some have written about their difficulty in grasping the fundamental Unity as a physical as well as a spiritual fact. Such have been invariably advised to consider the strictly scientific and proven fact of the evidence of the Universal Ether which is omnipresent. This Ether consists of Electrons, or, in other words, the Aboriginal Matter, which in turn holds dormantly the possibilities of intelligent mental activity, behind and within which we have the

presence of the Universal Creative Mind or Spirit and all its attributes through which all creation has been brought into existence. This may be more clearly illustrated through a reversion of the process.

Let us take a lump of ice and submit it to heat and we have water which may be turned into steam and further dissolved into the two gases of which it is composed so as to become imperceptible to the senses.

The late Professor E. L. Larkin, one of America's foremost astronomers and scientists, maintained that there are only two principles or elements in the universe, Mind, the positive principle and Negative Electricity as the negative principle, and that both of these principles are co-existent in every Electron.

10. The "fixed combination of electrons" here referred to is far from being solid or stationary. Everything in the universe, even the most solid substance, is electronically alive but incapable of evolution until acted upon by the life principle or spirit of life referred to.

11. The cell is an individual organization endowed only with all the negative attributes of individuality similarly to the lower animal organizations. The functioning of the Individual Subconscious Mind affects and controls the cell-life of the body. The Conscious Mind, as you have learned, controls, directs and governs the Subconscious, and in the light of this fact it is easy to understand why the individual himself, or herself, is solely responsible even for the physical condition and health of the physical body and all its complex functions. These functions are controlled and operated, as you have learned, by the Subconscious Mind and through the control and arrangement of the cells. On final analysis we find that the predominant mental impressions of the Conscious Mind are the controlling factors of our lives.

12. Purely physical pressure upon the Solar Plexus may cramp the same and retard its proper functioning; likewise will physical relaxation and stimulation promote its activity. So true is this that plain

deep breathing is frequently effective in rapidly correcting that diseased condition known as "the blues." A physical procedure which never fails in stimulating the Solar Plexus consists first in a deep inhalation; next hold your breath and then suddenly draw in the abdomen and relax; finally exhale. Repeat the process and you will find that it will help you in overcoming worry, fear and the blues.

13. Students have frequently wondered about this sitting position which is prescribed solely because it helps to bring the purely physical currents of the body into a relationship of harmony with the force currents of the earth. One may effectively use constructive thinking processes anywhere and under all circumstances and affirm the basic facts and truths of his nature while physically in any position.

14. The efficiency of every mental procedure, exercise or application is largely determined by the student's attitude—conscious mental attitude. Therefore avoid "affirming" anything which may arouse a sense

of doubt or disbelief in your mind. First consider the matter well; and, when you have convinced yourself and are able to accept the statement, affirmation or procedure as sound or reasonable, then go ahead confidently, determinedly and enthusiastically. Enthusiasm is emotional in quality and like every mental attribute or quality may be cultivated, developed and increased. Calm determination, while a fine beginning, should be fanned and reenforced until it has developed into a veritable conflagration of enthusiastically determined effort, which is certain to terminate in achievement. Please give this one point careful thought.

15. The importance of breathing—full, deep and persistent breathing—can never be overestimated. A consciously forced system of practices has a two-fold importance. Its first value consists in the immediate effects produced; the secondary importance and effects are more vital. If persistently and diligently practiced it will gradually but surely form the desirable habit of breathing deeply, constantly and

under all circumstances. The same is true with every conscious action, and applies to both desirable and undesirable habits. No matter how clumsily, or with how great an effort a physical act is performed at first, persistent repetition will gradually but surely cause the Subconscious Mind to take up the matter and make the action automatic as far, at least, as your conscious volition or efforts are concerned. Every habit is formed in that way, and undesirable habits may be gotten rid of through the application of the same principle. The person who habitually bites the finger nails, drums with his fingers, etc, is an example. Likewise the expert typist or the trained pianist. Both can perform unconsciously and with the conscious mind otherwise engaged.

16. The advice about drinking large quantities of water applies only to those who are physically troubled with symptoms which indicate a lack of both the use of oxygen and water. When these diseased conditions are corrected, there will be no

need to force extra quantities of water upon anyone, particularly if the natural thirst is promptly and abundantly quenched.

ELUCIDATORY EXTENSIONS PART TWO

17. While not a religious treatise, this course of study does not in the least conflict with the Christian Bible or with the fundamental truths as they are presented in the sacred literature of every religion. Science and religion will cease to be at odds when both are better understood. The Subconscious Mind has been identified by some psychologists with the Universal Mind, Universal Spirit, Universal Intelligence, which some are calling God and others are referring to as Universal Law. Other workers on these lines have called this phase of mind the Higher Self — the Divine Spark in man. If you follow this study and training to its ultimate conclusion, you will know — as I know — that the Subconscious is merely the Serving Mind. While the connecting link of the individual with the Universal Mind, it is not the seat of, or identical with, the Ego which is the Divine Spark in man.

There is a small gland in the brain-structure of man, located back of the cerebrum, between it and the cerebellum. It is called the Pineal Gland. Science—material science—has found no particular use for this little gland, only that its presence is essential to human life and that its removal causes death. This Pineal Gland is essential to physical life because, primarily, the Ego or Higher Self, being as it is, one with its Universal Source, in which we “live, move and have our being,” cannot be confined or bottled up into a small gland, and it is of no importance as far as physical results are concerned, whether “science” will “accept” this explanation. Neither is the author of this work at odds with science—or with anything or anybody else.

18. Much has been written upon the subject of heredity, environment and “behaviorism”, some of it interesting, some even instructive, but most of it of no practical value, principally because dealing with effects—and nothing but effects. Let us assume that you have—let us say—a violent

temper which you have acquired through heredity. Or, it may be that you have a defect in your speech acquired in the same way. Either may be corrected through your own efforts and by the application of the principles herein explained. Furthermore, none of the flaws need be further transmitted through "heredity" or in any other way, to your descendants. Pre-natal culture of children is not only fundamentally scientific but is "acceptably" scientific.

19. In the light of this explanation it will be seen why no results are forthcoming and no improvement perceptible if the student merely goes through the routine of this work without an earnest endeavor to apply and use these principles daily, hourly, constantly.

20. Positive, determined and concentrated thinking has made every conspicuous individual success since the world began. It is true that every successful individual has specialized in the line of his endeavor, and that all his thinking powers have been determinately concentrated upon that en-

deavor. Many of these men and women of achievement have neglected health and physical well-being as well as all-around character development while specializing in one particular object. Some of them have sacrificed all else while striving for business or financial success; others have neglected everything in the way of the ordinary joys and comforts of life in order to achieve in arts or sciences, and this because of ignorance of the laws of mind and mental activity. Many of the students of this course of study have written the author and expressed regrets because they did not know or understand the truths presented herein twenty or thirty years ago, when they were starting out in life. Yet, it is not too late to make a change and worse than useless to bemoan past mistakes.

As explained in paragraph 17, the Subconscious Mind is a broad term and includes all phases of mental functioning outside of the conscious thinking processes from the most primitive to the powerful activities of the Superconsciousness. The in-

dividual development or re-education of these functions is a process of growth similar to the growth of, let us say, the proficiency in operating a typewriter or playing a musical instrument. Spasmodic efforts will have but little practical value because such efforts fail to produce any change in the cell-structure of the instrument through which they function. The structure of the brain and nerve centers will undergo sure, even though gradual, changes provided that the mental processes are repeatedly continued.

21. Concentration and control of mental activity are the secrets of all achievement on every plane and in every field of human endeavor. The individual who takes up this book and merely reads it will gain nothing in a practical way. He is like one who has perused a book on swinging dumbbells or on any other phase of physical culture, without having actually applied the practices described. There are many, alas, very many of such individuals. When enrolling as students of this work, quite a

number have requested that the complete text of this course be sent them at once. In analyzing the reasons for such requests, they were invariably found to consist of the fallacious belief that some cardinal point would be found by reading the text which would enable the student to disregard the text itself and to use this major point like pressing a button and thus save time and effort. This training is based upon varied experiences, not only of this author but of many individuals, and none of the procedures accepted and elucidated herein are superfluous. It is primarily a course of training.

22. Exercise produces not only strength but skill and ability. This is true on all planes of life. Some have written about the difficulty they have experienced in concentrating. To those I have always replied that practice—regular, p e r s i s t e n t practice—is the only thing which will overcome the difficulty. If the practices are indulged in according to the plan outlined, the apparent difficulty will not be noticed. The

efficiency of concentration may be variously illustrated by purely physical means. One of the most effective illustrations I have seen is installed in a government laboratory in Washington, D. C. It is a large glass for focusing the rays of the sun; the flat surface is three feet in diameter, but the focusing point below is hotter than any heat produced by any other means. The heat is so intense that it will melt away any substance including the instrument for measuring the heat produced. The same rays, scattered over the same circle of three feet in diameter, have hardly any perceptible effect.

23. A few students, with a deep-rooted and revered personal God conviction, have objected to the Universal Spirit idea. If such will read the New Testament they will find nothing therein contrary to the fundamental principles of this system of training, even though the same is not intended as a religious thesis. If you believe in a personal deity, by all means let your faith abide. If you must direct your prayer to the Holy

Virgin, or to a Saint, or even to a symbolical image, the ALL Wisdom and Omnipotence of the Universal Spirit to which you are bound through the Subconsciousness, will give it power to react accordingly. If you are religious, this study and application will make you more truly and practically so; if not, you will learn to have a broader understanding and appreciation of the practical utilitarian purposes of all religions and creeds and will fully realize the broad and irrefutable scientific fact that the unity of all creation is a fundamental and spiritual unity and that we can sincerely agree with our friends, the Theosophists, in their fundamental tenet that Brotherhood is a Fact in Nature.

ELUCIDATORY EXTENSIONS

PART THREE

24. The apparent prosperity of some individuals through seemingly unscientific methods should be carefully analyzed before the procedure used by the individuals who have achieved such prosperity is imitated. There are many—alas too many—who have the pernicious mental attitude, or habit, which regards all material success as the result of taking advantage of the weak and foolish. This mental tendency is rather common, particularly with those who themselves are unsuccessful. Because some have been honest and upright in their conduct and because this laudable conduct has not been rewarded through material wealth, we frequently hear the expression that thus and so has been “too honorable to accumulate wealth.” Others, who have failed in a material way themselves, claim that such failure is due to their scrupulous honesty and the consequent inability to take advantage of others. This, of course, is

contrary to the truth in the matter; real success has never been developed by anyone through crooked methods. Honesty, sincerity of purpose and the sense of fairness which precludes everything detrimental to any living being, are fundamental characteristics which any individual may use as a solid foundation for big and abiding material success. In fact, the individual possessing these characteristics needs only to add and train for the other requisites herein taught; while one who does not realize that honesty is not only the best policy, but the one sound principle, will also need to convince himself of this truth.

25. There are many ways and methods which may be used as exercises for the development of this ability for the forming of imaginary or mental pictures and development of the Faculties of Imagination in general. Let such practices begin with plain visualization of simple articles of one color; then apply this practice to more complicated pictures of many colors; next portray moving articles and persons. You will

not find it as easy as it may seem. But keep on—and on—until you can develop any kind of imaginary scene or picture. Next practice with the view of acquiring an imaginary sense of hearing; then an imaginary sense of smelling until you will be able to sit down, shut your eyes, and visualize yourself in a garden filled with beautiful flowers, with birds singing sweetly. If you are able to do that perfectly and are able to “smell” the imaginary fragrance of flowers and “hear” the imaginary song of the birds, then you have developed your imagination into a state of perfection which is as rare as it is useful. This process of imagination, in some form, is used by all creative minds. The form, or pattern, thus created, in the realms of the mind, is made material by the power of Desire, intensified by the emotion of Love of the thing or condition for which the pattern was built. This is according to the Spiritual Law which governs all creative activity. First, the necessary mental action which produces the conditions; then the materialization of

the objects imagined in exact accordance with the conditions produced. Do you not begin to see, my student, how you have "created" the conditions for your present surroundings and the general state of your affairs? Can you not perceive how you may train yourself to use this magnificent creative power for the production of conditions which are in accord with your heart's desire? H. M. Flagler, the Florida railroad magnate, in a magazine article published several years ago, admitted that he used this mental procedure in marked perfection; that he not only visualized the tracks, engines and trains, but likewise "heard" the whistles, the exhaust of the engines, etc., before his project became a material reality.

A mental picture of something or somebody we love is easily formed. Every pleasant and pleasing incident in our lives can be readily recalled and mentally lived over again and again. The features and expression of a person we love are immediately visualized, almost without any con-

scious effort. The youth in love has no difficulty in visualizing the object of his adoration. Neither has the fair damsel in picturing her adored one. This illustration gives us the key for effective concentration. **We must love that which we desire to materialize through visualization.** Whatever it is, if we want it because we love it, visualization is one of the most powerfully efficient mental processes for bringing it into realization. This is one of the most powerful phases of Mental Law, and its efficiency in bringing results is in exact accordance with the degree of perfection in applying it.

26. Some of my friends and pupils have, at this point, found it necessary to take issue with me. Their argument has been that anyone should be influenced for his own good, even though against his will, which is precisely the procedure used every day, and has been used for decades and centuries by militant reformers and others. Some have even pointed out that I am advertising this work and thus influencing its sale which, while true, is not a proper com-

parison. The sale of this work is promoted by representing it in a fair, square and candid way, in order to attract those who are ready for it and, consequently, will properly study and apply the truths presented herein and will profit therefrom. I would rather attract to it one sincere student than a thousand mere purchasers. There is nothing in the way of coercive mental influence, or hypnotism used in any phase of this work either by myself or by any other of my co-workers. I disregarded the practice of hypnotism and similar mental procedures nearly thirty years ago, even though apparently wonderful "cures," corrections of bad and undesirable habits, etc., were accomplished in that way. The use of a sledge hammer might have served the same purpose, at least a recovery from the effects of a hammer blow would be more rapid. Hypnotism, spirit phenomena, and other perversions in the application of the power of mental action—thought—are in the end injurious and even dangerous to both those using or applying the mental action involved and the

recipients. Never attempt to dominate any other individuality. Remember always that he alone is the master of his fate and that you are not an arbiter of his course of pursuit. If one comes to you in the right spirit, by all means teach him and thus help him to become truly a man or really a woman by showing him the way you are traveling.

27. If you succeed in fully convincing your own mind—the Conscious Mind—of this stupendous fact of your Unity with the Ultimate Cause, all else will follow as a natural result of the process of growth and all sense of limitation will forever disappear from your consciousness. After all, the degree of your consciousness of your potential or actual unity with the Ultimate Cause, or the Spirit Within, is, in a way, the gauge of your ability in overcoming obstacles. A perfect consciousness of this Universal Spirit precludes all obstacles. But I am proceeding too rapidly.

Were we to undertake to cross the ocean in a scow by oar power, or in a sailing ship, or by a modern steamboat, our

results, or the arrival at our destination would differ with each mode of conveyance. The scow propelled by hand power might never reach its destination while the sailing ship's course would be direct or roundabout, fast or slow, in accordance with the prevailing winds which would have no perceptible influence upon the arrival time of the modern ocean steamer because of the propelling and controlling power within it.

In a parallel way our journey through life to our goal would depend upon the kind of ship upon which we embark. Most people are sailing upon derelicts—helpless hulls—buffeted by every changing influence. They neither have a definite course or purpose, nor do they exercise any control of the drifting ship of life. These are the lives of the teeming masses, non-thinking, little-caring, ignoring their inherent ability to control and direct their destiny. The next class consists of individuals who may be compared with those embarked on a sailing ship. Such worry and fret about the winds of fate and

the storms of circumstances! Among those are many who seek out astrologers and fortune tellers in the same way that a sailing ship's master seeks to ascertain possible meteorological conditions. The steamboat class embraces all who depend upon the power within themselves—the greatest power of all—to carry them to their destination.

Man's inherent indwelling spirit, higher self or Ego, places him into a position of command by virtue of his unity with the Creative and Controlling force of the Universe. If he fails to use the privilege of this position, he alone is to blame for his failure in getting somewhere. If a steamboat's captain fails to utilize the facilities under his control, or is ignorant of these facilities, he places himself in the mud-scow class. It is up to him even as it is up to you and me, and to Tom, Dick and Harry, Susie, Mary and Jennie.

ELUCIDATORY EXTENSIONS

PART FOUR

28. The "I AM" should be the deciding, directing and controlling factor in every life, but—alas—is not. Mankind has strayed far from this wise and benign guidance until nearly all its influence has been lost upon the multitude. Yet, as individuals every human being can come back—return like the prodigal son to his father's house. Followers of Astrology and Psychoanalysis have become wrought up because of these remarks which were not intended to classify them with sooth-sayers. Both are interesting but have outlived their usefulness as far as the students of this system of training are concerned. The experiences of hundreds are in evidence to prove that through the power of the "I AM," the Ego which is the Spirit Within, they have overcome astrologically adverse conditions and inherent "complexes," even without the tedious task which is necessary in order to discover such complexes and which as frequently fails to discover them as it is suc-

cessful in making an accurate analysis.

29. In formulating an ambition or establishing an objective in life, this aim or purpose must be reasonable, otherwise the Conscious Mind would not accept it in a degree which would be sufficient to give it the necessary backing. When Emperor Wilhelm the first of Germany was told by a gypsy fortune teller long before he became an emperor that he would rule the German Empire, a seed thought was planted into his Conscious Mind which gradually acted upon the Subconsciousness. This action and reaction created a condition which induced him in time to consider the matter entirely logical. In the same way the seed-thought that he would die at the gallows was planted into the mind of a boy—a bad boy to be sure—who grew up to be a murderer of a most atrocious type, and was finally executed for his crimes. On the other hand the same boy could have been reformed and made a good citizen through the planting and nursing of constructive seed-thoughts.

30. Many an otherwise good plan has met with failure because of premature action and the consequent working out of impracticable and immature details. It is said of Marconi that he never begins actual work on any one of his inventions until he is able to perfectly visualize all the details in their relationship to each other. In other words, the mental pattern must first be perfect, and consequently much time, effort and labor is saved because nothing need be changed or readjusted.

31. Some students have written at this point that they are unable to arouse any emotion, and that they fail to understand the nature or quality of the emotion necessary to be aroused. Reference is made to constructive emotions only, of which the most vital is Love. You DESIRE a thing, because you LOVE it, and the more you love it, the more vital and powerful will be your desire in establishing the conditions, which will correlate you with the thing or object desired. The combined exercise of Desire, Will and Love is powerful indeed.

32. All constructive philosophy as well as every outstanding religion is an exponent of man's fundamental perfection by virtue of his one-ness with the Ultimate Cause, or God, the Creator and Source of all things. This, of course, does not mean that this perfection is on the surface and apparent, but that all growth and progress in individual evolution is working towards that perfection of Complete Unity of Consciousness with the Ultimate Cause. Mind, through the connecting phases or departments, which in this course is called Subconsciousness or Subconscious Mind, if instructed and trained to do so, as taught in this course of study and training, is constantly at work in externalizing this Perfection by building the physical media of expression necessary in the form of nerve and brain cells, or even muscular, etc., tissue. You can, therefore, see why exercise on both mental and physical lines must necessarily be a continuous repetition until its object has been achieved. Whatever human mind and imagination is able to idealize and visualize he, or she, can

achieve, and the ideal—any ideal—may be brought into material existence if the proper process as herein explained, is followed.

33. Mental healing of strictly physical diseases and discordant conditions is a fact established for ages. Purely functional disorders frequently yield speedily, or even instantly to such treatment. Even stubborn chronic cases, which have failed to yield to any other mode of treatment, have been cured in that way. The application of the treatment itself is very simple provided that the operator or healer is trained to apply the few principles involved, as herein explained.

34. Real Silence means conscious unity with the Universal Source, that Spirit of Life which is the cause of all manifestation. Limitless power and perfect efficiency in the practical application and use of your resources becomes real to you—your Conscious Mind—as you have developed to a point of conscious unity with this Universal Source. This condition of Con-

scious Unity is the real object of that process of growth called evolution. Of course you were always one with it; all Universe is One, or,—as Emerson expresses it, “There is no wall or intersection anywhere in nature.” But we are wont to get away from that consciousness of oneness until each individual comes to regard himself exclusively as a separate creation and acts accordingly, and in consequence limits his vision, his resources and his powers. No matter how powerful a personality you may possess, or how strong a will, as long as you consider yourself as a being separate from the Great Source, so long will you remain self-limited and endowed only with the comparatively limited resources and powers of the personality. Even though your intellectual conception of this one-ness may be perfect you will not begin to fully partake of the resources of the Universal Source until you have developed the proper physical medium, apparatus or instrument through which you as the individual may receive and utilize these many-sided and limitless re-

sources of the Universal. In your brain, nerve and glandular structure you have the strictly physical means of developing this instrument or vehicle; through these purely physical media other and more refined connections are established, until you find yourself able to draw upon the Universal at will, at any time and under all conditions. While this alone is truly a marvelous achievement, worthy of every earnest effort, you will not need to wait for desirable results in the way of improvement of your condition while making these efforts. The practices outlined or described in detail in this course of training will gradually but surely promote the development of the essential vehicle through which you will be given Dominion. Then you will become truly a co-worker with the Great Spirit of the Universe and also learn the real meaning as well as the true joy of life and living.

ELUCIDATORY EXTENSIONS MID-COURSE REVIEW

35. Muscular exercise brings results in the way of development and strengthening of the tissue because of the persistent command given through a decision to increase and to strengthen the same. The Serving Principle functions to produce the results desired. Otherwise the logical result of physical exercise would be the wearing out and not of developing of the tissue. Intention, desire, will, intensified by emotion or feeling are the factors which induce the Subconsciousness to produce the desired development as the result of exercise.

36. Even though there are many—far too many—methods and processes for entering the Silence taught and advocated by metaphysical and psychological writers, there is no royal road or “you press the button and we do the rest” method for this accomplishment; the ultimate purpose and result is a consciousness of the higher self. This consciousness itself is a gradual process of growth or development because of the

necessary changes to be wrought in the purely physical nerve and brain substance. After all, man as a spiritual or mental being, cannot express his real self without the physical means of expression any more than a pianist can render piano music without having a piano. The practices clearly outlined in this course of training will gradually, but surely build and adjust the necessary physical instruments of realization and of expression. Function builds and develops an organism from the crudest muscular tissue to the finest brain and nerve structure. Therefore, do not give up the mental functioning necessary for this as well as every other accomplishment. An earnest, devout attitude, free from hate and resentment and filled with goodwill towards all, is an essential requisite, together with a determined desire to know the truth, to become in touch with the Universal Power, and to accomplish that which may be your purpose.

37. In this connection some of the students of this course have found it ex-

pedient to visualize and to affirm as in prayer. If you have been in the habit of praying, by sending out your prayers to a far-off deity, please continue praying but change the method. Instead of addressing your affirmation, prayer or imploration outward, direct the same inward. Within yourself is the connecting link which unites you with God. This connecting link is herein called the Subconscious Mind. If you desire to "treat" someone who is ill, or troubled, by all means do so, first by visualizing your friend as a perfect being free of disease and imperfection, free of trouble and difficulties. Affirm this perfection, or make your statement of the truth in form of a prayer.

Affirm while inhaling slowly, "I - AM;" stop about a second or two and then continue affirming while exhaling, "A - PERFECT - BEING." Use this principle in affirming for any purpose. Inhale from the Solar Plexus and affirm "I - AM;" then complete your affirmation while exhaling. When treating someone not present, use

the same principle. While inhaling from the Solar Plexus affirm "JONES - IS" - then hold the breath a second or two and exhale completing the affirmation, "A - PERFECT - BEING." Visualize Jones at the same time, or whoever it may be you are treating. But be sure to visualize him perfect.

ELUCIDATORY EXTENSIONS

PART FIVE

38. A practical plan for individual mental co-operation has been devised and explained in a little book entitled "The Silent Hour of Communion with the Real Self." (Resumin Press, Publishers, Fruitvale, Oakland, California, price 15 cents). In such co-operation each individual participating will receive as he gives of his time and effort. Many have found the practical application of this principle very helpful in harmonizing every phase of individual life. Further reference to this procedure is made in Part Seven.

39. In the processes pertaining to the re-education of the Subconscious mental functions, mere knowledge without application has little, if any, practical value. Furthermore, knowledge does not and can not apply itself. The student of this system of Subconscious mental training who is not making satisfactory progress IN SPITE OF A PERFECT KNOWLEDGE AND THOROUGH UNDERSTANDING OF

THE SUBJECT, WILL ENHANCE AND HASTEN RESULTS BY GIVING MORE ATTENTION TO APPLICATION. Proficiency in piano playing or in the operating of a typewriter forcibly illustrates the principle. Persistent repetition of whatever thought, mental picture or performance may be involved, eventually but surely, impresses the Subconsciousness to eventually take over the entire responsibility for carrying out the performance efficiently. An experienced typist does not need to give any conscious attention to the typing, any more than a trained pianist to the playing. Both may carry on a conversation or be otherwise consciously occupied while the specially trained phases of the Subconscious are guiding the fingers with the necessary speed and accuracy. **The same Subconscious Mind will guide and carry on any performance in every department of your life if you train that powerful, yet ever obedient phase of the All-Mind to do so.** You have learned how this is done; please apply your knowledge. S

40. This is a gradual but sure process of development, or more correctly speaking, of unfoldment. Brain cells are built by this method which engender, harbor and express the new ideas or new knowledge entertained. The longer and more habitually a thought, or thought-process, is entertained, the stronger and clearer it becomes. It attracts other and related ideas; it develops and builds upon them; in short, if entertained exclusively, any given idea, or thought-process, will make the individual either a genius or a monomaniac, the result depending upon the kind and quality of the idea-process persisted in. It can readily be seen how we can become monomaniacs on health, wealth, harmony and happiness, and how we can become actually prosperous by developing thought-processes of prosperity, of abundance and affluence.

41. "Faith," says the Bible, "is the substance of things hoped for, the evidence of things not seen." Faith is cultivated and unfolded through use because it expresses itself through brain structure. Anything

and everything in the way of thought, thinking or mental functioning, can only find fuller and more perfect expression through the physical structure of brain and nerve cells. This principle gives a wonderful encouragement to all, particularly to those who seem to feel that some cruel fate has played them a more or less dirty trick by placing them where they are and as they are. Verily you are a Master of your Fate, but only as you assume and unfold your mastery.

42. At one time, about seventeen years ago, the writer of these lines knew a militant Fenian and Socialist whose often quoted watchword "if there were no slaves, there would not be any tyrants," while perfectly true, kept him in an almost constant state of discord and turmoil. Every real or fancied wrong was magnified, enlarged upon and deeply and vehemently resented. This man lived in a constant state of militant resentment, not only of conditions in general but mainly in relation to his own petty and personal affairs and of the real or

fancied affronts he was constantly and strenuously fighting against. Instead of a life of happy usefulness, his was one of discordant turmoil in a lonely old age. All his varied and interesting experiences of a long lifetime were thus wasted and lost.

43. If you bear in mind and weave into all your business relations the principle of service, which includes the principles of good-will, friendship, fair-dealing, etc., you will find that those with whom you may have dealings are gradually but surely catching a reflection of your own spirit, or frame of mind. You may begin the practice of this principle anywhere. If you do, you will find it bearing fruit almost instantly. The public and the press are wont to decry the "capitalist" as one who has amassed a fortune from the "work" of others. On final analysis we find that the self-same individual has performed the real, mental work, has rendered the greatest service even to those who have performed the physical labor involved by furnishing them the opportunity for such labor. Nobody

has ever been permanently successful otherwise than through a compliance with this one vital principle of service. Therefore, please adjust your thought-processes to that principle, and you will begin to note results which are desirable in many ways.

44. In view of the fact that there are several more or less organized efforts before the public to gain communication with the so-called spirits of the dead, a few words of warning will not come amiss here, even though the subject is too big to be fully dealt with or completely explained in a few words, paragraphs or pages. Letters from some of the students clearly indicate that this warning is necessary. This work neither advocates nor endorses any movement or effort whose purpose is to communicate with the so-called spirits of the dead, for any reason or motive whatever. Nothing but harm can come from such efforts.

While I am perfectly conversant with the assumption of many psychological writers, teachers and workers who claim that there

are no so-called spirits or physical entities, and that all phenomena of a psychic nature are products of the action and inter-action of the Subconscious Mind, I do not fully agree with that assumption. Thomas J. Hudson, a pioneer investigator, explained and demonstrated in his book, "The Law of Psychic Phenomena," written about forty years ago, that the spirits of the departed had nothing to do with any of the phenomena produced in seance rooms, etc. But his conclusions are not final as any impartial investigator will find. This is a line of investigation which is fraught with danger to the investigator. It can have no beneficial or utilitarian purpose, and is therefore not recommended in this work which is intended to be practical.

Real power, perfect wisdom and true knowledge can come ONLY from the WITHIN OF YOUR OWN SOUL, or in other words, THROUGH THE REALMS OF THE SUBCONSCIOUSNESS (so-called). Human beings, in their present state of development, cannot afford to open

up the consciousness to so-called Invisible Intelligences, or alleged spirits of those who have passed on. The various forms and phases of what is known as Spiritualism should convince ANY investigator of the harmful folly of such a procedure.

By concentrating in accordance with the principles of this course of training, you will gain true unfoldment of your own soul powers and more perfect consciousness of unity through the Higher Self with the Oversoul or Spirit of Life. You will also build around yourself an Aura of Protection from all outside influences and entities, embodied or disembodied. Many of these alleged spirit communicants are perfectly well-meaning, while some are not; all cry "Unselfishness" and profess service for "Humanity;" or, in other words, they expect YOU to be the unselfish one and thus SERVE THEM as representatives of Humanity, making your own reason subservient to their authority, which is self-assumed and may in some cases even include sinister intentions and motives.

The thirst for Authority and Power has led many otherwise advanced souls into highways and byways of the so-called Occult. Therefore, please always remember that the promptings and urges which come to you from within the center of your own Being are to be followed always and without a question because **THESE ARE THE PROMPTINGS WHICH YOU WILL DESIRE TO FOLLOW** without argument or explanation.

If you breathe **FROM** the Solar Plexus with the intention to desire to **KNOW THE RIGHT COURSE TO PURSUE**, this knowledge will come to you frequently like a flash of lightning. Your **CONSCIOUS** Reason will accept it without a question because it is the right knowledge of the proper course of action and you will **FEEL LIKE** doing as prompted to do, regardless of anything or anybody. Such promptings are always constructively beneficial, and, if carried out, cannot harm anyone, least of all yourself. Always bear in mind the Unity of the Universe including humanity

on this earth. The more you develop your Inner Consciousness on these lines, the more you will realize your own invincibility through the simple yet omnipotent fact that YOU, YOUR HIGHER SELF, AND THE FATHER ARE ONE. It would be well, if you have the time, that you review portions of the New Testament in the light of the principles of this philosophy. This would be of special value if some confusion exists in your mind about the dogmatic teachings of the diverse and various churches and denominations; be true to yourself—YOUR HIGHER SELF—and all will be well with you, you cannot fail in your purpose because you will have the full backing of that highly organized and intelligent power which is herein referred to as the Universal Mind or Spirit of Life.

ELUCIDATORY EXTENSIONS

PART SIX

45. The law for the acquirement of money, of property, of wealth in any other form, works if applied. But it must be applied in such a way that it may not cause or attract the undesirable impedimenta together with the desired wealth. We read, in many publications, advertisements promising "\$10,000 in six weeks," or "\$40,000 in ten days," if 50 cents is sent for the information. Frequently these instructions for the practice of what the Theosophist would call "black magic" furnish valuable mental exercises and are well worth the small cost. But, I have yet to meet one—only one—of the purchasers who has really put it over and acquired any such sum in three, six or ten weeks, or months, and through nothing else besides the mental procedures referred to, which procedures are, as a rule, not sufficiently explained to carry confidence to the reader or the student and are, therefore, not properly applied to even perform the feats of mental magic which are promised to bring the wealth.

Money, the symbol of wealth, has been elevated to the position of a fetish and the erroneous ideas regarding gold have made it a tyrant. The most ardent defenders of money power admit that its rule is not what they would have, could they make a world after their own ideals. Yet, it is not money itself that has become the tyrant but the idea, or ideal, which has been created of it through the mass psychology during the last few hundred years, until the superficial thinker is wont to cry out that "money is the root of all evil." The modern money slave is truly a miser and frequently sacrifices everything really desirable in life in order to amass that of which he can make no constructive use.

While it is perfectly proper to desire wealth or conditions of affluence and surroundings which are harmonious to the individual, the desire power must be guided into some line of definite activity which will bring the desired and adequate remuneration. This principle has been effectively applied by many of the students of this course

of training and it has never failed. It has been unconsciously used by every successful individual. Its conscious use by those of the students of this work who are sincerely pursuing the mental training herein outlined places the pursuit of success, at least as far as they are concerned, on a sound scientific basis.

46. Modern science,—c o n s e r v a t i v e material science—is now practically in full accord with these fundamental truths. We frequently see newspaper reports and magazine articles seriously dealing with the energies and powers which are locked in an atom. We know that motion cannot go on without energy, and the fact that all matter is merely a mode of combined motion of every minute particle of it, leads us to the logical conclusion that this energy will eventually be harnessed and used to lighten human labor and to increase the sum total of human well-being and happiness.

“The most we know about matter is that it is almost entirely SPACE. It is empty

as the sky. It is almost as empty as a perfect vacuum, although it usually contains a lot of energy." This quotation is not taken from some work of a metaphysician but from an address by Dr. Willis R. Whitney, a noted chemist, before the American Chemical Society, August 8, 1925.

Under date of August 17, 1926, the daily newspapers gave out a new item about Dr. Umberto Pomillo, Italian chemist, who predicted that the secret of wresting energy from atoms would be discovered within the next quarter century, and declared that the certain progress of science toward releasing and harnessing radioactive substances points toward either destruction or unlimited wealth.

Sir Frederick Soddy, English chemist, agreeing that chemists are advancing along "the only road likely to bring success at a rate which makes it possible that one day we will see its achievement," likewise warns that the discovery might be used to the detriment rather than the good of mankind.

Under date of July 6, 1927, a news dispatch from Paris claims that Professor Jollivet, French scientist, has solved the problem of the ages—the transmutation of base metals into gold. The process, he explains, involves the use of a number of the usual fusing agents and an electric furnace capable of raising the mixture to a temperature of 1100 degrees Centigrade to say nothing of other elaborate treatment.

This “discovery” has been made off and on, several times, by several individuals, for the past twenty-seven years. But either the process is too expensive or else it will not work on a scale large enough to make the results commercially practical. These experiments, or rather the results thereof, practically demonstrate the universality of matter as motion or vibration and subject to change from one “element” into another.

THE SUMMING UP OF THE PURPOSE
AND
EFFECT OF THIS TRAINING
AND
THE GAUGING OF PROGRESS
IN RESULTS

THE SUMMING UP OF THE PURPOSE AND EFFECT OF THIS TRAINING

If you, my dear student, have pursued this study and performed the work incidental to this training properly, diligently and persistently, then you have progressed. If you have maintained a student-like mental attitude throughout this work—the work **YOU** have done—then you realize and appreciate the fact that you have performed in your own behalf the most important task possible for you to perform. You then have started the most important individual in the world (to yourself)—**YOURSELF**—on the triumphal road to real progress. Nothing can defeat you because you are working in accordance with **THE LAW OF YOUR INNERMOST BEING, THE SUPREME LAW OF NATURE**. If you have done all that, then you fully realize the following truths:

I. THE ACTIVITY OF THE MIND, YOUR CONSCIOUS MIND—THINKING—is the fundamental cause of the kind, quality and nature of your destiny. By con-

trolling and directing your thinking processes into desirable and constructive channels, you have started on the way to becoming the Master of your Fate—the Captain of your Soul.

11. BY HAVING TAKEN OVER THE CONTROL OF YOUR EMOTIONS, you have learned that they are the very essence of all vital mental life, and that destructive emotions only poison the physical body and brain tissue while constructive emotions—love, sympathy, joy—make for happiness by radiating their benign qualities. They also vitalize and emphasize the constructive thought-processes and lend life to constructive desire and makes the same irresistably effective in bringing about the results desired.

III. YOU HAVE LEARNED THAT LOVE, the divine factor in human affairs of life, refines and sweetens the living of your life and makes it truly worth the living. Let your love-light shine to all! Love your family, your friends, your enemies, even the animals and your old

Mother Earth. You cannot go wrong if you exercise your love-nature to its utmost, because love induces and reflects health, happiness and success. **LOVE IS THE FULFILLMENT OF THE LAW!**

IV. YOU HAVE DEVELOPED FAITH—that abiding faith which removes these mountains of error—that mental rubbish which impedes all progress. Without faith nothing worthwhile has been accomplished. With faith all things are possible to man because Faith is the impulse of the Ego, that Higher and Greater Self, which unites all men—that Divine Center within every soul which links us to the Omnipotence. To have perfect Faith is to realize, to know that our activity is fully in accord with that omnipotence and is fully backed and supported by it.

V. YOU HAVE LEARNED THE ART OF PROPER BREATHING AND THE SCIENCE OF EATING the foods which nourish and build up the physical man. You know the necessity of using plenty of pure water externally as well as internally.

Be of good cheer while eating the foods that you know to be vital, the fruits, berries and nuts, the health producing vegetables, and the strengthening and upbuilding cereals, the real staff of physical life. It is better—far better—to miss a meal entirely than to eat while beset with anxiety, worry or anger. Remember always that the attitude of your Conscious Mind should be serenely joyous while eating.

VI. YOU KNOW THE TRUE VALUE OF PHYSICAL EXERCISE. Walking—vigorous walking—in the open air is the best exercise known to man and should be freely indulged in, particularly if your occupation is sedentary. You have also learned the secret of rest and relaxation. Tense muscles induce nervous tension and affect the Solar Plexus and other centers of energy by damming up the inflow of life-force and inspiration. A few minutes of perfect rest and relaxation is more refreshing than a night of fretful slumber.

The intention to be benefited by physical exercise, by rest or recreation, carries a

powerful impulse to the Subconsciousness. The same applies to the partaking of food and drink and to bathing. A properly applied conscious mental effort enhances the beneficial effect of every material measure and physical act, particularly when such a measure itself is on beneficial lines.

VII. Y O U H A V E E S T A B L I S H E D A PURPOSE and are working towards its glorious achievement with all your might. Work without a purpose is the drudgery of a treadmill while the same work with a purpose is pleasurable creative activity. A purpose lightens and ennobles even a menial task. Purposeful, creative activity is a source of happiness and well-being as well as financial success. Purposeful work is the basis of all real achievement in every branch of human endeavor.

THE GAUGING OF PROGRESSIVE RESULTS OF THIS TRAINING

The earnest student may accurately gauge the progress he has made after having pursued this study for at least sixteen weeks. Let him take separately each one of the seven-fold realizations of the truths presented and write down the percentage of his individual realization of the same. Then add the seven items. If the results in realization are perfect, or one hundred percent, then the total would be seven hundred; if less, then the study and application should be resumed and continued until a re-examination shows a hundred percent result.

For example, let us assume that an analytical self-search shows the following results:

I. Thought control	60	percent
II. Emotional control	50	"
III. Development of Love power,	65	"
IV. Development of Faith power,	60	"
V. Scientific breathing and eating	90	"
VI. Exercise and relaxation	95	"
VII. The goal of your life	70	"
<hr/>		
Total	490	"

As a perfect score of 100 percent would total 700, it will be seen that the above figures only 70 percent which is a satisfactory percentage after a training period of sixteen weeks. Resume your training and application for another seven weeks and give particular attention to phases of training which are showing the lowest percentage. Emotional control, in this case, needs particular attention; also thought-control and faith. The best plan would be to re-read the text of the course and to practice appropriate exercises and to use

corresponding affirmative statements during the study periods. Likewise endeavor to increase the efficiency of, particularly, the weaker points through increased application of these principles in your daily life and in your dealings with others through your occupation and otherwise.

Keep your percentage sheets, and a comparison every seven weeks will show how you are progressing as a student; actual improvement of your affairs and conditions will more convincingly show the benefits and blessings derived through these efforts which should, in time, develop into a mode of pleasurable recreation—like an interesting game.

Please remember that best results are derived from this work if the same is not mixed with the practice of other psychological or mental training courses for at least twelve months. You are, therefore, earnestly requested to refrain from mixing these practices with any others, or from attempting to pursue two or more courses of training on these lines at the same time.

There is no harm in reading other offerings on these subjects, but such reading during the first twelve months should be pursued in an analytical way. In other words, every divergent statement, or theory, of others should be held in abeyance until this course is completed. This request is fair to all concerned. If you comply with it you will be rewarded with better, quicker and more definite progress.

**RELIGION, THE BIBLE, AND THE
SYSTEMATIC RE-EDUCATION OF THE
SUBCONSCIOUS MIND WORK**

RELIGION, THE BIBLE AND RESUMIN WORK

NOTE: "Resumin" is a word coined from the original titles of this work and stands for "Re-Education" of the Subconscious Mind."

In the course of the past few years this work has numbered among its students the ministers, priests and other authoritative functionaries of several religious denominations, some of whom have given it unqualified and enthusiastic endorsement. As a matter of fact, the writer of these lines does not recall a single authoritative religious leader who has criticized or in any manner adversely commented upon this offering. The few adverse comments received have come from would-be religionists, individuals without recognized religious or church standing and from untutored religious fanatics. Nevertheless I have decided to make a definite explanatory statement showing clearly, conclusively and unmistakably that this work is not at variance with the fundamental principles of the

Christian Religion or the vital teachings of the Bible.

Let us first determine what is understood by the term "religion." The meaning of this word, to many, seems somewhat vague. Even those who claim to "have" religion seem to be confused about the true meaning of the word, which does not signify a creed, nor the performance of ceremonies, nor ecclesiastical regulations, nor the recitation of prayers, nor Bible reading, church membership and rituals. These may be forms of theology but do not necessarily constitute religion. To the majority the meaning of the word "Religion" itself is lost in the theological maze of the numerous denominations in vogue, and we might as well first understand its true meaning. The word itself is of Latin origin, a combination of two words, *re* and *ligo*, meaning to bind together which meaning is almost identical with that of Yoga. In other words, the meaning of religion, as should be its office, is to bind us to God, or to the Deity. There are other definitions of religion, but they

are neither accepted nor used as far as this offering is concerned.

The individual conception of God may, and does, vary greatly while the real meaning—the same meaning which every great religious teacher has intended to convey—is identical with the conception this work intends to convey, which is also accepted by many exponents of material science as well as psychological and metaphysical philosophies. While this work has no quarrel with the so-called fundamentalist's conception of Bible teachings, nor with that of anyone else, attention is called to the fact that the Bible was not written by one person, nor at one time. The original text of the Bible, of both the Old and New Testaments, was addressed to people in diverse and various primitive states or stages of mental evolution. The language employed is mostly symbolic and the subject matter is set forth allegorically. As a matter of fact, the archaic language of every one of the many human races was symbolic. Even in our own speech, the English of the present day,

frequent and persistent use of symbols is considered proper. We speak of a handful of men; of a tongue of flame; of a warm color and a dry sermon. We refer to a neck of land and the mouth of a river. In our literature we read of starry eyes and rosebud mouths, of cloudy countenances, stormy scenes, of sunny smiles and silvery laughter. We also have with us silver-tongued orators. While that wonderful book has been translated and re-translated from one language to another, many of the most vital meanings have been either distorted or lost. For example, I have read portions of the Bible in three languages and gathered three different meanings from the same passages even though I am equally conversant with each one of these three languages.

In considering the various translations of the Bible, particularly in the earlier centuries, we must bear in mind that the translators were not always free to be literal in their representation but were obliged to cater to the existing public opinion of the

times which was mainly prejudiced by the master class or ruling powers, and frequently had no bearing whatever upon the real facts. It has been therefrom maintained by many enemies of religion, by those who are considering the Bible only from a strictly material point of view, that all religion has had its origin in the purpose of the ruling classes to work upon the superstitions of the masses in order to keep them in subjection. For example, the suffering on earth was lauded as a virtue which was supposedly rewarded in the dim and distant hereafter by a condition of bliss which could be comprehended by the prevailing mental makeup of the populace. These promised rewards varied from happy hunting grounds, to golden harps and beautiful houris. Many of our present-day Christians still believe that they should suffer in this vale of tears in order that they may enjoy existence in a far-off heaven after having shuffled off this mortal coil.

Everlasting punishment through the hell-fire-and-brimstone theory is taught neither

in the Old nor the New Testament. This eternal punishment idea is a purely theological one. The idea of a Deity who burns his beloved (?) children is repulsive to any but the most primitive mind. The law of cause and effect, no doubt, brings on suffering. The individual learns, through bumps, how not to violate but to live in harmony with the law. Many verses in the Bible show that the lesson learned through violation of law should encourage us to sin no more. The "hell-fire" is a cleansing process so wrongly interpreted. "The chaff he will burn up with unquenchable fire," reads Matthew 3:12, and refers to the chaff of destructive thought-processes which are eliminated by the unquenchable fires of Eternal Truth emanating from the innermost realms of the Spirit Within. The word translated as "hell" in Mark 9:43-50 is **Gehenna**, from the Hebrew **Ge Hinnom**, the valley of Hinnom, a deep ravine outside of Jerusalem. At the time Christ lived this ravine was used as a place for burning up garbage. A fire was kept burning there

continuously. It symbolizes the burning up of all mental rubbish by the everlasting fires of these eternal verities which every soul may awaken within himself.

Returning to the Bible itself, and particularly to the New Testament, we find that all of the teachings of Jesus Christ were oral and that he did not leave a single word in writing. About forty years after he ascended and disappeared from physical life some of his disciples tell us in the four gospels whatever they still remembered. What they had forgotten would probably fill several large volumes. The Master no doubt had a wise purpose in this evident omission to leave a written record of his teachings. He knew the limitations of human language. He also realized that translation from the Aramic language, in which he spoke, would have to be made into the many other languages and dialects of the world, and that the truths he expressed, often in allegorical or mystical ways, would be twisted and distorted to fit the mental cast of every translator. Jesus knew that "the

letter killeth but the spirit giveth life,” and that an awakening of the Spirit Within would be necessary before one would be able to fully understand the doctrine he taught. He is quoted as having said: “When he, the Spirit of Truth, is come, he shall guide you in all the truth. He shall teach you all things and bring to your remembrance all that I said unto you.”

The French have a saying to the effect that language is made to conceal ideas. The Master was careful not to put his teachings in writing because, being in a full consciousness of the Universal Intelligence—the Creator—to whom he referred as “Father”—he knew exactly what would have happened. He wanted his followers and disciples to get their understanding of the Truth from the same source that he got his.

It will also be noted that Jesus quoted Old Testament scriptures but did not wholly accept them. Did he not say: “It is written in your scriptures, ‘an eye for an eye and a tooth for a tooth;’ but I say unto you, love your enemies.”

This course of study and training furnishes gradual but certain means for that awakening of the Spirit Within to anyone who will make the effort. It will also enable anyone who will, to realize religion or the binding us together with God, the Yoga of the orientalist. Of course we know that we were never separated from that Universal spirit of Life in which we "live, move and have our being," but most of us are not conscious of this unity. Yet, all who will may become conscious of it through properly directed, systematically pursued efforts. All who will can at least secure that outflow of understanding from the boundless realms of the All Knowing Source of Life, to be able to discriminate between that which is true and that which is not, even in the Bible. Now, don't become alarmed; I am not the first one to claim that not all of the Bible is inspired by the Universal Spirit. According to his own admission, Saint Paul was not always certain as to when he was inspired and when he was not.

• If you are a student of the Bible, you know that even in the English language alone there are several translations of that grand book, two of which, the King James version and the American Standard version, are best known. The latter was made in 1881 to 1885 by a joint committee of American and English translators. Although a great improvement upon the King James version, it is not a perfect translation of the original Scriptures as is proved by later translations by reputable and well-known scholars. History — profane history — shows conditions as they existed in King James' time, and the Bible translators can hardly be blamed for having twisted and in many cases mistranslated certain ideas in order to bolster up these doctrines to conform with the ideals in vogue at the time. Let us view one conspicuous example of a very evident contradiction.

In John 5:30 of the King James version we read: "Search the Scriptures; for in them ye think ye have eternal life: and they are they which testify of me." According to

the American Standard version this quotation is as follows: "Ye search the Scriptures because ye think that in them ye have eternal life; and these are they which bear witness of me." The first quotation conveys an entirely different meaning from the second. The remark was addressed to the Pharisees and—according to the last named version—the quotation is a reprimand instead of a command as indicated in the King James version.

Some devout Christians have taken issue with me because I believe in reincarnation of the human ego, claiming that such a belief is contrary to their conception of the Truths taught in the Bible. To such I can only say that there is nothing in the Bible which might be construed as direct contradiction of that philosophy even though belief, or disbelief, in reincarnation has no bearing whatever upon the practical efficiency of this study course which is a system of training for the re-education of that phase or department of the mind which is in direct charge of all individual conditions.

This training itself is not dependent upon any theme or theory of evolution or reincarnation. While both of these are facts as I can see and understand them — **AND KNOW THEM** — your acceptance of these facts, as well as of many other facts in nature which are beyond ordinary comprehension, is of no importance as far as your health, happiness, prosperity and well-being are concerned **HERE AND NOW**, **provided** that the department or phase of mental functioning herein referred to, “The Subconscious Mind,” is operating on desirable lines or has been re-educated to function for desirable results.

As I have emphasized elsewhere, this work is intended to be purely scientific and in presenting its theme or philosophy, I have endeavored to avoid anything which might offend any adherent to any denomination whatsoever. The results obtained by many hundreds of students bear testimony to its efficiency.

All dogmas, doctrines or theological sects notwithstanding, let me right here call at-

tention to the fact that Reincarnation was a philosophical, if not a religious, belief commonly current when Jesus Christ lived and worked, as it is now the doctrine of the majority of this world's population and is accepted by many religious people. The Jews of the time of Jesus taught and accepted reincarnation and probably for that reason no special or definite reference has been made to it by New Testament writers.

Yet, you will find in Matthew 16:13, 14 that Jesus himself was believed to be the reincarnation of Jeremiah or Elijah or some other of the old prophets. In Matthew 17:10-13 Jesus taught that John the Baptist was the reincarnation of Elijah, which John denied when asked by the Levites. (See John 1:21.) This denial was entirely natural because an intellectual recollection of past lives is very rare indeed. I am one of the few individuals now living who has such recollections; I KNOW that I have lived before.

The other fundamental principle held to be a fact by this philosophy which is

objected to by some—that man is potentially perfect—is also borne out by the teachings of Jesus Christ, as well as by every other great teacher. The perfection of the Spirit Within, or the Higher Self—the Ego—was emphatically taught by Jesus time and again. See John 4:24 where he told the woman at the well, “God is Spirit, and they that worship him must worship him in spiritual truth,” and that “the Kingdom of God is within you,” occurs in several places in the New Testament.

See I Cor. 6:19,20. “Know ye not that your body is a temple of the Holy Spirit which is in you, * * * glorify God therefore in your body.” “Destroy this temple and in three days I will build it up.” Besides, even according to the Old Testament (see Genesis) God created man according to his “image and likeness,” or, in other words, a perfect spiritual being, as God is Spirit—the Universal Spirit of Life principle as well as Universal Law.

The conception of God as Universal Spirit as well as Universal Law is accepted by

both material science and Religion, as the same is taught in the Bible. The story of the creation itself, as is set forth in the original Hebrew text of Genesis is in practical conformity with the findings of physical science, and the fact that the earth was "evolved" in periods of time and not "created" in a few days is made clear if the original text is properly translated. "In the beginning God created the heavens and the earth," properly translated reads: **"By periods God created that which produced the suns; then that which produced the earth."** This makes plain the fact that God, the Universal Spirit, did not directly create the heavens and the earth but created, or set in motion, that which produced both through long periods of time. "That which produces" anything whatever in the light of material science as well as of this philosophy, consists of thought, of ideas which develop into plans and evolve into patterns in a similar way that you are taught herein to create for yourself an ideal body, ideal conditions, surroundings and circumstances.

In Biblical language the First Cause, or God, is represented by Elohim who formed Jehovah, or I AM, as a creative center of consciousness. Jehovah is also referred to in the Bible as The Word of God. In the New Testament Jehovah is also called the Messiah or the Christ. Modern metaphysicians accept both terms—Jehovah and Christ—as the objective names of that spark of the Divine Mind or Spirit of Life—the Real Self—which exists within every human soul and which unites us with the Creative Force or the Universal Mind called God.

As far as evolution is concerned, a careful perusal of correct translations of the first and second chapters of Genesis will clearly show a dual creative process. The creative process, described in the first chapter and ending with the fifth verse of the second chapter, is clearly a spiritual one, as “there was no man to till the ground,” nor anything in the way of visible manifestation, the creation of which is set forth in the second chapter beginning with the sixth verse. The King James version shows a

very faulty translation, particularly of these two chapters. In the original Hebrew the first chapter allegorically conveys the idea of a spiritual creation—the ideal—and the second, a creative process through evolution. When the evolutionary Adamic man reaches a certain stage of unfoldment he has freedom of will and of choice. Through this freedom he has separated himself from the inspiration of Jehovah, his Higher Self. In the second and third chapters of Genesis we are told in symbols how the Adamic man exercised this freedom by choosing experience (serpent) as a guide instead of the inner or divine inspiration. By yielding to the guidance of the senses he fell away from the inner guidance of the Spirit or Higher Self, which is his innermost Ego. This fall of man is the sin which Jesus Christ and other advanced souls have from time to time endeavored to redeem. By an understanding reading of the New Testament we find that Love is the keynote of all redemption.

If we consider the teachings of Zoroaster, Buddha, Sri Ramakrishna, Mohammed and

others, we find the same principle set forth even though entirely lost sight of by many of those claiming to be followers of these inspired teachers.

Religious teachers, followers of the inspired and advanced souls, have been instrumental in making the world better. The beginning or nucleus of practically every branch of science, philosophy and art has found its way from some monastery, or through some religious recluse. Particularly in a material way we are living in a better world than ever before, under conditions which indicate further and greater improvement even though in a strictly physical way. The comparatively few of us, who see the light, must hasten this change from the outer or sense consciousness, to the inner realities.

Man's greatest future progress will be achieved when he has learned the lessons that sense experiences in materialism have taught him and when he is turning towards that vast realm of the Universal Spirit which is not directly perceptible to the

senses. The time will come when mankind will be possessed by this Spirit of Life and, endowed with all the attributes thereof, will work and enjoy in the consciousness of the paradise regained.

The individual who has the will and is inspired by the desire, may do that here and now, and thus transfer the process of his individual evolution from the painful path of the outer into the joyful realms of the Inner Life which is the life of the Universal Spirit or God.

A consciousness of unity with the Universal Spirit of Life—or God—is the result of a gradual process of evolution and is, therefore, neither spontaneous nor immediately perfect; nor is this consciousness uniform with all who have reached it. This phase of consciousness has been variously described by those who have an awareness of it in a degree which is sufficient to enable them to distinguish the difference between it and their former state of consciousness.

In some instances, and with some individuals, the beginning of this condition is so

strange that the person is likely to be carried off his balance and is ready to presume that it is a condition which transcends the senses. As a matter of fact, it has been brought into existence for the simple yet important reason that it has EXTENDED the senses by developing the purely physical structure necessary to register the impressions of these finer vibrations.

Please understand, once for all, that the Reasoning Mind and the so-called Five Senses are necessary instruments which the Individual must use even in the development of the higher and more refined Spiritual Consciousness while in this physical life. To disregard the physical body or any material function thereof is to court disaster to the whole personality because the physical is the instrument of the Ego—the Temple of the Living God.

We might better understand the situation if we consider the simple and well known functions of the five senses. For example, the person who is born blind lacks the instrumentality represented by the sense of

sight or vision and cannot, therefore, have any conception of the many and varied impressions which are conveyed to the consciousness through this one means alone.

If we consider the many and varied phases of impressions received and conveyed through the sense of vision, and how differently they impress each individual, we will begin to realize that development and extension of the purely rudimentary material vision is only the beginning or stepping stone to the more delicate and refined phases of higher or spiritual vision. In other words, it is a fact that no two persons see the same thing in the same way because no two visional faculties or visional brain units are alike.

The beauty of a sunset will inspire an artist and delight a poet while the "practical," non-artistic individual will probably judge therefrom only whether or not it may rain during the night. Just ask half a dozen individuals how the Yosemite Valley impressed them and you will receive as many different versions, or descriptions of impressions,

each being in accordance with that particular individual's status on the scale of visional evolution.

It is the same with the other senses. It is a mistake to decry the senses and condemn sensual impressions when we know that we can neither escape them nor live without them, even though we will refine and evolve them to become mediums of expression of that Spirit Within, in which we live, move and have our being.

We all are co-workers with that Universal Life Principle which some call Law and others worship as God, even though It—or HE—neither needs nor requires our work, worship or service which should be directed towards our fellow-creatures, our brothers and sisters of the human race—the mankind of which each individual is a part—a very important part.

Realize that vital truth and you will at once embark upon a career of happy usefulness; fail to realize it, and you will continue to flounder around in this vale of tears, disease and illusion. It is for you to

make the choice. Having made it, this volume will help you to carry it into active realization and glorious fulfillment.

Some of the superficial and ignorant of my would-be students have, at times, formed the conclusion that I am trying to organize a new "religion." Let me take this opportunity to finally, and once-for-all, state that such is not the case. Furthermore I do most emphatically deny that I have ever advised or urged anyone to abandon his church or to leave, or change, his denomination. IF THERE IS ANYTHING WRONG WITH YOUR CHURCH, AND YOU KNOW IT, IT IS YOUR DUTY TO USE YOUR INFLUENCE AND POWER—THE POWER OF THE SPIRIT WITHIN YOU—TO RIGHT THE WRONG, and not to abandon it in its wrong. The same applies to your political party and your lodge as well as your family and all other human relations.

Even though we must admit that out of the church has emerged all we have of civilization, such as it is, it matters not

whether you belong to a church or whether you are a Christian, a Jew or a Turk, a Kal-muck or a Methodist, from this standpoint you have achieved religion only when you have united yourself with the Innermost Principle—that Spirit of Life of which we all are parts—in which we live, move and have our being—and you can do that in every church or denomination as well as outside of any church affiliation.

The Systematic Re-Education of the Subconscious mind work, as it is herein presented, is a scientific work first of all. This work is too big, too important, to be confined or embraced by any one denomination, or creed. Even though it has furnished the means to broaden the minds of many of its students from a strictly religious point of view, it is not a religion but a strictly scientific study.

PROPHETS AND PROPHECIES

Biblical and otherwise

There are many — alas too many — predictors of coming events, prophets and would-be prophets who are maintaining a continuous howl of calamity and destruction which is supposedly in store for this nation or that race or for the entire humanity with the possible exception of those who come into the fold of their own organization. Some of these are trying to fit in their predictions with those of the Bible prophets.

It seems to give pleasure to some people to howl calamity and to predict disaster. It comes easy to them because of diseased imagination and the faculties connected therewith and we have with us those who claim to have predicted the destruction of Martinique, the San Francisco earthquake, the World War, etc., to say nothing of the multitude of individual or group disasters. Such individuals see and live nothing but disaster and are always predicting it to someone, somewhere, and are never letting up their claims or allegations of having ac-

curately foretold everything dreary or disastrous which has ever taken place on this old earth.

Yet, when we pin any of them down to actualities, we find that they have, as a rule, "foreseen" or "prophesied" nothing at all. Their calamity howl has been upon general principles, and the actual instances are referred to only AFTER they have occurred.

While it is true that coming events often cast their shadows before them for reasons which should be obvious to students of this work, it should also be clear that everything in the way of blessings as well as calamities is fundamentally caused through mental activity. When one knows the kind and quality of the mental activity of the masses as well as those who are using the masses to create wars and to fight them, it is not at all difficult to predict the results.

But it is psychologically an adverse method to lead people to mentally dwell upon these horrors and calamities because the more these horrors are thought about and mentally dwelt upon the more readily

and vehemently they will come to pass. While some of these prophets are perhaps well meaning or sincere, if they succeed in frightening a large number of individuals into a state of fearfulness, they will only hasten to bring on these horrors in more frightful form.

The author of this work, therefore, has no patience with any of these and earnestly urges all individuals to keep the thought-life in desirable, constructive channels and in accordance with the principles herein taught and explained. Why all this worry and fear of what might happen when nothing can happen to the Innermost Spirit and its surrounding Soul or Subconsciousness? Why not build for that which is lasting and permanent, and only upon these elements which make life continuous and progressive? Even though the sun would explode or the earth change its axis, the worst thing that could happen to your life—and mine—would only cause it to undergo a change.

It is true that some of these calamity prophets urge prayer as a remedy which

would ameliorate the disaster prophesied. But how could prayer be effective with the subconsciousness filled with pictures of these horrors?

The only intelligent course is to live—mentally and physically, but particularly mentally—a life in accordance with your highest standards of perfection. The individual who does that has nothing to fear—nothing to worry about. His life, being a purposeful life filled with love, is a happy one. HE LIVES today—every day even though the world should go to smash tomorrow.

He would still live and work and enjoy in the certainty of his progress in his career as a son of God and co-worker with Him of whom he is a part.

But did not Jesus Christ himself prophesy the end of the world? See Matthew 13:39 and 24:3. Yes; he referred to the “consummation of the age,” the ending of the old order and the launching of a new age which brings certain upheavals as a result of the necessary adjustment. Your individual atti-

tude — mental attitude — will determine whether or not these upheavals will or will not harm you. Do not let your spirit be perturbed. Have faith in the power within your own soul to carry on through whatever upheavals this readjustment brings. According to Psalms 82:6, "Ye are gods"—but only in embryo until you have learned to adjust yourself to that inner divinity and allow it to express itself through you.

THE END

INDEX OF CONTENTS

	Page
Dedication	3
Explanatory Foreword.....	7
Introductory	19
Original Text, Preliminary.....	29
Original Text, Part One.....	35
Part Two, Preliminary.....	47
Part Two, Original Text.....	50
Part Three, Preliminary.....	62
Part Three, Original Text.....	65
Part Four, Preliminary.....	78
Part Four, Original Text.....	83
Mid-Course Review.....	97
Part Five, Preliminary.....	106
Part Five, Original Text.....	110
Part Six, Preliminary.....	123
Part Six, Original Text.....	126
Part Seven.....	141
How to Proceed for Results.....	153
Co-operative Mental Work.....	167
Elucidatory Extensions (explanatory).....	171
Elucidatory Extensions, Part One.....	172
Elucidatory Extensions, Part Two.....	185
Elucidatory Extensions, Part Three.....	193
Elucidatory Extensions, Part Four.....	202
Elucidatory Extensions, Mid-Course Review.....	209
Elucidatory Extensions, Part Five.....	213
Elucidatory Extensions, Part Six.....	223
Summary of Results of This Training.....	230
Gauging Results of This Training.....	235
Religion, the Bible and Resumin Work.....	240
Prophets and Prophecies.....	264