

# VIBRATIONS

*Every Brain Its Own Radio Station*

BY

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(Master Key 416)



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BY HARRY OWEN SAXON

## Foreword

**T**HIS little book is one of the most thought provoking little books ever put before the advanced thinkers of this New Era. The author has given this subject great thought, having lectured on this idea over five hundred times. The author does not want any credit but wishes all credit to go to his teacher, Mr. Charles F. Haanel, founder of The Master Key System, and another who prefers to be nameless: **A. M. O. R. & C.**

It may lack literary merit, as scholastic interlectualism does not appeal to the average man and woman today. It is not like the average psychological work, full of inspirational bubbles. This little work is Practical Scientific Constructive Thinking.

Anyone that sincerely follows and does the exercises cannot fail to get **Results**, and that is what the Practical Psychologists want: **Results.**

Yours for Success

THE AUTHOR, H. O. S.



# VIBRATIONS—MENTAL RADIO

EVERY BRAIN ITS OWN WIRELESS STATION:

Every day we hear people talking about Brains. Now what are Brains, and where the Brains situated? In the NEW KNOWLEDGE better known as Psychology, we have been taught the Brain is the organ of the objective mind. That is right as far as it goes, but it does not go far enough. Then we are told all is Mind; and that the Solar Plexus is the organ of the subjective mind. That is absolutely correct. The Solar Plexus is the center of our being and it is situated at the back of our Stomach, incidentally it is also our receiver, because, when we learn to control it or awaken it, then we are what we are supposed to be. Wonderful beings. The navel or silver cord will give you an idea where the Solar Plexus is situated.

Now everything is a rate of vibration; and like everything else has two aspects; Visible and Invisible.

Now Visible Vibrations are else is illustrated. A tuning fork may have effect of a intense enough to extinguish a candle, revo- pointed toward the flame. An army must lions break step in crossing a bridge, if repe vibration is not to destroy the bridge. ed expert organist knows the effect of vibration. The terrible disaster in Wash- ington, D. C., when the roof of the American Theatre collapsed and fell upon the audience is just repeating what Sampson of Bible fame did, also the blowing of trumpets threw down the walls of Jericho. We know for we have studied vibrations, and demonstrated their power. The human voice can crack glasses and burst electric globes and do more wonderful things than can be told here. Caruso used to crack wine glasses with his voice. The spoken voice is nothing but SOUND and sound IS vibration.

#### VIBRATION:

We speak of perpetual motion as im-



possible, and yet the whole universe is naught else. Matter is only an effect of a definite kind of motion. During the revolutions of electrons, thousands of billions of times per second an electric-magnetic field of energy is created, which is called radio activity. ✓

It can be shown and proved that all matter is radio-active, if one employs the human reflexes. A reflex is an involuntary act. When light (which is radiant energy and travels at the rate of 186,333 miles per second) strikes the eye the pupil contracts; these animal reflexes exceed in sensitivity and apparatus yet devised by man. No machine can, or ever will, compete with man. Man is the sum total of the human race, and when men know themselves then, and then only, will they know all. "Know thyself" has been preached since the beginning of the world, by all the greatest men that ever lived.

The retina of the eye is 3,000 times \

more sensitive than a photographic plate. It has been known that the sense of smell surpasses in sensitiveness the most scientific instruments. The human lungs antedate the bellows; the heart the pump; the hand the lever and the eye the photographic camera.

Telephone and telegraphic apparatus duplicate pneumatically, what has always been done by the nervous system and always by the aid of the same energy.

Every phenomena in nature is merely a question of a definite rate of vibration. The lowest rate of vibration known to the human ear is 16 per second, and when vibration reaches 38,000 per second all is then silent to the human ear. When the vibration reaches 450 billion per second then we perceive light, and as the vibrations gradually increase the eye perceives one color after another. Red being nearest to the earth, and violet with its

780 billion per second is the highest seen with the human eye. But of course there are higher vibrations than that: Thought is the highest manifested to mankind, being spiritual activity.

#### EVERY BRAIN ITS OWN WIRELESS STATION:

One of our scientific thinkers has written many jolly novels about wonderful inventions. He has seen the birth of the motor car (incidentally I did too). He grew excited at the thought of man's power to invent marvelous machines and wrote stories about inventors, and kept us out of bed, reading of engines, constructive and destructive, which changed the whole face of existence.

A great man said the other day, "This age will be known in history as the age of invention. The king of the day is the engineer." (Now that may be so) but wonderful as are the machines now in existence, they will be surpassed by machines such as have not been dreamed of yet.



Now wait a minute. If machines are the great business of life, all the teachers of men, all the noblest thinkers and poets in the world, have been on the wrong road, for they have always taught—as I mentioned before—that man's business is not with things outside of him, but with his own soul. "Know thyself", said the Greeks. "The Kingdom of Heaven is within you" said The Master Teacher. If machines are the business of life, or man, then what a lot of precious time we have wasted.

We are like children playing with toys. These machines are the clumsiest things that were ever thought of. The human race has been wasting time. With infinite trouble it has been making these clumsy machines, and all the time it has overlooked the fact that the brain, which can make these machines, is itself the most wonderful and marvelous machine in existence.

Break all your machines to pieces,  
into the fire with your boasted engines.  
I reveal to you a newer and greater mystery;  
I put you on the road to a discovery which  
excels anything you ever dreamed of or  
thought of; I say to you KNOW THYSELF; I say  
to you, the Kingdom is within you.

Already we see the signs, that such a  
day is at hand. It is certainly no fancy or  
visionary dream. Here already, in this our  
living world, men are beginning to explore,  
the power of the brain, and that if this  
brain can realize what it has already done  
and what machinery is doing, nothing is im-  
possible.

Now, riding on the elevated trains  
here in Chicago, one notices, if one has any  
power of observation, the number of aerials  
on houses, great and small. Also our boys  
no longer waste pocket money on rubbish, and  
they stay home more than they ever did in  
the past. They are beginning to talk like

scientists about reflexes, condensers, broadcasting, tuning in, etc. All of us even down to the slums, feel that this invention of wireless will revolutionize the human race.

But there are men of science, who do not waste their time inventing improvements on wireless sets. They know that the brain is a mental power-house and the possibilities of mind unlimited. Men are beginning to think, and they see that the brain is always transmitting thoughts through the ether, as wireless transmits sounds. Every time we think or pray, or talk, the brain moves. That movement communicates itself to the ether; the ether carries it through the universe. It either wastes itself through lack of a receiver tuned to get its message, or it strikes on a mind in sympathy with its idea, and becomes part of that life. Thought does not remain in one head. Thought is a traveler. The ether is crammed with it.

The mental atmosphere is made up of living thought. The mental atmosphere of the world is made up of thoughts of all the nations of the world. Did you ever notice how the atmosphere of a room changes when certain individuals enter it? They project their thoughts most unconsciously before them. Call it what you will. SK

But look ahead; imagine the world in the year 2000. Picture a human race which need not exert a muscle of the body to get anything it wants. Toil is abolished. Charles Steinmetz (the electric genius of this century, who passed on a few days ago) used to say, that it was his ideal to destroy work and hard toil, so as we could LIVE and develop Spiritually. We are advancing materially.

But to continue, famine is impossible. Disease is destroyed. Everyone is healthy, well housed, well fed, well educated. There is a machine for everything (Henry

Ford's ideal is, that we will suffer from too much prosperity. He claims that we suffer from not using enough, or not spending enough, etc.) The explosive power of the atom is the Universal servant of Mankind. Instead of going from Chicago to Detroit, for a change of air, people go from Chicago to Cairo, to Sydney or to Tibet. And there is no more war, no more strife, no more suffering, no more drudgery. Everyone is satisfied? No, not satisfied. A man comes along who says, "We, the advanced thinkers of the present age, call it mind. We know it as Electricity, magnetism or Ordic Light. It was known to the mystic of the past as Azothel and the birds and fishes use it in flying and swimming. Did you ever observe them? The birds move faster in the air, not moving their wings, and the fishes, watch your favorite gold fish, notice how he hardly moves when using his fins.



Now whatever the animal kingdom, or fish, and bird kingdom call it does not matter. IT IS, WAS, and ALWAYS WILL BE, we know it as Spirit. Christians call it God, the profane scientist—or material minded thinker—after being shown, calls it NATURE. The Irrationalist, who calls himself a Rationalist, if you please, will try to tell you there is no God, and he will call it force, energy or ignore it. He will say to you, "What did you say? Spirit or Soul. Why the only Spirit I know comes in bottles, and as to the soul, that I walk on underneath my boots." It is to laugh if it was not so pitiful. The material minded man will say it does not exist. "Soul or Spirit? Why Soul! You can't see it or feel it, or eat it, or smell it, or taste it. BLAH. IT IS NOT." No, it is not matter. But never forget, matter exists, because of something that preceeds it. We cannot eat electricity or taste magnet-

ism, but we will some day in the near future. Food is produced by energy and heat, and the only good there is in it is, the Life contained in it. Life makes more life and life is movement or change. As long as you move, you have life. When you stop moving there is death. *Stop S.J.*

In a world of life all is change. So change your mind once in a while. Be like the roses. What care they for the past or future. They live in the Eternal Present, or Now. The Master Teacher said over 1920 years ago, "Consider the lilies of the field; how they grow; they toil not, neither do they spin" but "Solomon in all his Glory was not arrayed like one of these." And again, "O, Ye of little faith. Look at the seed. If you had faith as a grain of mustard seed you could say to the mountain, get ye into the sea and it would." For mountains hear, breathe and see, and they today obey the spoken word or voice; and

what is the word. Fundamentally nothing but sound, and sound is manifested by vibration. In the beginning GOD said, "Let there be Light." Light is energy and energy produces friction and friction produces heat.

We used to think the Sun gave us heat, it does in a way; but that way is VIBRATION. Go up in an aeroplane and see and feel how cold it is up there; just fancy the Sun is 92,000,000 miles away and there are a great many Suns. I am a son of the Sun. For does not Our Sun give us Life. Of course the Sun is only a Sun of the Father. Plato dreamed over 2000 years ago of a world in which all things such as toil, work, etc., will be done by the Rays of the Sun. The old wise Egyptians worshipped the Sun or RA, and they knew what they worshiped. Ancient RA was Good or God to them, much better than the God of the material world today. MAMMON. We know all about the God

of War. The soldier boys were right; down with your ancient Gods of War. They are sliding down the pit with all the other false Gods, to oblivion. SO MOTE IT BE.

Let every person in Europe think one hour, of love. Forget the national hatred and fear, or Europe will cease to exist. Let every soul on earth stand still for only one minute and relax, and think of love towards his fellow man and neighbors, and then we would have The Kingdom of Heaven on this planet. Bunk, says our friend the so-called Atheist. But I say, "It's a fact, and a scientific fact that we reap as we sow. If we send out thoughts of fear and hatred, we reap vibrations of fear and hate. We must change our mental attitude. If the last few years of hatred has produced, what we see in Europe and America today, why continue, let us quit this national bunk. Let us forget the past, as a bad dream.

Our Ideal is a concourse of Human Beings who will not look upon the world, or people in it, as bad, but rather let us look upon the world as we WILL IT, as we would have it become, and thereby throw out High Vibrations and this being the Law of Creating, will bring about the desired result. This Law is being demonstrated daily by thousands of successful people; some doing it unconsciously, and others consciously.

We have among thousands of real friends two outstanding characters. A dear old lady and a young gentleman.

They are well known to millions in America. The young gentleman's name is Don Alphonso Zeyala, his father was president of Nicaragua for eighteen years and incidentally the best president that country ever had. This young man tours America in Vaudeville for the Orpheum Circuit. He talks on real Music, and shows



the difference between good and bad music. He demonstrates what he can do with vibrations. He has confidence in me, and told me things he could do if he so desired. He is one of America's best piano players and gives many free performances at schools and Psychological centers. He knows just how high he can safely go.

The highest note heard by the human ear vibrates 38,000 per second, whereas when one reaches the Sixty-third Octave THAT vibrates at Nine Trillions per second one enters The COSMIC CONSCIOUSNESS. Strange as it may appear, smell is sound, for sound is visible, as music is God's voice, for did he not speak the FIRST WORD and created everything out of nothing. "INVISIBLE VIBRATIONS."

There are two words, the Spiritual or Invisible word, and the Material word that creates matter, or at least to be more exact, does not create, but changes the form into another kind of matter.

Now, the lady that we mentioned is over 75 years of age, and her name is Miss Mary Shedd. She has taught singing since a girl. She did not have to, for she (or at least her family) is very rich. She is very fond of singing and is always willing to sing for Love. Her love is Music, also Music is her God. She worships it and is always ready to give of her talent and even at her age she can sing sensationally. She understands vibrations. Our life is nothing but vibration and here is an excerpt out of the Chicago American.

#### MENTAL RADIO TO RULE THE WORLD:

Marconi's Aid says "Nation that Perfects Mental Waves to rule the World."

By C. F. Bertille.

"Every human being, as well as animal, has its own individual "ray," which will shortly be determined and classified, permitting not only transference of thought, the same as we now transfer Radio messages,

but also making tremendous strides in the diagnosis and classification of diseases.

This statement is made by George Lakhofsky—Franco-Russian Engineer—who was one of the original co-workers with Marconi for the wireless waves.

Lakhofsky is also the inventor of a compass-like apparatus which will direct ships at sea, by Hertzian waves of determined length. N. RAYS IN THE HUMAN:—

Among the most remarkable assertions by Lakhofsky, is the declaration that there is a sixth sense for animals, such as the homing instinct of pigeons, cats, wolves, and other animals, which is caused by a super-animal sensitiveness, called N Rays (emitted by all living things.) These waves are extremely short and are capable of being caught by the electricity in a human body. Irresistibly attracted by the radiations from their prey, wild animals go straight to their goal without hesitation

no matter what obstacles are put in their way.

He says that ducks flying South from the Winter cold, assume long or triangular formations in order to form a huge receiver for the waves which guide them.

#### Antennae Receivers:

The theory that scent guides them is absurd, says Lakhofsky. "It is the unknown metaphysical quality which men call electricity and of which we know scarcely anything.

Numerous insects, which have been examined microscopically, reveal miniature antennae for receiving wireless waves. I am convinced that eventually researches will prove all living actions, even those of plants and trees, in fact all growth in nature, was actuated by invisible Hertsian waves which are an essential life-giving element of existence.



## NATIONS IN RACE.

We are on the eve of an epoch making discovery. Namely, the classification of those waves which will probably enable us to govern the actions of nations, armies and individuals.

The man or the nation first discovering how to classify these waves will own the earth and will be the Master of everything living on it. (  $\nabla \Delta$  ) (Ich Dean, Welsh I SERVE). Master (One who serves the most). Very soon it will be possible—in fact is now, a reality,—spiritually and materially, for a Doctor to determine the nature of microbes affecting an invalid by the radiations they emit. Before this century is finished the telephone and telegraph will be extinct and every man and woman will be able to communicate with each other by their own thought waves. Now that appears to the average man as almost impossible, but I say to you it has been done since the very be-



ginning, and there are nations today able to do it. Take for instance, the Indian Mutiny. Everyone has heard of the Black Hole of Calcuta. The British officers were mystified. They could not understand how their plans were always discovered and known, from one end of Asia to the other, although they were supposed to be in complete control of all communications. The Hindoos have used thought projection and Psychic projection for thousands of years, ever since Egypt was Queen of the Earth. So I say to you it can be done, and is done daily, right here in these United States.

We all project our thoughts, but we do it unconsciously, so why not do it consciously. Conscious projection and direction of thought is being done daily here. And there are a great many people doing it. Not everyone is ready. Many are called but few are chosen. The following exercises will show you how you can become free. Free

from all the problems, Spiritual, Material, Physical, and Environmental. So if you want to be one of The New Race, now is the accepted hour. No one can solve your problem. You, and you alone must do that. All we can do is help you to help yourself. You can, and will, if you make up your mind to do so. Now before we show you how you can scientifically control your thought processes we would like to prove to you how man's thought is working today:

Just look over in Europe. Take for instance, Russia and Germany. Millions there, are radiating gloomy thoughts into the ether, and these gloomy thoughts reach us and depress and lower our vitality. Every person there, who is afraid or filled with hate, or who is stirring up strife, is sending out vibrations, of fear and war for the rest of us.

If instead of that they reversed their mental vibrations, and every human being on

Earth, for one hour, held the thought, "God is Love, and Love is All, and All is Mind," the whole character of life would be changed, the mass vibrations would change the world.

The tragedy of existence comes from the clash in the ether of good and evil. Good is a thought; evil is a thought, and these two thoughts compose the whole existence of Humanity. The good thought cannot get through everyone, because so many millions are jamming its message with vibrations or thoughts of Hate, Fear, Envy, Greed, Selfishness and Despair.

We isolate people who contract so-called infectious diseases, but we allow the evil thinkers to go free. He writes gloomy books, paints evil pictures, makes warlike speeches, thinks selfish thoughts and we leave him unmolested.

Unmolested to jam the thoughts of those who believe in God, and love their fellow man. How can we change this and expect good

to triumph until these agents OF EVIL are moved from their ways.

The answer and remedy is, it must be done by the power of constructive thinking; by sending out right thoughts. Good does not believe in force, and does not work by violence. Its Faith is in Truth; its weapon Persuasion. As soon as men realize the enormous power of thought they will be careful, (in their own interests) to think right thoughts. They will keep out of their mind all destructive thoughts of fear and hate. Such thoughts are bad for the health. The sweat of an angry man, if injected into a rabbit will kill it.

They will, for their own individual good, think thoughts of hope and cheerfulness. These thoughts are good for the health, and increase mental vitality. They will learn to consciously direct their thoughts and think constructively. They will then be as careful of their invisible

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wireless sets as they are now of their visible ones, and gradually they will come to realize that if they are to receive the power and strength that comes from GOD they must TUNE UP THEIR MINDS TO THE WAVE LENGTH OF TRUTH, GOODNESS AND BEAUTY.

All down the ages, men have glimpsed the Truth. It has been known that some people became mysteriously aware of events happening hundreds of miles away. It has long been believed and proven that loved ones can project messages to each other miles apart. One has only to tune in with some one they love and thought messages can be sent; (are being sent daily). Since we began to use Radio, men and women all over the world have begun to think scientifically, for the first time in Human History.

People are beginning to realize more and more, that the brain is a power station receiving and transmitting an energy which is greater than electricity to control

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thought, to direct its energy, to broadcast health, happiness, and power—this is the future of mankind.

Mankind has suffered from repression long enough. All down the ages, humanity has carried the burden, has sweat and bled and suffered. It has done us good, but why continue? If all we have suffered has been the result of our mental attitude, why continue. Let us change our mental attitude.

Wrong thinking has produced almost chaos, so now let us be up and doing. The Gods of War are sliding down into the pit of oblivion. Let us, the advanced thinkers of The New Age, (The Scientific Golden Age) arise in our glory. Yes I say to you MAN IS TRIUMPHANT—TRIUMPHANT OVER FATE. The World today is no longer dominated by churches and creeds, and Scholastic Intellectuals, but by scientific proven facts. Belief has not gotten us much, anywhere.

Let us know, and dare to do. Knowledge is well, but like Faith, useless unless used. All the experience will not benefit us unless we put it to practical use. Life is movement, change, so let us change our minds and our habits; especially our habitual mode of thinking. What the world wants to day is doers and not talkers, especially talkers who do not even know how to think. Thinking is a Science, and we will now try to show you how to Think. We shall not tell you what to think, but we will endeavor to show you How To Think Constructively and Scientifically.

## EXERCISE NO. ONE—FIRST WEEK.

The first thing to do in learning how to think Scientifically and Consciously is to realize that to think one must be alone. Any Psychologist knows that—so to proceed you must first gain control over your physical body, and that is done, "in the Silence." The Silence means a physical stillness.

In the evening, especially about 9 to 10 o'clock, choose a little room where you will not be disturbed, for at least one half an hour. All you need in the room is a chair and a stand with a looking glass on it. The looking glass to be about 12 by 18 inches. Sit erect in the chair; do not lounge; sit so that the spine is straight, facing North for the first week. Just try to think about nothing. This you will find very hard indeed. You will find thoughts of every kind, coming from everywhere.

You may have noticed the little

statutes of Budda in the stores that sell incense. Sit in that position, except that your feet are flat on the floor and seperate. After doing this about four days or a week you will feel a tingling sensation running up an down your spine. That is good, you are progressing. Never sit like this anywhere in public, especially at public lectures—for when so sitting you are in a receptive condition and your mind is open, (unprotected) to every idea from the Lecturer, and also the mixed audience. You will notice people attending lectures, etc., are of various types; some of them mentally very dangerous. So when in public places, cross your feet or legs and clasp your hands. Have them in any position except in that position, a la Budda. We know the absolute danger and warn you accordingly. Do not let every so-called Psychologist, lecturer, control or project thoughts into your mental power house.

*paranoid*

## EXERCISE NO. TWO—SECOND WEEK.

Last week I gave you an exercise for the purpose of securing control of the physical body. If you have accomplished this you are ready to proceed further. You may have found it very hard, but it has to be mastered. This time you will begin to control your thoughts. If possible always take the same chair and same position.

In some cases it is not convenient to take the same room. In this case simply make the best use of such conditions as may be available. Now be perfectly still, as before, inhibit all thought. This will give you control over all thoughts of care, worry, fear, etc., and it will enable you to entertain, only the kind of thoughts you desire. Continue this exercise until you gain complete mastery of your thought processes. You will not be able to do this for more than a few moments at a time, but the exercise is valuable, because, it will



be a very practical demonstration of the great number of thoughts, which are trying to gain access to your mental world, or Mental Power Station. The next exercise will be a little more interesting, but you must first master the two just mentioned before you can proceed.

### EXERCISE NO. THREE—THIRD WEEK.

For your exercise this week, I will ask you to go one step further. I want you not only to be perfectly still and inhibit all thought as far as possible, but relax, let go; let the muscles take their normal conditions. This will remove all pressure from the nerves and eliminate the tension which is frequently producing physical exhaustion.

Physical relaxation is a voluntary exercise of the will and the exercise will be found to be of great value, as it enables the blood to circulate freely to and from the brain, and the body.

Tension leads to mental unrest, and abnormal mental activity of mind. It produces worry, fear and anxiety.

Relaxation is therefore an absolute necessity in order to allow the mental faculties to exercise the greatest freedom. Make this exercise as thorough and complete as possible.

Mentally determine that you will relax every muscle and nerve until you feel quiet and restful, and at peace with yourself and the world.

The Solar Plexus will then be ready to function and you will certainly be surprised at the result.

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## EXERCISE NO. FOUR—FOURTH WEEK.

Last week I asked you to relax; that is let go physically. This week I am going to ask you to let go mentally instead of physically. If you have done your exercise faithfully, 15 or 20 minutes a day, you can now no doubt relax physically, and any one that cannot do this quickly and completely, is not Master of himself.

This week, after taking your position, remove all tension, by completely relaxing. Then mentally let go of all adverse conditions, such as fear, worry, anger, sorrows, or disappointments of all kinds. You may say, that you cannot let go but you can; you can do so, by mentally determining to do so, by voluntary intentions and persistence. The reason some cannot do this is because they allow themselves to be controlled by their Emotions, instead of their intellect. But the WILL guided by the Intellect will gain the Victory.

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EXERCISE NO. FIVE—FIFTH WEEK.

Now this week go to your room, take the same seat and the same position as heretofore, and mentally select a place which has pleasant associations. Make a complete mental picture of it, see the buildings, the grounds, the trees, friends, the associations, everything complete.

At first you will find this hard, you will find yourself thinking of everything under the Sun, except the ideal upon which you desire to concentrate. But do not let this discourage you. Persistency will win, but persistency requires that you practice these exercises every day, without fail.



## EXERCISE NO. SIX—SIXTH WEEK.

This week we want to show you how to cultivate the power of attention, so bring to your room a photograph. Sit with it, in the same seat, in the same position. Examine it carefully and closely for at least 10 minutes. [ Note the expression of the eyes, the form of the features, the clothing, the way the hair is arranged, in fact note every detail shown in the photograph carefully.

Now cover it and close your eyes, try to see it mentally. If you can see every detail perfectly, and can form a good mental picture of it, you are to be congratulated; if not repeat the process until you can. This step is simply for the purpose of preparing the soil—next week we shall be ready to sow the seeds.

EXERCISE NO. SEVEN—SEVENTH WEEK.

For your exercise this week, visualize your friend, see the room or place, exactly as you saw it when you last saw him. See the furniture, recall the conversation, now see his face, see it distinctly, now talk to him about some subject of mutual interest. See his expression change. Watch his smile. Can you do this? All right, you can. Then arouse his interest. Tell him a story of adventure. See his eyes light up, with the spirit of fun or excitement. Can you do all this? If so, your imagination is good, you are making excellent progress.

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## EXERCISE NO. EIGHT—EIGHTH WEEK.

For your exercise this week, concentrate on Truth. Try to realize that the Truth shall make you free, that is, nothing can permanently stand in the way of your perfect success when you learn to apply the scientifically correct thought methods and principles. Realize that you are externalizing in your environment, your inherent soul-potencies. Realize that the Silence offers an ever available and almost unlimited opportunity for awakening the higher conception of Truth. Try to comprehend that Omnipotence itself is absolute silence; all else is change, activity, limitation. Silent thought concentration is therefore the true method of reaching, awakening and then expressing the wonderful potential power of the world within. Do not make the mistake of concentrating on Concentration; Relax, "Let go." Become one with your thought. Forget where you are

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and what you are doing. This may appear hard, but it is not, practice makes perfect, in this as any thing else, your having the lessons proves you have Desire. Desire produces action, and Action produces Results. And you CAN have the fulfillment, by using your thought power.

## EXERCISE NO. NINE—NINTH WEEK.

This week we come together again and Mental study, being the hardest kind of work, we must be in good physical condition.

Very few people realize average health. Most people are constipated Mentally and Physically; so please remember, HEALTH is ABSOLUTELY NECESSARY for CORRECT SCIENTIFIC THINKING.

We will now give you some real practical health secrets. To maintain good health, we must have perfect balance in our body. The human body is composed of Millions of cells, and cells are the result of your first quadrad of cells, which are the results of pure protoplasm, composed of H (Hydrogen), N (Nitrogen), O (Oxygen) and C (Carbon). These four elements form the basis of all cell structure and even these four are under some conditions reducible. Any additional elements or compounds which may exist under later forms or development



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are the result of exterior processes, such as nutrition, breathing, etc.

We will not go into detail about chemistry, but all substance is in the last analysis, homogeneous.

Now to continue about health. On arising in the morning, put on your bathrobe or underclothes; get a glass of cold water, right from the water tap. Pay no attention to bunk about germs. The whole universe is nothing but germs. Pour water from glass to glass or jug, so that the breath of Life, or air enters it. Stand before an open window, drink the water slowly, and then take three deep breaths, through the nose, exhaling the devitalized air through the mouth. Never breathe with the mouth open and remember to form the Divine Triangle with your first two fingers. Point of the triangle down. Have your hands down before your stomach. After this just tap your stomach on the right side sharply,

with your finger tips about 12 times. If you do this exercise every morning you will never be constipated and it will save you a lot of worry and money. In doing the breathing exercise, do not forget to hold each breath about 15 seconds and exhale slowly.

Do this breathing exercise any time during the day. It is a very valuable exercise for singers, lecturers and anyone that uses up their vitality. When you do this exercise you are recharging your body with the greatest Power on Earth. "The Breath of Life." It will fill your body with magnetism.

Breath is the Energizing force in Nature, and the vital force in the human organism, consequently, the most potent factor for the invigorating of the body. It is the resident power in physical life, inbreathed in the raw state, where it becomes impregnated and surcharged, through

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the fusion of essential elements H, N, O, C, physical and mental and becomes the magnetic fluid by which circulation is sustained.

Congestion and inflammation is obstruction of the breath. This means cell decay and Death. You cannot breath too much air. It is impossible. Nature takes care of that.

Any diseased part demands the spraying (consciously) of that part with Thought, which inflates the cells of the center to respond. Thought is the lightening message carried by the unseen messengers, (Vibrations) according as the switchboard of the brain makes the connection.

The Inward Breath used by the Adepts, the spraying of the body inwardly is a developing process known to Adepts for purposes of invigorating and healing. It conserves every atom of energy and is vastly different from merely inhaling through the nostrils and exhaling through the mouth;

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thus pouring out of the body all the vibrating essence of psychic equation, which has by virtue of the intake become charged with power. When we take breath every atom of our being gives consent to the receiving process. We are apt to think that the burden of breathing is left wholly to the orifices of the face, but every cell of our body inhales. When the breath is charged with a specific thought every atom is subject to it.

Inhaling and exhaling are the positive and negative poles of one process. So let us breath consciously. Also do not forget to drink at least eight glasses of water daily. Not filtered or dead water, but live Vital tap water, full of germs of Life. Next week we will give you some very interesting demonstrations of the power of mind over matter.

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## EXERCISE NO. TEN—TENTH WEEK.

This week go to your study or room. Take your seat. Sit relaxed and concentrate on a favorite "Flower." Visualize it, see it not with your physical eyes but your inner eyes. Take the flower, the one you most admire, bring it from the unseen to the seen. Plant the tiny seed, water it, care for it, place it where it will get the direct rays of the sun, see the seed burst; it is now a living thing, something which is alive and beginning to search for the means of subsistence. See the roots penetrating the ground, watch them grow and shoot out in all directions, and remember that they are living cells, dividing and subdividing and that they will soon number millions, and that each cell is intelligent, and that they know what they want, and how to get it. See the stem shoot forward and upward, watch it burst through the surface of the earth, see it divide and form branches, see

how perfect and symmetrical each branch is formed. See the leaves begin to form and then the tiny stems, each one holding aloft a bud, and as you watch you see the bud begin to unfold, and your favorite flower comes to view. Now if you will concentrate intently you will become conscious of a fragrance. It is the fragrance of a flower, as the breeze gently sways the beautiful creation which you have visualized. When you can do this and enter into the spirit of a thing, it will become very real to you. You will be learning to concentrate and the process is the same whether you are concentrating on health, a favorite flower, an Ideal, a business proposition, or any other problem in life.

Remember there is but one way to concentrate and that is to forget, where you are, what you are, and what you are doing. Become absolutely one with your thought. X

Also remember, do not force concentration.

In other words do not concentrate on Concentration. Just let go easily. Remember we can have only one Idea in our mind at one time. Forget everything else, except the one big predominating central IDEA you are concentrating on.

EXERCISE NO. ELEVEN—ELEVENTH WEEK.

This week select a blank space on the wall of your room; turn out the light. Sit on your chair, easily and relaxed. FORGET THE WORLD AND EVERYTHING IN IT for about half an hour. Mentally draw a horizontal line about six inches long, try to see it ~~it~~ as plainly as though it were painted on the wall. Now mentally draw two vertical lines connecting with this horizontal line at either end; now draw another horizontal line connecting with the two vertical lines, now you have a square. Try to see the square perfectly. When you can do this, draw a circle within the square. Now place a point in the center of the circle, now draw the point towards you about 10 inches. Now we have a cone on a square foundation. You will remember that all your work was white. ✓ Change it now to red, by saying softly red, red, red, seven times; change it now to yellow, green, repeating softly each color

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seven times. If you can do this, and you can if you try hard enough, you are making rapid progress and you will soon be able to concentrate on any problem you have in mind. If you prefer to do this exercise in the light, do not turn out the light, but draw the cone on a square base in black instead of white, first, then change black to white, and the usual colors in their turn.

Practice this exercise for half an hour at least four nights this week. Next week we will show you there is a deep inner meaning to this exercise, which will prove to you that the human mind can vibrate over 750 millions of vibrations a second.

NOTE\*\*—DO NOT FORGET to do a little breathing exercise before doing these exercises.



**\*\*EXERCISE NO. TWELVE—TWELFTH WEEK.**

Last week we tried to show you how to change or create colors and to concentrate on this. Now colors are like everything else—nothing but vibrations. The human Heart vibrates around 72 Vibrations per minute. The human ear cannot hear vibrations less than 16 per second, and is not able to hear vibrations which are more than 40,000 per second. No musical instrument can go over that number, but there are vibrations trillions per second.

**NOW AS TO COLOR VIBRATIONS:**

Extreme Red which is nearest color to the earth vibrates at 458 millions of millions.

Red      477 Millions of Millions  
per second.

Intermediate Red      495 Millions of Millions  
per second.

Orange 596 Millions of Millions  
per second.

Intermediate Orange 517 Millions of Millions  
per second.

Yellow 535 Millions of Millions  
per second.

Intermediate Yellow 555 Millions of Millions  
per second.

Green 577 Millions of Millions  
per second.

Intermediate Green 600 Millions of Millions  
per second.

Blue 622 Millions of Millions  
per second.

Intermediate Blue 644 Millions of Millions  
per second.

Indigo 658 Millions of Millions  
per second.

Intermediate Indigo 772 Millions of Millions  
per second.

Violet 699 Millions of Millions  
per second.

Intermediate Violet 727 Millions of Millions  
per second.

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And White Light traveling at the rate of 186,333 miles per second vibrates at 500 millions of millions per second.

You may ask, "What does that prove?" We answer. It proves that if the human mind can change white to red or violet, that the mind that do that can vibrate higher than any color ever seen. The human mind can and does do this. The possibilities of Mind are infinite.

We hear a great deal of mind readers and no doubt you have seen some of their performances. But although a great deal of that may be trickery there are thousands of people today able to consciously project and direct their thoughts.

Thought is the highest rate of vibration known, and when one can consciously direct and project their thoughts, one is (what one is), a truly wonderful being.

This last week AND HEREAFTER concentrate, on what a wonderful thing Mind is,

and remember, "THE WORLD WILL ALWAYS BELONG TO THE THINKERS." Thinking is the true business of life, power is the result. You are at all times dealing with the power of thought and consciousness. What results can you expect as long as you are not aware of your POWER. You have got to consciously realize your power. For all power is based on consciousness. If you had all the money on Earth and did not consciously know it, it would be useless to you—POWER is only POWER when it is used. Everything on this earth is for use; but not abuse.

As long as mankind refuses to think, (and the great part of humanity absolutely refuses to do that), they will always be the Beasts of Burden, for those that do think, those that realize their Power. Unless we are willing to think, we shall have to work, and the less we think, ~~the~~ the more we shall have to work, and the less we will get for the work. So do not be a HEARER but a DOER.

"Come out from amongst them." Realize,  
like Tennyson, the Famous English Poet:

"Speak to Him thou, for he hears thee.

Spirit to Spirit can meet.

Nearer is He than breathing,

Nearer than hands and feet."

Tune in with the Vibrations of Life.

Become at one with ONE. Realize, "The  
Father and I are One." Realize, all Mind  
is one Mind, and that you are a part of that  
mind. Never mind the other fellow. He ~~is~~  
is doing what he can for himself, and when  
one really gets a glimpse of the latent  
powers and potentialities contained within  
one Self, he will have very little time to  
criticize anyone or anything.

We are here for experience and we are  
just receiving the experiences we need the  
most. Absolutely refuse to receive thoughts  
you do not need. Never allow anything to  
enter your consciousness that does not do  
you good. Do not allow yourself to be sur-



ounded by weeds. Learn to do your own thinking. We must now draw these few lessons to a close. We have Volumes more, but very few people are ready. When the time comes we will publish more. Some of our statements may appear strange, but they really are nothing to what is known to a great many people here in America. So take up this matter seriously and some day you will find it works—and then you will cease to be a believer and become a K N O W E R.

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I did not begin by the asking,  
I took my job and I stuck.  
I took the chances they wouldn't  
And now they are calling it luck.  
They asked me how I did it  
And I pointed to that Scripture text  
"Keep your light a shining,  
A little in front of the next."  
They copied all they could copy,  
But they couldn't copy my mind;  
So I left them sweating and cursing  
A mile and a half behind.

Kipling.