

# STREAMLINE MINDS



By

HARRY J. GARDENER







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## *Preface*

The practices contained in "Streamline Minds" have been gathered from many sources. This information comes from souls who were ten, fifty, a hundred, yes, even five hundred years ahead of their time. We wish it were possible to give the long list of names of those who contributed directly and indirectly to the contents of this manuscript, but space forbids.

However, these great ones will feel themselves given full credit for their contribution if you apply these New Age principles immediately to your life. There was never a better time to make a start than now. For those who start at once improving their mental world, the future will be exceedingly bright. Few of the unpleasant, things, if any, that the world is soon to receive in great abundance, will even come near those whose feet are on the glorious Upward Trail. Truly and literally, the Golden Age is again among men.

The Author.

Los Angeles,  
California.  
MCMXXXVI



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The New Age is not a "Brain Trust Age," whereby a few think for the majority. It is, in reality, a pioneer age, an age where everyone has to think for himself; and the clearer his mind is, the better use he has of it, the better he will be able to think and act, and the greater will be his joys. The New Age, already here, is one of thinking and acting.

Under the present conditions, anyone with even a little money can hire folks with less money, or none at all, to think for him. We find any number of morons, today, sitting right in the middle of the lap of luxury, not because they are intelligent, but because they have one well-developed talent; an ability to hire just the right persons to work for them, and to make money for them.

Now in the New Age, such will not be the rule; only those who know, who can think and act intelligently in every department of life—spiritual, mental, physical, financial and social—will be "on top of the pile."

We see, then, that the use of the mind is of tremendous importance in the days now upon us. The man with a well-organized mind, completely under control at all times, will be the "mental capitalist" of the future—mind is the only capital that the future will recognize. The ability to

think clearly, to reason keenly and alertly, is a far greater asset than is education, for without this power of thought one cannot put his education or knowledge to use.

Thus, no matter how good your mind may be, if the brain, the means through which it functions, is not a good channel for thought, you are depriving yourself of expressions in every department of your life. You are a prisoner within your own brain; instead of your being the master, your brain is the real master.

In order to think well, one should keep the brain in a fairly good state of repair. If one reasons well, his reasoning ability will tell him what he should or shouldn't do in order that the brain—the instrument through which he thinks—be kept constantly in an agile, mobile and quick-acting condition.

The average person has a very fine mind, but a very immobile brain. Now, regardless of how young or how old you are, your brain never is more than two years old. During that time, Science has discovered that the brain, cell by cell, is completely torn out and new cells built in. It ought to be as easy for a person eighty years old to use his brain as it is for a person eighteen. Fact is, it is just as easy. The only difference is in the "push"

with which each one thinks. At eighteen, a person thinks keenly because he is very much alive mentally; he feels that there is much to live for and is full of zeal, fervor and enthusiasm. At eighty, he expects "the end" any moment, and as he has nothing (?) to live for, he has no "push" (no zeal, fervor or enthusiasm). The result is that he just doesn't use his perfectly good brain, which, if he did, probably would eliminate twenty years from his feelings and appearance in a few weeks' time, and fifty years from his attitude and action at the same time.

The future is the age of youth—mental youth. As no one has a brain over two years old, everyone will have an equal opportunity to think and to act. For those of you who think enthusiastically, correctly, and zealously, the future is exceedingly bright, regardless of your present age, condition, color or environment. The future is the age of Mind. You have just as good a chance as any other person to make something of yourself, if you awaken and use your brain.

Our brains are made up of billions of brain cells; most of them are sound asleep and actually are enjoying it. When you want them to do things for you, about the only response you get from them is a yawn and a groan. They rub their drowsy eyes, roll over and go back to sleep again and you say to yourself, "I'm getting old; my mind isn't what it used to be." Of course your mind isn't getting old at all; mind has no age. Your brain cells are only two years old; they are asleep and all they need is awakening.

The treatment we give you for this purpose of awakening brain cells is known as the "Rising Call." It consists of THREE BREATHS.

Now it doesn't seem possible that THREE BREATHS could awaken any great amount

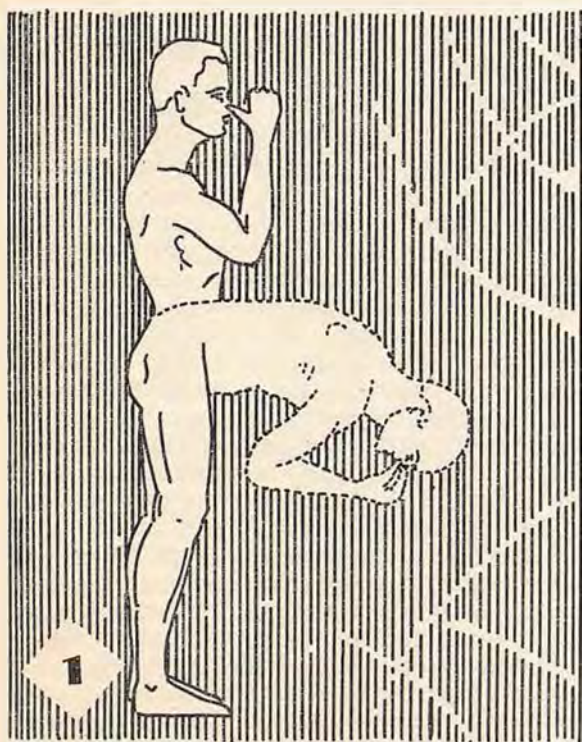
## Brains vs. Mind



of brain cells; but strange as it may seem, they really do.

The exercise is as follows: Standing erect, place the right thumb against the right nostril, allowing the fingers of the hand to extend upward in line with the forehead. Now through the left nostril completely fill the lungs with air. Then with the index finger of the same hand close the left nostril also.

With the lungs filled and the lips partly open so that there will be no pressure in the mouth, bend over from the waist, getting the head lowered as far as is conveniently possible. Then allow a portion of the air in the lungs to gently come back into the nose so as to create just a very slight pressure there. This position allows the blood to flow into every part of the brain which, along with the air in the lungs, has a very energizing effect upon the entire system and especially upon the sensitive nerve centers of the brain.



When the desire to resume breathing is quite strong, rise to the erect position, then close the left nostril and allow the breath to escape through the right nostril by removing thumb. Do not force it out with great speed; nor should you retard it to any great extent. Just let it flow out freely and naturally until the lungs are emptied without forcing out

the last particle of air through sheer force.

Now, with positively no intervening breaths—in other words, with the very next inhalation of air—repeat the process. Close the right nostril with the right thumb; inhale through the left nostril; close both nostrils; bend over until ready to exhale; then stand erect; remove the thumb from the right nostril and exhale. Do this three times. That is, you fill the lungs three times, you hold the breath and bend over three times, and you exhale three times.

At first, you may be unable to sustain your breath very long, even for one simple breath of "cycle," which might take, let us say, one-half minute. The THREE BREATHS would then require but one and a half minutes. As you practice this exercise, you will be able to hold the breath longer and longer, until finally you are capable of sustaining it for one minute. Then, after considerable practice over quite a period of time, you can hold the breath still longer—probably a minute and a quarter to a minute and a half, requiring from three and three quarters minutes to four and a half for the total of THREE BREATHS.

Never hold the breath to a point where it causes you great discomfort. If you do, you will only dissipate whatever good the use of the exercise would normally bring you.

The "Rising Call" or the THREE BREATHS is of tremendous importance. This wonderful exercise comes to us from half way around the globe. The ancient, yet modern, lamas who discovered it, use it to a much greater extent than we do in the Western World. This is entirely due to the fact that the brains in the Eastern and Oriental World are not nearly as sensitive as are the Occidental. For that reason it takes a more vigorous application in order to gain the same glowing results. When they practice the exercise dozens of times, they get the same benefit from it that you do when you practice it only three times. That's the difference in the sensitiveness of brains between the two distinctly different races of people. If they practiced it only three times, once a day as you do, they would get no benefit from it at all. If you practiced it as many times as they do, your brain would be burnt out, probably, in less than a week's time.

I am telling you all this so that you will know that the THREE BREATHS in the "Rising Call" is all that you will ever use in a single day. If you think you are "different" and can go beyond the THREE BREATHS, then I would suggest that you forget entirely about using them at all. Only a denser brain



requires a greater number of breaths than the three. A brain that is keen and alert does not require more than the specified amount. Anyone taking more than that number would possibly be a person with an inferiority complex, who thinks his brain is "thick," or "dense," or "solid."

The "Rising Call" is not occult or mysterious, but it is powerful. Correctly used over a period of even a short time, it will bring about glowing results, not only in every department of the mind, but throughout the body as well. Every faculty of the mind will start to awaken, to revive and to become alert and active. New mental joys that you have never before experienced will be yours for the first time.

Here's another very interesting thing. So many people, both men and women, from about forty years of age and on, are afflicted more or less with poor eyesight. That is, their vision seems to get dimmer and dimmer. We have found that those who use the "Rising Call" regularly often experience a marvelous change for the better in eyesight. I have been informed that people who have worn glasses for years, finally were forced to discard their glasses entirely and their eyesight became as good as it had been in the days of their youth, and, in certain cases, even better. I realize that this sounds very strange. However, facts are facts, and just because man hasn't caught up with certain secrets of nature, it is no sign that nature doesn't know her work. Just how the THREE BREATHS affects the eyesight and improves the vision is something for the master neurologist to explain. That is not my work. My work is to give you this information; your work is to put it to use and get glowing results.

However, if you have poor vision, don't practice the THREE BREATHS with the idea that it is going to restore your eyesight. Remember, that it is just one of the many benefits that may come to you. Also remember that there are benefits far beyond perfect vision. Along with some of these greater ones, however, you are liable to experience some of the lesser ones, such as the one we just mentioned. Nothing but good and perfection, which mean joy and happiness, can come from the use of this particular exercise, if performed exactly as we have given it.

Here we have a master method of ridding the mental world of destructive forces which have, through acts of Fate, gained admittance to the subconscious realm of mind.

A complex, psychologically speaking, is an accumulation of the "high lights" of your life.

## II

That is, everything that takes place which is more than ordinary creates either a good or a bad complex. Among its other purposes

### Crushing Complexes

the subconscious realm of mind is intended for assimilating and storing emotions. These emotions, and especially the repressed ones, are alive and continually active. They start first as minute centers of force and as time passes and more and more of the same kind of impressions imbed themselves in the subconscious these similar sensations either coalesce with others of a like nature until the original complex grows to great strength, or set up a separate existence and grow as rapidly as circumstances afford. With continued growth and repression they take on, to a certain extent, a destructive fiendishness that makes them demons, live and active, in your subconscious world.

If you are like the average person you have talked away your good complexes. Everything that was pleasant you have told to friends; the result is you have sifted out almost all your good complexes and have retained all your negative and destructive ones.

The complexes that can exist in one subconscious world are multifold. If one has led an active life, particularly if he is an energetic individual, a thinker and a doer, he has many complexes, both good and bad. If he is getting ahead in the world this is an indication that he has accumulated more good complexes than bad ones.

After a few years of repression, evil, low, malignant and negative complexes become so active and demonstrative they often cause the "victim" to lead a most miserable life. The uprisings in the subconscious world are keenly felt out in the conscious mind. Often "voices" are heard while one is fully awake. They are heard so plainly that one is often shocked for a moment at their closeness.

Of course you are aware that the subconscious mind does not totally reside in the brain as does the conscious mind. The subconscious mind is in every fibre, cell and organ of the body. It is especially in the organs of the body for they are not directly subject to the will of the conscious mind as are the limbs. Being a part of the subconscious realm of mind quite naturally they are at liberty to function wherever that particular phase of mind is present. They are, therefore, centered in the liver, kidneys, stomach, large and small intestines, spleen, viscera, etc., etc.

Although we eat just about everything that appeals to our pampered tastes and the stomach does not revolt, nevertheless, when



vicious complexes make assault within the walls of the stomach, this organ can not be anything except upset. You have heard of folks having NERVOUS INDIGESTION. One or a dozen or a hundred complexes may be causing it. This particular affliction is caused by the OVERSENSITIVENESS complex as well as the SELFISHNESS complex. The heart is always afflicted by any kind of a complex originating from fear or worry. If you have a "blue" or depressed complex you have it located in the liver. Kidney trouble, in most cases, is caused by an inferiority complex. This may have been a complex long forgotten. Some of the most aggressive men were once inferior in their own estimation.

Inferiority complexes, in most cases, are "hangovers" from very early years. If a man or a woman was so unfortunate as to have been born in one of those old-time families where "Shame on you, naughty child" was the rule every time the child showed signs of life or originality, he or she naturally developed a sensitive inferiority complex.

Every imaginable kind of sexual abnormality is caused by repression of fears and by conflicts between warring opinions in the conscious mind and by clashing complexes in the subconscious mind.

If you lived in a family where the father and mother quarreled frequently over the shortness of the family's financial budget, you not only have an inferiority complex but a poverty complex as well.

When a person has had a strong inferiority complex long enough, even though he has covered it quite well, it will, some day, come to the surface of the conscious mind and give him that most dreaded feeling of going insane. If the person has a close friend to whom he can tell his "secret," the complex will be talked away and no real harm done. But if the person has no one to talk to and continually represses the idea, it is certain to cause much mental anguish and a great deal of physical suffering as well. Fortunately, an "insanity complex" throws the conscious mind on guard; the person watches himself so as not to display his terrible "affliction" to anyone. Just this bit of conscious activity in the matter will pull a person through. People who are becoming insane or who are actually insane do not reason about the matter at all. If there is any thought regarding insanity it is always the other fellow who is "crazy."

Auto-suggestion cannot touch destructive complexes in any way. Auto-suggestion is like water on an oiled surface—it simply can't penetrate or molest them. Of course, auto-suggestion is good in a way, for it sets up good, positive complexes. However, these

complexes will be able to render but little aid until they outnumber the malicious ones. Complexes are as real in the subconscious world as birds, animals, fish and insects are in the material. Faith cannot remove them because there is only one way to rid one's mental world of them and faith doesn't act in that way. It is, of course, quite true that metaphysical teachings, when practiced enthusiastically, gloss over them but eventually they break through, and when they do they will be a dozen times more fearful and destructive.

These subconscious demons, after they have become fully matured and have been repressed time and time again, have almost become living entities. They have a form of thinking acquired from your own subconsciousness and are so clever that you are often led or compelled to do something that is absolutely foreign to you nature. This is a well-known fact. Probably you have experienced it yourself. After you have done the thing and have had time to think the matter over, you wonder what on earth ever possessed you to do such a silly thing. The answer is: powerful complexes of the cunning and malignant order caused you to do it.

With the methods given here, there isn't a reason in the world why you should not be master of yourself, 100 per cent. You are ready and anxious to be so. You are the type of person who would dispose of a biting dog very quickly, even if he were a family pet. You would dispose of any kind of a mean and vicious animal if it endangered the lives or happiness of others. Your subconscious demons are worse than fierce animals. They cause you to do destructive and senseless things—things that you will be astounded at and sincerely regret later on.

In one of my other writings I explained a very effective way of ridding one's self of certain complexes by describing them to a friend. The idea was to put just as much mirth into the telling of them as possible. This is a very wonderful method and for any average complex it works wonders. In this course, however, we go more deeply into the elimination of complexes and it is therefore applicable to the most stubborn and neglected cases. Therefore, we must necessarily go about this elimination process in a more subtle manner in order to get more dynamic results. Instead of talking these complexes out we will eliminate them through our arms. This is not, as may be supposed, detrimental to the arm. On the contrary, the long cell muscles seem to thrive on just such activity as is herein given. The exercise is as follows:

Once each day for fifteen minutes only, you are to write with pen and ink on your worst complex. You work up feeling, emotion, and write freely any word, phrase or



sentence that comes to your mind about the matter. You pay no attention to how you are writing it. If you just scribble it will do just as well. You must get each word down, however, in some form if you want it eliminated from the subconscious.

When writing on certain complexes there will be a great abundance of vile words, words that will shock you, but they are there and if you want to "clean house" thoroughly you will have to let them come out and place themselves on paper.

Just as soon as your fifteen minutes are up you must stop off short. You may be right in the middle of a rage; you may be in the middle of a jealous frenzy; probably the emotion is hatred and is "spilling" itself in a most wonderful way or fear running itself off in great shape, but, regardless, you must stop the moment the fifteen minutes are up. If you will stop and consider how much actual energy (even if it is vile) is being run off, you will realize how dangerous and depleting it will be to run overtime. One young man did this: he wrote on and on through every imaginable mood and complex for seventeen hours. He went to bed totally exhausted and for nearly three weeks he stayed there just too weak and depleted to move. This, also, is very important. Immediately after completing your fifteen minutes of elimination you are to burn your papers. If you don't, the temptation will be so strong that you will read what you have written and the result will be that you will read right back into the subconscious that which you have just written out.

You will remember the little incident which took place a long time ago. A legion of demons were cast out of a demonized man. They entered a herd of swine; the swine cast themselves over a cliff into the sea and the man was absolutely free of the demons. The same with your writings. As the demons come out of your subconscious and flow out into the paper you simply burn up paper and demons, and that is all there is to them.

In drawing No. 2, we see the young man writing out malicious complexes. At first sight, we think that he is drawing pictures of little devils on the paper, but he is not. He is scribbling down all the mean and malicious and negative thoughts that come to his mind, writing on some complex that has been bothering him for over a long period of time. On the other hand, these thoughts are, in reality, little mental demons and as he writes, they actually form themselves on the paper. But this is done in words and not in pictures.

Complexes are numerous. As you know, there are both good and bad ones. The most prominent evil ones are Fear, Hatred, Jeal-

ousy, Revenge, Anger, Malice, Laziness, Mental Sluggishness, Timidity, Negativeness and Bashfulness, Incivility, Unsociableness and a great variety of sex complexes.

Let us take up the complex of fear. You fear somebody or something. Let us say that you greatly fear going to the hospital. Fifteen minutes each day you write on the subject of FEAR OF GOING TO THE HOSPITAL. It will run along like this: "I hate the thought of going to a hospital. It fills me with horror every time I think of being operated on. I am so afraid that I might die while I am under the anesthetic. What would the family do if I should never come back? What would the people think that I



owe money to? Oh, it just fills me with dread and horror every time I think of such things. I hope I never have to be operated on.

Write along in this manner. Whatever seems to be your worst fear or greatest complex should be written out first.

A jealousy complex is very wicked and destructive. Let us say that you are terribly afflicted in this way. You become insanely violent at times. All you will have to do is to "write it off" fifteen minutes per day. Your writing will run along something like this: "I am a very jealous person. I take great delight in being jealous of everybody and everything. I am jealous of friends and enemies alike. I hate people if they do not



pay a great deal of attention to me. I am jealous of the boss; he hasn't near the education I have. I should have his position."

Hatred is a very insidious complex. Did you ever stop to think that you never really hated anybody in your life? All your actual hate is for a picture you have in mind of some individual. There was once a man who hated another man for many years for either a real or fancied wrong. These two men were separated by many miles. The man who was doing the hating became so obsessed with the hate complex that he felt he could not rest until he met the man and gave him a "beating up." After travelling several thousand miles he found, upon inquiry, that the man had been dead several years. All this man had been hating was a picture of a man in his subconscious mind. Everything we have within is a part of ourselves, whether it is a thought or a picture or a complex. When you hate anything you simply hate a part of yourself and you are destroyed by your own thoughts.

In eliminating hate you will write down something as follows: "I hate....." Mention the name of the person you hate. "I hate him because he did me 'dirt' away back there, fourteen years ago. I hate him because he is prosperous. I hate him because he is much better educated than I am. I hate him because every time I pick an argument with him he always makes me feel cheap. I hate him because he is a very superior person."

In this work you put down the truth. Don't ever tell a lie or misrepresent the truth, in doing this kind of writing; if you do you will be forming a complex for the untruth and the next thing you know you will see everything distorted and exaggerated.

The question often is asked, "How long does it take to crush completely or to eliminate a complex?" There is no set rule to go by. If your complex originated many years ago and has been repressed and constantly fed by deep emotions it will take considerable time to dispose of it completely. After a little while, probably within a week, you will notice a great relief from the particular affliction. On less violent complexes just a short period of time will work wonders with them. It is not necessary to eradicate a bad complex before you go on to another bad one. The correct procedure is to render each severe one less destructive until you have "treated" all of them. Then you can make the rounds again and eliminate them completely. You will certainly be surprised and delighted at the relief you are going to get from this practice. It is a most marvelous thing.

After you have started to eliminate your complexes, it is wise to start building in. Let the work of tearing out be simultaneous with the work of building in. Any kind of an

auto-suggestion that is emphatic and positive, if given to the subconscious with enthusiasm, will occupy in a most natural way, the "space" just vacated by a negative complex. The idea is to place just as many positive complexes in the mind as possible. When the good complexes outnumber the bad ones you will be master of the situation.

Complexes are formed by thoughts, passions and emotions. Several kindred emotions, when formed into a single complex, will cause under favorable conditions, certain diseases to take place in the body. By removing these complexes the cause is automatically removed unless it has gone so far that the tissues of the body have been consumed and destroyed. The following list was prepared for students by a very famous psychologist and psycho-analyst:

APOPLEXY is brought on by anger, hate or extreme passion.

BACK LAMENESS is brought about by burden-bearing thoughts.

BILIOUSNESS by revengeful, traitorous thoughts.

BLADDER TROUBLE by ideas of inefficiency and inability.

BOILS AND OTHER ERUPTIONS by irritability.

BALDNESS by incompetency.

CATARRAH by disgust; false superiority.

CANCER by dissatisfied love nature; jealousy; resentment, selfishness; maternal love disappointment.

COLDS by depressions.

CONSTIPATION by nervous tension.

DYSPEPSIA by worry, anxiety, fear.

GOITER by obstinate pride; lack of self-control; fear of facing difficult situations.

HAY FEVER by limitations, lack of interest, anticipation of symptoms.

HEADACHE by failure to concentrate, brain exhaustion; confusion; fear; worry; etc.

HEART TROUBLE by fear, worry tension, selfishness, etc.

HEMORRHOIDS by sustained fear or worry.

HYSTERIA by repression, fear, egocentricity, selfishness, mental conflicts, etc., etc.

KIDNEY TROUBLE by secrecy; fear of detection.

LIVER TROUBLE by inaction, repression, depression.

RHEUMATISM by criticism.

SORE THROAT by resistance to thought or conditions.

STOMACH TROUBLE by oversensitiveness; rejection of facts.





THE FATE BREAKER is rather an odd title for a practice that brings about mental poise and glorious relaxation to both brain and body. The title, however, fits the technique, as you will see. By this "raging" method one can prevent the mean and hateful events of the day from burning up vital energy and the destruction of nerve centers. The practice goes still further; it prevents these events from sinking into the

## The Fate Breaker

subconscious realm of mind and causing new complexes to be formed. For this reason, after each miserable experience of any importance one should rage at or sublimate the event. This should always be done the same day the event occurs if possible. To let it go over to another day will automatically form it into a complex and it will have to be dealt with later.

It is not generally known, but righteous indignation causes just as much damage to one's nerves and energy as does indignation from less righteous causes. The thing to do is to eliminate the effects of these "holy" outbursts and emotions just as quickly after they take place as possible. In other words, one should never let the sun set upon his wrath.

This system is a marvelous thing in this "complex era." Hardly a day passes but what we experience some mean thing that just makes our blood boil for the time being. It may consist of being reprimanded by an incompetent traffic officer, being taken advantage of by some "smart" individual or humiliated to the dust by some inferior person. Of course, you are not allowed to make a demonstration; you dare not lay a hand on them. They are protected by law. Inwardly, of course, you are fighting mad, but you must restrain your emotions, you must restrain your action. It is not the emotion that hurts you, but your restraining of the emotion that does such terrible injury.

By the simple process given here you recreate the event and proceed to do in private that which you would have preferred to do in public. You can now "resent" every insult to your heart's content. You can take each disagreeable person from the traffic cop right down to your very latest mother-in-law and give them everything they have coming.

When people become educated sufficiently to practice this method there will be no more murders committed on impulse. Many a good man languishing in prison has wondered why on earth he, one of the kindest of men, could have committed such a crime as murder. Once you practice this method of sublimating

emotions you need never worry about the possibility of impulsively killing someone. This practice not only prevents one from doing his fellow man great injury but removes all possibility of him doing a worse thing—it prevents him from doing himself some mortal injury.

The best way to explain this method is by example, by relating several cases. The first one will be that of a young man whom we will call George. George filled the very important position of "peace-maker" between the general public and a large utility corporation. For a while all went well and he got along famously. The time came, however, when the mean, little remarks and actions of the public "got under his skin." Nothing serious at first, but after a while he found himself beginning to lose weight, nothing tasted good, he didn't sleep well, everybody began to annoy him. In another year he was a first class mental wreck. Although he kept a pleasant outward appearance, nevertheless, there was a seething, raging inferno within. There was just one thing he incessantly wanted to do and that was to "lay hands" on certain persons. He banished the thought time and time again for he knew that even one little display of anger would close his opportunity for a position higher up for which he was struggling.

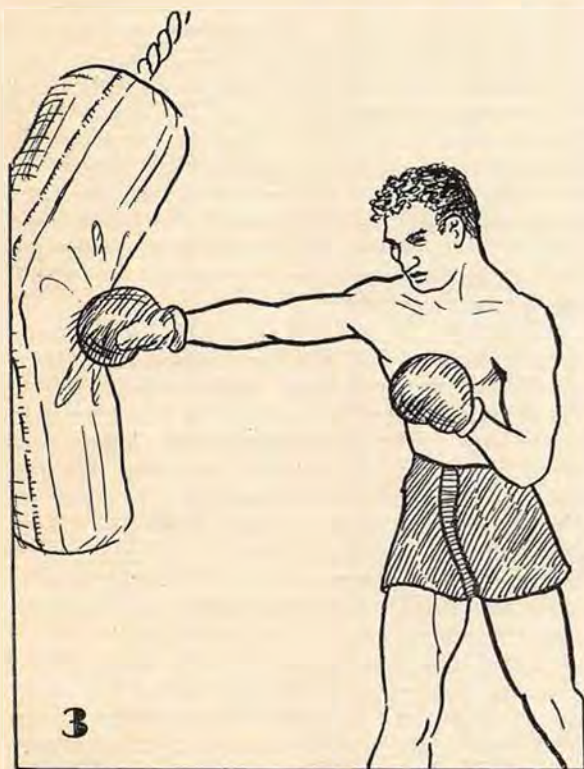
Finally a friend of his, a much older man, a man known for his fine personality, keen mentality and unfailing quick decisions, took George aside one day and had a friendly chat with him. The man higher up knew just what the young man's problem was. George sat and listened in amazement. At first he thought that the older man must be "showing him a good time," but a long dealing with the public as peacemaker had taught him to keep his thoughts and feelings from registering themselves in his expressions or in his actions. He was so sold on the idea at last that in the evening he proceeded to carry out the rather peculiar instructions given him by this respected member of the corporation. He induced his mother to let him fix up a little bedroom on the second floor into a gymnasium. After lining an old canvas bag with several discarded pieces of bed clothing, he filled the center of the contraption with sand and suspended it from the ceiling at a fair height. He had purchased a pair of inexpensive boxing gloves on the way home. After dressing for the occasion in gym pants and tennis shoes he was ready to "chastise" everyone from the president of the corporation to the stenographer; from the general manager to the new office boy; from the big, important looking individual who came in on very trying days to argue about rates to the little old lady who just knew that



every member of the entire corporation, and especially George, was stupid.

He visualized the worst offender for that day and certainly tore into him through the medium of the punching bag. In fifteen minutes he had so eliminated his hatred and disgust for the man, that he could have done him a good turn had the occasion arisen.

Every evening a new "victim" was chosen and the improvised punching bag was severely chastised. When the president of the corporation's turn came George scored a marvelous victory. As he was putting on the finishing touches the rope that suspended the bag broke and the "president" was hurled across the room and landed in a corner and remained silent until George took pity on him and suspended him from the ceiling again.



Within a month George was a different person; nothing seemed to bother him; all the people who were formerly demons incarnate to him had transformed into saints.

Another peculiar thing came to pass. That terrible fuzziness of mind which makes thinking a thing to be dreaded just disappeared. Names, dates and incidents seemed to fix themselves in mind without effort. Physically, George had never won a beauty prize, but after three months he was rated at the "Y" for the most symmetrical and best developed physique of any of the younger set.

It is not necessary, of course, to set up a gym. A young housewife was going through "deep waters" with her children, her husband and especially his parents. She came across this information on how to "rage at fate." One day, while beating a carpet on the line, a number of real hateful thoughts raced through her mind about the mother-in-law. With great emotion and considerable vigor she gave the carpet all she would have liked to have given the dear old mother-in-law. She was wonderfully relieved by this "exercise" and later on "sublimated" her husband, her children and a number of the neighbors and friends. Occasionally she has to re-chastise some of them.

One rainy day when the children were exceptionally cross and annoying, she decided that several sofa pillows needed cleaning. Taking them out to the garage she proceeded to "tan" each one of them properly—one for each child. All the rest of the day her nerves and mind were at ease; the children didn't seem half bad and before her husband came home that evening the entire family was feeling in high spirits.

Another case was that of a business man who used to take a day off and go out into the country for a horseback ride. This particular day everything had gone wrong. He was in a terrible state of mind. Riding up the mountainside "Nell," his faithful saddle horse, stumbled continually, shied at everything and acted up in general. After several other annoying things had occurred, the man was at the bursting point. Instead of beating up on poor Nell he cut himself a "staff" and used the trunk of a young fir tree for his object. Later the tree died from it—the bark had been thrashed off for several feet up and down the trunk, but the man lived happily ever after.

This exercise, "Raging at Fate," is not just for young or middle-aged people, but is for people of any age, and especially fine for real old people.

A dignified old Kentucky Colonel, who was in his eighties, never quite got over the South's losing the Civil War. He was a kindly old gentleman and was hospitality personified to everyone he contacted. However, he had a malicious complex of many years' standing against all those born north of the Mason-Dixon line.

Of late years, all the Northerners that he had met seemed to be such fine people that he couldn't quite understand why a certain part of his mental make-up had such a strong complex against them. Fact is, it used to irritate him to think that he couldn't look upon



everybody with the same kindly heart, but that seemed to be absolutely impossible.

One day, while in rather an unpleasant mood, he was out in the watermelon patch. Again the idea of Northerners obsessed him. His foot suddenly sank into a gopher hole; it did not injure him, but gave him quite a physical and mental shock. He began to see red; every watermelon in the patch seemed to be a Yankee. He was so enraged that he started striking viciously at the one nearest him with his sturdy cane. In a few moments, the watermelon was lying about the garden spot in small pieces. He charged another; it, too, soon flew into small bits. He went down the line and severely "chastised" whole regiments of "Yankees." By the time he had finished, more than a dozen huge watermelons were strewn about in small bits.

Now it seems a shame to have spoiled so many fine melons, but just the same, our friend the Kentucky Colonel found that he was a completely changed and different man. He no longer hated the Northerners; Yankees seemed just the same as anybody else to him. His health improved; his mind became much clearer and he seemed to have dropped ten years off of his age in less than half that many minutes.

THE FATE BREAKER simply opens up the safety valve and lets all of the excess emotion "pop off." By eliminating it through physical energy it relieves the brain and the organs of the body of the emotion that must express itself if we would keep our mental and physical health. The muscles of the body thrive on just such emotions. They are enlarged and stimulated and the whole man is often transformed from a semi-invalid to an athlete in a few months time.

The only warning is this: don't try to "rage" off all your angers, hatreds and disgusts at one time. Fifteen minutes of "licking the boss" in the punching bag is quite sufficient.

You need not feel odd about trying out this method. It is not half as silly as keeping all those ravings and emotions within your mind and body. The average person will not understand this system at all, so you are just laying yourself open to ridicule to tell them about this. Occasionally, you will come across a man or woman who will understand. Then tell them how to do it.

## IV

THE COMPLEX FORMER is double in action. While complexes of a constructive nature are being formed, the impurities, dead matter and refuse in the body and brain are being oxygenated—actually burnt up.

Constructive complexes are formed, not through faith, but by Practice. This method of complex creation is positive. It is physical and mental and has nothing in common with "faith," "belief" or any particular brand of religion.

A keen brain and a brilliant mind require large quantities of oxygenated and purified blood. By this method you can have an abundance of pure and vitalized blood surging through every fibre of your anatomy.

By this exact process it is possible to make the various metaphysical systems glow with most radiant results. If your suggestions and auto-suggestions to the subconscious realm of mind have brought, heretofore, little or no results, you will learn why they could not produce—just why they had to remain barren. By this precise method you can go about making all of your orders and suggestions to the subconscious 100 per cent dynamic.

This system is fine for everyone who is classified as a mind worker, i.e., speakers, clerks, stenographers, etc. It is just as effective for gymnasts, athletes, swimmers, physical culturists and for all those who are interested in things physical. It is just as marvelous for those who are engaged in manual labor. It eradicates that terrible feeling of physical inertia. Tired muscles, like tired brains, require much oxygen.

The technique of THE COMPLEX FORMER is very simple and can easily be remembered. It is as follows:

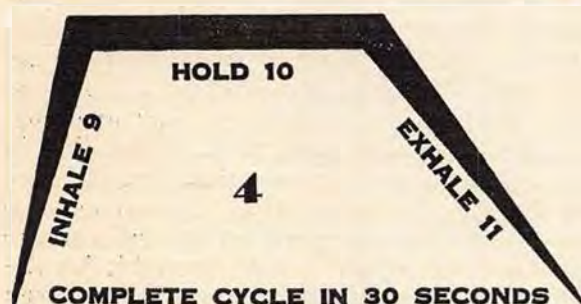
Inhale during a period of nine seconds. Hold the breath with lungs almost full, for ten seconds. Exhale during a period of eleven seconds. Altogether this requires thirty seconds. You can make two complete cycles in one minute.

During the time you are inhaling, see the air coming into your lungs as a bright, radiant force. See it go right down into the region of the Solar Plexus (pit of the stomach) and then start to radiate out to all parts of the body.

As soon as the lungs are full (not to the bursting point, however) be perfectly quiet physically and make your suggestions mentally. If it is a short suggestion you can repeat it several times during the ten seconds the lungs are filled with air and you are



physically inactive and quiet. This holding of the breath is known as the dynamic breath. Just the moment the ten seconds are up discontinue the suggestion and start letting the breath escape during the eleven seconds. Just a little before the breath is all out "see" the last portion of the breath as very dark and heavily laden with impurities from the body. This is called the **BLACK BREATH**. This method tells the subconscious—**THE MAN INSIDE**—just what you want done. You want to inhale health, strength, power; you want to make it a part of you, to build it into yourself. You want to extract just as many impurities from the body as you possibly can. This exercise does the whole thing.



Just beneath the lungs and above the stomach and liver there is a large, flat muscle, known as the diaphragm, which completely divides the body into two sections. It is like a large, rather squashed-down funnel. This "funnel" is upside down with the point up between the lungs. The outer edge of it is fastened all around from the inside of the body to the ribs down close to the lower edge of them. The diaphragm is the muscle of breathing. When it flattens itself down it pushes out the lower portion of the ribs and air rushes into the lungs. When we wish to expel air from our lungs we start drawing in the edges of this muscle which are fastened to the ribs; the point of it, which sticks up between the lungs, runs farther up and air is forced out.

The **SOLAR PLEXUS**, which is located just beneath the diaphragm, "goes for a ride" upward every time the diaphragm rises in the center in forcing out air. When the diaphragm is up the Solar Plexus is "inactive." Some folks have a habit of breathing shallowly, and of course, the diaphragm is much higher at all times than it should be. The result is that the Solar Plexus is off the job most of the time as far as constructive work is concerned. Keep the diaphragm down and your nervousness will greatly disappear; your mind will be much clearer. Keeping it down simply means that you will have to carry a little more air in your lungs than you have in the past. In a short while it will be a habit.

The reason auto-suggestions are always dynamic and powerful when the lungs are nearly filled with air is, that the Solar Plexus—the subconscious brain—the headquarters for "**THE MAN INSIDE**," is relieved and relaxed, not crushed. In this position every suggestion made with emotion and enthusiasm registers in the subconscious and forms into a constructive complex.

The length of time to practice it is, at first, only **FIVE** minutes per day. About three weeks later you can add an extra five minutes. Never run over fifteen minutes per day. Six days of unbroken practice with one day of rest is the best way. It is true that some people take all three at once, making a total of fifteen minutes. I have done this myself but have found that much better results are experienced if the three five-minute periods are separated by several hours of time. By proceeding in this manner you can be working on three separate and distinct propositions at one time. They may be as follows: Mental brilliancy for the first period, health for the second, and for the third, financial matters. This is just a mere suggestion; you will, of course, review your problems diligently and decide for yourself just what you need most and take that first.

Physically and mentally it is better to divide up the fifteen minutes into three sections. In this way you will avoid getting too much oxygen into the blood at one time. An over-supply of this important life giver causes a burning up of impurities faster than the lungs, skin and kidneys can carry away the "clinkers." There is a tendency to clog the system after a certain point and all good that has been done will be lost.

Also on a short period of five minutes you have another tremendous advantage over the longer period and that is you can work up your enthusiasm and keep it at white heat all during the practice. This is very important for it burns the suggestion right into the subconscious. The suggestion takes root and a **GOOD COMPLEX** is brought into existence. By continuing the practice and the same suggestion you keep adding new energy to the budding complex until you have such a large complex or so many good, little ones that "**THE MAN INSIDE**" who is always on the side of the majority, will be on your side 100 per cent.

Success comes through **DOs** and not through **DON'Ts**. I am, therefore, going to be sparing with the **DON'Ts**. There are very few of them. The one big **DON'T** is this: Never waste enthusiasm or energy or emotion in telling what you are doing or going to do. If you want to talk, it is better to "peddle your junk and retain your jewels."



Always remember that emotion and enthusiasms have to be acquired at some expense. Therefore, in parting with them, let them bring you health, power and success and more of themselves. Work up plenty of enthusiasm. Do as they do in Hollywood—"EMOTE." That is an idea for some of you older folks. What is really wrong with you is that you have forgotten how to arouse pleasant emotions within yourselves. Until you can "emote" you are at a dead standstill. But you can easily become enthusiastic. There is something that you are still interested in that is very close to you. If you haven't an emotion or anything within you that is anxious or enthusiastic start creating one during the DYNAMIC BREATH. Try "Enthusiasm for wealth is now forming within me." Later, "Enthusiasm for wealth is now increasing by leaps and bounds." In another week, "I am gaining enthusiasm for wealth, and wealth is coming my way."

Now regarding suggestions to the subconscious let me say that first of all you must be sure that each suggestion is 100 per cent constructive. Never use a single word, phrase or thought that is weak or negative. Words like fear, danger, damage, lack, shortage, pain, ache, weakness, sick, tired, unhealthy, mean, poor, poverty, ill-health, heart trouble, insomnia, rheumatism and pneumonia are not to be used.

A number of years ago there was a very fine metaphysician here who taught some very valuable knowledge along psychological and metaphysical lines. He made the mistake, however, before he had learned better, of allowing negative words to become part of his suggestions. Possessing considerable dominance of mind, he nearly wrecked his health and finances as well as that of others. Fortunately he discovered what was wrong and soon made the correction and then all was constructive again. You would be surprised to know how much destruction just one little negative word can do in a suggestion, especially if there is a considerable amount of negative complexes already in the subconscious.

I would like to say right here that each one of us should consider it a duty of ours to inform any writer, teacher, healer, practitioner, physician or any other person of his error if he still persists in making the terrible mistake of teaching the use of negative words in the employment of suggestions and auto-suggestions.

Along with enthusiasm there is another powerful thing that will help you to make your suggestions potent. This tremendous force is VISUALIZATION. There is, of course, the negative and positive in this just as there is in suggestions. The positive way to visualize is to see the thing you want con-

tinually increasing. That is, continually getting nearer and nearer to you or your being drawn nearer and nearer to it. This is the constructive way.

The destructive way is to visualize as already having a thing. If you want this "THE MAN INSIDE" will just say to himself, "Well, the boss is easily pleased, all he wants is a pretty picture." Whenever you visualize and thrill over something as having when you know downright well you haven't got it you are lying to yourself and deserve just what everyone gets who practices this—a grand awakening. Just a few years ago a very noted psychologist of the United States and Canada began to teach the silly idea that all you had to do was to visualize as having just what you wanted; thrill over it, and before long you would have it. He probably taught half a million people this erroneous practice. Each one constructed for himself a pretty picture of having and enjoying just what he wanted. It was everything from foreign cars to steam yachts; from castles in Spain to homes in Holland. Do you suppose any of these poor misguided folks ever received one single bit of benefit from it? Not a one received anything although the man who taught all of this was really sincere and practiced exactly what he preached. In a little over three years the practice made him so negative that he not only lost a great deal of his fortune but had to discontinue his public engagements. At the present time he is trying to pull himself together for a "comeback."

What has just been said in the previous paragraph applies to the field of psychology entirely. In the metaphysical field, an entirely different method is used. In religion, faith is the power that produces works. When faith is employed, one should visualize as having, but in psychological work that is absolutely the wrong procedure.

One of the most constructive suggestions that I have ever come across was Coue's—"Day by day, in every way, I am growing better and better." You will notice that it was a continuous improvement. Each day was constantly to improve. The word "growing" signifies, increase, enlargement, unfoldment. "Better and better" was used for the purpose of magnifying just what was given; to impress the subconscious with the idea of working diligently and with dispatch. The "in every way" took in everything and was not at all specific. It made the whole proposition too large for the average "MAN INSIDE" and so he didn't do much about it. Each person should have re-arranged the suggestion to suit his own needs, such as "Day by day MY HEALTH is growing better and better" or "Day by day in every way MY HEALTH is growing better." By this



treatment of the suggestion the problem is narrowed down to one quite definite thing. You can visualize this, you can get enthusiastic over it; and then you will actually get results.

Having more positive complexes than negative ones puts us on the side of the positive. "THE MAN INSIDE" is always in with the majority. There are some very successful folks in this world who know nothing of the science of piling up good complexes. Yet they do it just the same and to a very great extent.

I have in mind a certain evangelist in Southern California who has practiced a lot of positive principles which resolved themselves into CONSTRUCTIVE COMPLEXES. Of course this person has a great number of negative complexes that cause considerable trouble at times; yet the positive one predominate to such a great extent that the others never rate much consideration. The primary principles which have now become DYNAMIC COMPLEXES are as follows:

- 1—Knowing exactly what is wanted.
- 2—Dividing up all work into small enough parcels or subdivisions so that the person can thrill and "emote" over the work from the time the job is begun until it is completed.
- 3—Finishing one thing before attempting another.
- 4—Retaining youth and energy through enjoying everything that is attempted.
- 5—Banishing physical and mental fatigue through constant emotion and enthusiasm.
- 6—"Capitalizing" every bit of misfortune.
- 7—Visualizing success as coming, growing and increasing but never as having in full until realized.
- 8—Being positive and active without one unnecessary move or thought sixteen hours of the day.

## V

The average person inhales part of the time through the left nostril, and the remainder of the time through the right nostril. The interior arrangement of the nostrils is so constructed that one passage remains open, while the other closes and forces the

breathing to be done through one nostril. This change takes place about once each hour, in the average, well-balanced person. At the end of

## The Breath of Life

this period of time, both nostrils are usually open for from a few seconds to a half minute, or, in some cases, both of them will be closed for a few seconds. Then, for the next hour, the nostril that had previously been closed

will be open and all the breathing will be done through it.

People who are very negative do most of their breathing through the left nostril. The right one is used very little in comparison with the left. In people who are tremendously positive, most of the breathing is done through the right nostril. We have found people who are in ill-health, or who are nervous, are people who breathe almost constantly through the left passage of the nose. People who have a great deal of energy, life, vitality, and youth, are those who use the right nostril a greater part of the time.

Now, it is up to each one of us to judge for himself to what extent he shall use the right or left nostril. Also, under what circumstances they should be used. If a person is listening to a lecture, or is engrossed in study, then the air should be received through the left passage. On the other hand, when a person desires to be positive, dominant, and have things his own way, then he should be breathing through the right nostril.

Spiritually-minded and well-balanced people are those who breathe almost equally through both nostrils. People who are overly meek, and pious, or negative, are afflicted with too much breathing through the left passage. On the other hand, people who are inclined to be bold, brazen, or of the gangster type, are cursed with too much right nostril inhalation.

Each person is different, and for this reason you will have to take a good inventory of yourself, and decide just how much breathing through your right or left nostril you should indulge in. If you are terribly "wishy-washy," then the correct thing to do is to use the right nostril until you have normalized yourself, then the equal use of both nostrils will make you a very normal sort of person. If you are, on the other hand, an extrovert, always having trouble with people, can't control your temper, then it would be a good idea to get into the middle of the path, by using the left nostril considerably. Always remember that the MIDDLE OF THE PATH is the basic characteristic of the Aquarian Age. In the Aquarian dispensation people will either train themselves, or will be forced to train themselves, to be moderate in all things. Therefore, to modify and normalize yourself, at this time, is, to say the least, very good form.

It is often asked: "How am I going to breathe through the desired nostril?" It is a simple matter: stop up one nostril—the one you want closed—with a small piece of cotton. It can be placed so high up in the nasal cavity that no one will detect it. If you wish, you can moisten it with water or a little oil of camphor, or with anything you like.



We have said that breathing in through the right nostril brought health, youth, and power, but there are a number of people who breathe almost constantly through their right nostril who are anything but healthy, youthful, and things positive. The reason for this is, they are afflicting themselves with more positiveness than they can bear. They will find themselves in a much better state of health, and in a more sublime state of mind, by using the left nostril for some time to come.

Again we say that every individual is different. "It is a wise man who knows himself." In the New Order everyone will have to be his own physician, advisor, counsellor, etc., etc. It would be a splendid idea for you to start in, immediately, knowing yourself, and adjusting yourself.

It would require a great many pages to explain to you just why breathing through the different nostrils brings about different results. We have not the time, nor the space, to do this now. Furthermore, at this time, you are not interested in the why and how of the thing, as much as in the results that you want to obtain. It is an old custom among writers to get one good idea, and to write many chapters around it. The purpose of this course is to bring results to you, in the shortest possible time. For this reason, we shall leave out all the padding.

If you will see to it that the right nostril is open and flowing freely when you eat, you will find that your appetite will always be good, and that your digestion will be perfect; that is very fine for youth and health-seekers. I want all of those of you who are afflicted with stomach trouble or indigestion to practice this, immediately. There is just one little warning I want to give you—be very careful about over-eating or eating hurriedly. The right nostril has a tendency to cause these two things. Remember that your food must be masticated until it is a perfect liquid. If you will do this, you will find the temptations to over-eat will be greatly lessened.

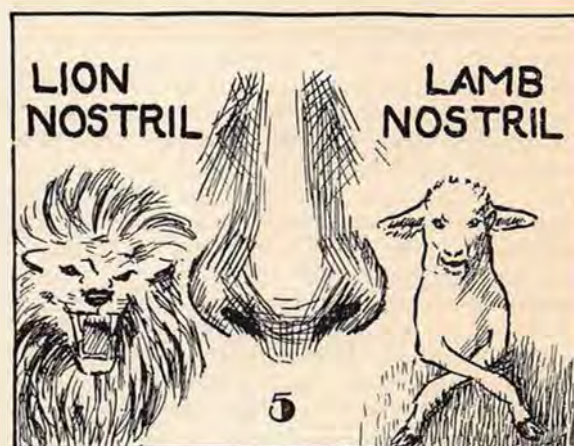
Breathing through the right nostril has a tendency to increase the temperature of the body. If you are cold or chilly or taking a bath, be sure that the right nostril is flowing.

Breathing through the left nostril puts us in a calm state of mind. For this reason, we must, if possible, be breathing through the left nostril when going to sleep.

In drawing No. 5 the artist has given us a picture which indicates the positive and negative nostrils. The lion represents the right or positive nostril, while the lamb represents the left or negative nostril. People who breathe more or less constantly through their right nostrils have the fiery, belligerent, lionish nature. Folks who breathe

through their left nostrils a majority of the time have a docile or lamb-like disposition. By keeping these pictures in mind, it will be easy for you to remember the qualities of "right" and "left" breathing.

Remember that the breathing through the right nostril has to do with matters dealing with the conscious mind, while breathing through the left nostril has for its affinity the subconscious realm of mind. Due to the fact that the faculty of memory is located in the subconscious mind, when one studies or is in the act of memorizing, the left nostril should be brought into use.



When we sleep, the conscious mind entirely disappears, but the subconscious mind continues on with the functions of the body. This is another reason why we should go to sleep with the left nostril flowing. We should not, however, close up the right nostril, and put in a full eight hours of sleep, with the breath passing through the left nostril only.

## VI

With the aid of the method given here in "THE SLEEP MASTER" any normal person with an abnormal complex about sleep can now become master of the situation and in a short time be a sound sleeper and sleep just as long as he desires. Check up on yourself

### The Sleep Master

and see if you are getting the required amount of sleep. If you are not, your mind is not as alert as it should be. Of course learning to sleep after years of wakefulness is like getting married—it takes a little time to get adjusted.

If you live in a northern climate, in the northern part of the United States or Canada, you can get along very well with only eight hours sleep in twenty-four. If you live farther south, then you should have eight



and a half, if you reside in Southern California or in any of the southern states, Mexico, Central America or South America (except extreme southern portion) you really need nine hours. Of course, if you are a dyed-in-the-wool "insomniac" and have been getting only five and six hours of broken sleep in twenty-four, you will be doing wonderfully when you increase your rest period to eight hours of sound sleep per night.

The nerves and brain cells of those who live in any section of the globe which receives a great amount of sunshine each year will be considerably afflicted. The sun is a life giver; we cannot get along without sunlight. But sunshine is like anything else; more than is good for us is too much. If you feel tired and lazy mentally it is a very good indication that the nerve cells in the brain are getting more sunlight—ultra violet rays—than is good for them. They are groggy with this excess of sun-energy. By sleeping your full eight hours and getting thirty minutes to an hour extra—making eight and a half or nine hours per night—you will completely overcome this; you will give the nervous system an opportunity to adjust itself to the situation. Nerves are so very delicate and sensitive that just a little extra rest as suggested above will be wonderfully rewarded by your feeling much more energetic physically and the mind will be not less than 100 per cent keener. The thing for you to do now is to determine the correct amount required and then do as all the rest of us have done—INSIST ON GETTING IT.

Another thing that is necessary is to SLEEP IN THE DARK. No one can rest well if there is light in the room. This does not seem to bother some people at all, but it does nevertheless. After a number of years they begin to get nervous and not even a specialist is likely to discover the cause of their affliction. Other folks have thin eyelids and a sensitive set of optic nerves and the slightest bit of stray light will keep them rolling and tossing.

It is best to sleep in a room that is just naturally dark. If this is impossible then the next best thing to do is to get a dark blue cloth that is light in weight and soft in texture and make it into a broad band and slip it over the head and across the eyes. It should go completely around the head. Do not attempt to tie the ends together; have them very carefully sewed so there will be no seams to annoy you.

Its use depends upon your sleeping hours. If part of the night is dark do not bother about putting on the cloth until daybreak; the daylight will awaken you and it takes only a moment to slip it over the head and cover the eyes. Then you can sleep in complete darkness as long as you like. You can

have the windows and shades up and have plenty of fresh air.

Sleeping alone is a great aid. The average person who sleeps all night makes about thirty-five moves per night. When two people are sleeping together this number is doubled. This is enough to prevent anyone from sleeping soundly. Now that twin beds are quite common it will be a simple matter to make this little arrangement.

For obstinate cases (those of from five to twenty years standing) I would suggest that you deal daily with the complex itself. This is done by taking paper and pen as suggested in Part II, "Crushing Complexes," late in the day, and sitting down for fifteen minutes where no one can disturb you. Write along in this manner: "I have been afflicted with this miserable wakefulness for five years (or whatever the case may be). I have the hardest time sleeping of anyone I know. I can't remember when I last got a full night's rest. It makes me sick to think that I cannot sleep just like other folks. Last night I should have had a wonderful night's rest but it was broken a dozen times and I actually felt worse this morning than when I went to bed."

Pour out all your disgust right onto the paper. Write all the wrong words as they come, holding nothing back. If you are really "peevish" at the time of writing, so much the better. If you are a woman and wish to shed a few tears while writing, do it. The idea is to exhaust the complex by letting it escape through your arm and onto the paper.

Never do this longer than fifteen minutes, even if you haven't told all. Do this once per day or evening until the complex is exhausted. After you are through just burn the papers you have written and you will never be guilty of reading back into the mind that which you have written out.

If you have been troubled for any length of time with insomnia and have had your share of tossing, worrying and thinking, you can rest assured that these years have not been wasted. As a matter of fact, they will be worth more to you than any college work you could have done. It is true that it has all been negative thinking, but what difference does it make? By putting it into positive action now you can prevent its future recurrence.

Sleeping all night and concentrating all day will work wonders for you if you will be enthusiastic about your work, your study or your particular line of business.

Some of my older students will remember that I once upon a time gave them a very good little exercise for blanking the mind after going to bed. It simply consisted of quietly lying down and allowing a "picture"



to come before your vision. You "swatted" it with a mental fly swatter. My students and I sometimes had so much fun "swatting" pictures that it would actually keep us awake. You can imagine a mental jack rabbit, come rambling onto the scene; you "swat" him with your mental fly swatter. With surprise and a great deal of haste, he suddenly disappears from sight. The idea was a very splendid one and it eventually brought glowing results to all those who used it, but I have come across a still later method, which I find, as well as my students, to be even better than the original practice.

This simply consists of going to bed and visualizing out in front of you, if you are lying on your side, or up above you if you are resting on your back, some object about 20 feet away. The object I would suggest would be a star, or a crescent or a cross. It should be about six inches tall or six inches wide as the case may be. Hold your attention on it until some "picture" forms in your mind. Then watch the "picture" but don't give it any thought or consideration. You are to keep yourself as much separate from it as possible. You take no more interest in the "picture" than you would if you had gone to a moving picture show with a friend and had seen the same picture over twice. Let us say that it was one that you didn't like the first time you saw it. You know how little interest you would take in seeing it the second time. Fact is, you wouldn't take any. See these mental "pictures" in the same disinterested way. Drawing No. 6 will illustrate what I mean.

Let us say that you had been to the circus that day. You go to bed, blank your mind and watch your star. The first thing you know, your mind drifts on to the big elephant that you saw at the circus. You hold your attention on him and finally he begins to fade out and there is nothing now left except the tusks. The tusks bring about the thought of piano keys, which are made of ivory. The piano keys are quite plain in your mind, but thoughts of them only remain a few moments. Then your mind wanders on a few notes of music. They form some popular tune or song, let us say that it is "Dixie." After your mind dwells on that for a few moments, it begins to associate "Dixie" with a Mississippi river steamboat.

You continue watching the "picture" without taking any interest in it. You realize that the Mississippi river boats used to do a

great business in transporting great bales of cotton. Then the mind drifts to those who pick cotton. A little pickaninny forms in your mind. You watch the little pickaninny and the next thing you know, you are looking at what the little pickaninny is looking at, which is a huge chicken, well-cooked. You watch the chicken until it turns into the next thought. You continue on, watching the "pictures" form, fade out, etc., etc., but taking no part or active interest in them at all.

Now all this may seem a rather simple, childish little practice, but I, myself, have gone sound asleep from wide-awakefulness in three minute's times.

Each night that you practice this, the "pictures" become less and less vigorous. Little by little, they begin to play out and your mental curtain goes entirely blank. Just the moment it does that, put your concentration immediately on your star or crescent until another picture begins to form in your mind. Then watch it through its many movements and changes.

It will not be many nights until you have broken the habit of worry or fantasy. In a very short while, regardless of what happens, you will be able to sleep all night through.

You know when you turn the electricity off, the lights go out immediately, and so when you watch your "pictures," by giving them no "electricity," that is, none of your attention, they soon flicker out.

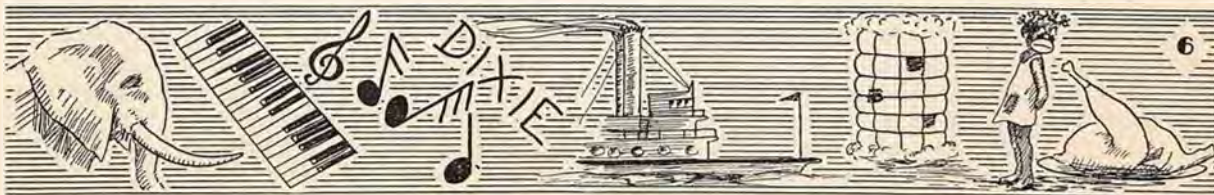
Those of you who are afflicted with insomnia, worry, fantasy and wakefulness should really take up this section of the course first. Master your ability to sleep as long as you want and you will be well on the road to self-mastery.

## VII

One of the most important things we would like to call your attention to in "Streamline Minds" is memory. Fact is, one cannot have a streamline, easy-flowing mind unless memory is also free-flowing.

We find that folks who confine their worrying to one or two subjects already possess the ability for a very good memory. On the other hand, those who worry about everything are like the folks who indulge in fantasy; their memories are very poor. Nothing will improve the memory as will the Sleep Master

### The Treasure Chest



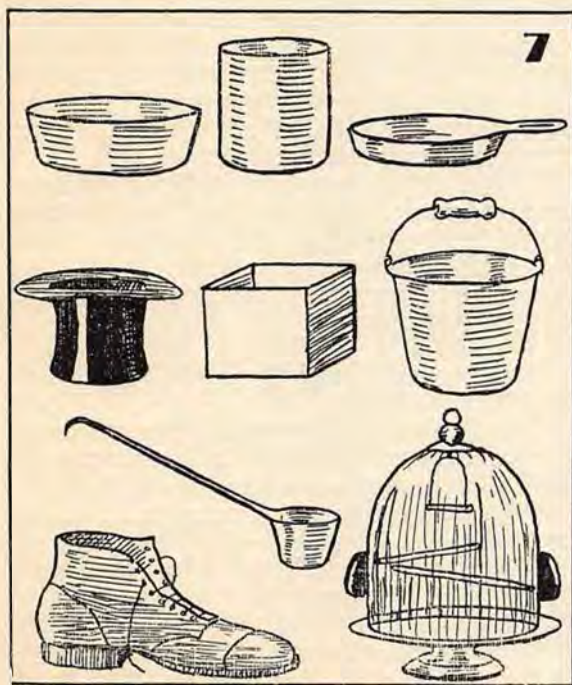


exercise of blanking the mind at night, as given in Part IV—THE SLEEP MASTER. Once you master sleep, you cut off nine-tenths of petty worries and fantasy. When nine-tenths of the cause for a poor memory is gone, you are well on the road to a good memory right at the start.

A mammoth volume could be written on acquiring a good memory, but all the high-lights can be taken up in a few paragraphs.

In building up concentration and memory, enthusiasm, zeal and fervor for what you want to remember is required. If you are not "hot" about a subject, proposition or undertaking, why bother to remember things about it?

I'll tell you plainly and frankly, if you are not interested in a subject, why try to remember things connected with it? You will lose out before you even get started. If you are not interested in people and can't get interested in them, then don't try to remember names and faces; it can't be done successfully; furthermore, it isn't worth the effort.



Now, however, that we are starting to live in a New Age, you may find that, after all, human beings really are worth being interested in; at least all of those on the Upward Path are. Once you start getting interested in these New People, you are going to find them so interesting that their names and faces will be easily remembered. Also, as you begin to rise on the Upward Path, you are going to find that you will change so

rapidly and improve in every respect that memory—concentration—grows on you spontaneously.

Memory can be cultivated by anyone. I know, personally, a man who had a very ordinary memory. Today, after much interesting practice, he can do six remarkable feats at one time. But when he started in, he did only a part of one stunt and did that very imperfectly.

Once you get started doing "stunt memory work," it becomes very fascinating. Get off to an easy, interesting start. A story is told of an old lady in her nineties who had had a poor memory all her life. One day, the thought occurred to her that if she arranged a few pots, pans and cans in an orderly manner in her own mind, she could put mental thoughts in them and retain them as long as she wanted to. So she arranged nine different objects from the pantry, kitchen and living room in an orderly manner in her mind. These were all objects she used or contacted every day, so that was easy. They were in three rows, as follows: pan, skillet, hat, box, bucket, shoe, dipper, cage, (See drawing No. 7). As she was going to do some shopping that afternoon, in the forenoon whenever she thought of different things she wanted to purchase, she just formed a picture of the thing in one of the containers. By the time she was ready to go down town, she had all of her "utensils" filled, each with a different need or want.

Of course this was the first time in her life that she purchased everything that she had decided to get, unless it was on some previous occasion when she wrote out a list.

After a while, she added another set of nine objects, still another, and yet others. Finally she had ten sets of "memory containers" of nine objects each.

She used to amaze her friends and relatives by giving a complete narration of the Sunday morning sermons. The way she did it, was, of course, by dropping a mental picture of each separate and distinct idea from the Sunday morning sermon into each of the nine objects in the first set of mental containers. When she got them filled, she went on to the second set of nine objects and, if the sermon was long, she sometimes required part of a third set.

She was soon invited to speak before ladies' clubs and others and she baffled them with her ability to speak without notes for an hour. Of course, she did have her notes tucked away in her mental pots and pans.

Regardless of who you are, you, too, can start improving your memory and especially your ability to concentrate by memorizing old Lady Jones' nine "pots and pans." Once you start, you will be making up a second



set; then a third, a fourth, etc. Who knows but some day you may be the world's champion stunt memory expert.

\* \* \* \*

In the Sleep Master section we explained to you the importance of the full amount of refreshing sleep. Once you acquire the mastery over sleep, you will be three times the mental genius that you are now. Rolling tossing, nightmares and dreams will be a thing of the past.

All those who direct their subconscious to work for them will find that it will solve their problems, but it will be done in various and sundry ways. Quite often you will awaken in the morning with the problems all nicely worked out for you. On the other hand, the subconscious may give you the answer in a more subtle way in the form of a dream.

Now the interesting part of dream revelations is not always what the revelation seems to be. In other words, you have a strange or striking dream. That only calls your attention to the fact that here is the answer to your problem. But the answer usually is not in the outer appearance of the object you dream about. You have to learn to dissect the object, or, in other words, open it or take it apart.

Here is a small but important illustration. A man was afflicted with stomach trouble. He had tried to find the cause, but nothing could be discovered regarding it. The man was an intelligent person, and knew if the cause was removed, Nature would bring about normal and healthy conditions immediately. One day he decided to put the subconscious to work on the problem. He directed it just before going to sleep to give him the cause of the stomach affliction.

A night or two later, he had a dream, not a very pleasant dream, but it told all. He dreamed that a cow was chasing him. He would dash through a gate and slam it shut, and she would gracefully sail right over it and take after him again. Every time she would land on the ground, his stomach hurt him; in fact it seemed that the cow was trying to hook him in the stomach. Then he awakened.

Having this information given here in his possession, he quieted himself and visualized the cow; that was not hard to do—he had just been chased by her!!! He visualized himself walking over to the cow. There she was standing, looking at him with wild eyes, but he was not afraid of her now, for he was actually awake. He stepped close to her, gave her a push on the side, and she fell down.

"Well," he thought to himself, "what do I do now?"

The thought came to him: "Look inside."

And so he took his pocket knife (he hadn't carried one in twenty years) and cut a large circular opening on the right side of the cow. The loose side opened like a drop-down oven door, and about a bushel of soggy, wet coffee grounds came sliding out. He thought for a moment: "What does this mean?" The thought came to him: "This must be the cause of my stomach trouble."

Then the whole thing became very clear. It was the coffee that was causing his stomach trouble. The coffee grounds were coming out of the cow's stomach and so that connected coffee and stomach.

"But why a cow's stomach?" he thought. Then he remembered that he always liked his coffee white with cream. The result was that he discontinued coffee and within twenty-four hours all stomach trouble was gone.

This all seems more or less childish, but remember that the subconscious is often as simple and cute as a child in its revelations.

Another man was perplexed about just what he should do—stay where he was or go to another section of the country. He lived in the Middle West. He had a strange dream one night, of being in a large dark room. Except for an old chest almost in the middle of the room, there was nothing else. The chest was odd-looking. He awakened.

Immediately he reconstructed the scene. He went over to the chest and opened it. It was bright and brilliant on the inside. In fact, it seemed to be lined with gold satin that shone with an almost dazzling light. In the bottom of the chest was a single pair of walking shoes—his old work shoes. They were side by side, and were definitely pointing north. Just how he knew they were pointing "north" was not a mystery. The subconscious realm of mind knew it, and for the moment, what it (The Man Inside) knew, he knew. And so our friend went north almost immediately. The result was that everywhere he went, success crowned his efforts in a great way.

A young man was very much in love with two girls. As there was a law against marrying both of them, he had to make a choice. After many days of trying to determine which was the "one and only" girl for him, he gave the problem to the subconscious. One night, only a short time later, he dreamed that he was in a large room with a high ceiling. The room was bright from many jewels that studded the ceiling and walls. In each of the walls there were several doors. He was standing in the middle of the room. After standing there for a few minutes (dream minutes), he awakened suddenly.

He realized that this was no ordinary dream and so he deliberately placed himself back in the dream room again. It was just as bright as ever. He knew that his answer



was behind one or more of the closed doors. He walked over to one of the doors, turned the knob and opened it. The room was strewn about with hats and skirts, and the general content was that of untidiness. He went out of this room and wondered which of the two girls it represented.

He waited a few moments and then seemed drawn to another door. He entered it and this room was bright, cheerful and, above all, well-kept. He thought for a moment. "But whose room was this?"

Looking around, he spied a beautiful jeweled box sitting on a stand. He went over to the box and opened it, thinking that in the box would be a clue as to which girl this neat and tidy room represented. But all there was in the jeweled box was a picture, not of either one of the two girls, but of himself. It was just a snapshot of himself in a bathing suit, which he had never remembered seeing before. It seemed that he was doing some kind of a "handstand." Part of the left side of the picture and all of the lower corner was black or blurred. Then the reconstructed scene passed away.

During the week, while at one of the girl's homes, he asked if he had ever given her a kodak picture of himself in a bathing suit.

She said, "Yes, lots of them."

He looked them over, but none corresponded to the one he saw in the "dream."

A few days later, he spent an evening at the other girl's home. He asked her if she had a snapshot of him in a bathing suit. She had several. Most of them were the same as the ones the other girl had. To his great disappointment, she had none that corresponded with the snapshot of him in the jeweled box in the dream.

With a roguish twinkle in her eyes, she said, "Maybe this is the one you are looking for."

She handed him another one, and this one was exactly like the one in the jeweled box.

"Where on earth did you get that photo of me?" he asked. "I can't remember ever being photographed in that position."

"Of course you can't remember it," she said. "I took that of you one day at the beach last summer, when you didn't know it. I took it from partly behind a very plump lady who was conveniently standing there; that's the reason it's all blurred down the side."

The subconscious is exceptionally "dumb"—it believes everything you tell it. On the other hand, it is not nearly as limited as is your conscious mind. It can actually go places when you are not along. Now, just how it knew of the photo of the young man, when he had never before seen it with his physical eyes, is a mystery; but just the same it knew. Just why the subconscious went to all the trouble in a roundabout way

to bring the right girl to the attention of the young man is, of course, another mystery.

But what we are trying to bring out here is: Give any problem to your subconscious that you want and it will work out the answer. It may give the answer to you in a flash of inspiration; it may give the answer to you all worked out some morning when you awaken; or it may give the answer to you in a clear dream with nothing to do but receive and remember the answer. Again, and the chances seem two to one, it will be a dream that you will have to go deeper into as the man did with the cow that was chasing him, or as the man with the old treasure chest and the pair of shoes pointing north, or like the fellow with the problem of the two girls.

The only thing to remember is: Go to sleep with the problem in mind. When you dream and after you awaken, reconstruct the dream at once, and open the most important object in it.

Start at once and peer into every dream. Make it a practice. After a while, you will not need to awaken to open it; you can do this right then and there, and probably go much deeper into the matter than would be possible in the waking state.

Once you become master of your mind, dreams will mean much to you. We are entering the New Age; your own subconscious will gladly help you if you will give it the opportunity and demand action from it.

\* \* \*

Before a house or a building of any importance of any kind is ever constructed, there is a blueprint drawn for it. When the builders start constructing, they build just as close to the blueprint specifications as is possible. Now every human being has a blueprint of his or her perfect mental and physical self.

The "blueprint," or Personal Pattern, or Prototype is what you are to be when you become perfect. Now there is really no telling how long your Prototype (Pattern) has been in existence, but that makes no difference. The thing that really matters is your becoming more and more like your marvelous Pattern.

Many folks have actually seen their Prototype. In the past, folks have seen it, but because it was on the "outside" and because it was so perfect and beautiful, they always mistook it for Gabriel, Michael or perhaps a guardian angel, and proceeded to become frightened.

Of course, the Prototype is above natural vision and therefore only those whose inner vision was open ever actually saw their own Pattern. It always appeared above them. This was due to the fact that the Prototype



represents a pulling upward — growth — in every department of life.

When we meet really handsome folks, we should remember that they have been giving their Prototype or Pattern a greater opportunity to mould them than the average run of folks do.

The moment we begin to take enthusiastic interest in our own personal selves in every department, the Prototype can rapidly remake us. As the Prototype is really of the Perfect World, it has the greatest amount of influence on us for reconstruction when we are in our lofty moods, especially when we desire self-improvement and change for the better in any way. Fact is, if we can even work up desire the size of a mustard seed, our Pattern will take it and make it into a tremendous desire; so much so that if we keep working on our self-improvement, we are completely changed in a short period of time in many ways. Of course, old people show the quickest and greatest physical change. Old age appearances are due to the fact that a person has wandered far away from his glorious Perfect Pattern.

The Pattern in appearance is never over twenty or twenty-one years of age. In the Perfect World, there is no time, therefore no age, therefore no growing old. There really is no age in this world, either. Your skin, hair, eyes, organs, muscles, bones, etc., etc., are all the same age—billions of years old. They are made up out of substance and regardless of what form substance has taken in this world, is all the same age. And so if you want to be truthful when you tell your age, why not say, "I'm something over a thousand billion years old." Now on the other hand, your body is really never older than seven years. Once in seven years, even the very bones in your body are all torn out and new ones built in. The softer parts of the body are completely renewed in two years or less. And so, on one hand, your body is as old as the planet; on the other hand, it is as young as seven years.

Old age is brought about by man's ignorance of the truth. But we are entering the New Dispensation, wherein only truth and youth dwell.

When once you begin to really realize that it is the most natural thing in the world for you to be young and strong, and tall and beautiful, and that your Pattern is putting forth every effort to mould you constantly as you should be, then you just can't help from becoming enthusiastic about the idea.

The first improvements and changes for youth must be made in your mental world. When once you begin to become master of your mind and to streamline it, then it will not be long before you will be doing things in your physical world—in your body.

You are aware that you have a mental body. This, of course, is not your Prototype form. It is just a very poor conception of your Perfect Pattern.

Your physical body is practically identical in shape, appearance and condition as your mental body. In order to quickly change your physical body, you change your mental body. This is done by first eliminating all the things from your mental world that are ugly, decrepit, mean, fearful, inharmonious, jealous and petty. Eliminate as many of the ugly things of this "present evil world"—old dispensation—as possible, and you will be far on the Upward Path to the perfection of your mental body, which will cause your physical body to change and become more perfect.

Use all the desire possible for a beautiful mind and as the mind beautifies and youthifies, the body takes on a more beautiful form; this regardless of age.

When this starts to take place, you will know it. Folks will keep saying to you, "Why Mr. Brown, or Mrs. Jones, what on earth have you been doing for yourself? You look so different, so much younger."

When that takes place, you can start working directly on the body. The first and most important thing is to try and get some idea of what your perfect body—Prototype—looks like. As your mind clears, ideas or conceptions will start "coming through." You will be walking down the street and will notice someone with eyes, or a nose, or ears, or a set of teeth, or a head of hair that appeals to you. They appeal to you because they are very near in shape to your own Perfect Prototype Pattern. After a while, you will have in your imagination a very perfect picture of your own Prototype or Pattern. But this is only, as yet, a partial perfect conception; it will continue to improve in every imaginable way. Now your physical body will begin to take on a more rapid change towards your Pattern. From then on you will change and change; constantly growing younger all the time.

I, personally know of a man who was once quite decrepit, old and ugly, who stumbled onto this method, and today, at about seventy-five, he hardly looks thirty-eight. A woman tried out this plan. She was plump, short, had blotched skin and really was ugly. Today she has revolutionized herself by drawing nearer to the Divine Pattern of herself. She is charming, brilliant, slender and beautiful.

After you have become really enthusiastic about making yourself a fit subject for the Age of Youth, some night during a dream (if you have mastered the previous section on dreams) you will actually be permitted to see your own marvelous Prototype. And when



you do, the thrill will be beyond anything you have ever experienced. To see it before he is ready for it, would frighten the average person; if it didn't frighten him, he would, for days wander around in a daze, thinking how marvelous he really is to be, and how ugly he is now. The thoughts of how much difference there is between himself and his ultimate perfection would discourage him. On the other hand, some ignorant person would probably swell up and burst with pride.

Every person has his own individual Prototype. It is beautiful beyond words. When you see a cripple or an old, decrepit person, realize that he has a Perfect Pattern; that one day he shall be exactly like it. Don't judge such people harshly for being so far away from perfection and beauty. Remember, when these folks do start making the great change, they may outdo you so rapidly that you will be as far behind them as you think they are behind you now.

Regardless of who you are, keep constantly in mind a burning desire to become day by day more and more like your Prototype.

Pages could be written about your glorious Pattern. All I can tell you now is that your Pattern is very near to you; some day you will become so nearly like your Pattern that you will actually put on this glorious garment. When that takes place, you will no longer need the lessons and problems of earth life.

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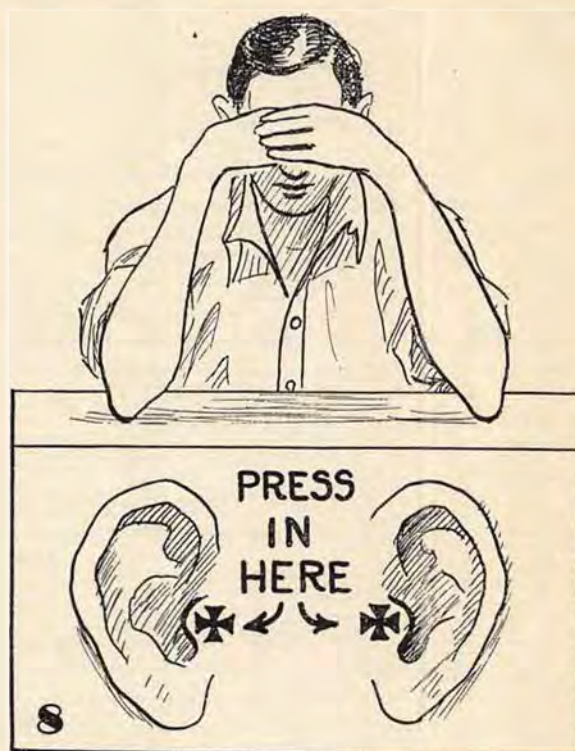
Surrounding you on every side these days, are radio vibrations from a dozen different stations, yet you are not conscious that the ether all around you is literally alive with music and voices. If you have the proper instrument for receiving these vibrations, you can listen-in and be absolutely conscious that such a phenomena actually exists.

Now, suppose you have a radio and the vibrations are coming through perfectly—there is music and song and speeches; but if you and your radio were in a boiler factory, where there was a constant din of noise, much louder than the vibrations from the radio, you couldn't possibly hear a single sound from it.

The same holds true with the SOUND OF THE UNIVERSE, which takes place constantly. Due to the fact that there are so many physical sounds and noises, you do not hear anything but the things that come from outside sources. Fact is, even when there is apparently no sound, you could not hear anything, unless you were in a dead silence, which is not possible.

Now, if something you do not want to see takes place, or if a light is too bright, or you want to rest and be quiet, you simply close

your eyes. If it were only possible for you to close your ears in the same simple manner, it would be possible for you to listen-in on the sounds going on in the physical body. Then by forgetting the physical noises, you could listen-in on the tremendous roar of the UNIVERSE within which is often referred to by the mystics as the MUSIC OF THE SPHERES.



This proposition of closing one's ears is very easily accomplished. All one has to do is push in on the small cartilages located on the front side of the ear, which are known as the Tragus. By gently pressing in with the fingers on these cartilages (See drawing No. 8) you close the ears as completely as you close your eyes, when the lids are down.

When you close your eyes, it is easy to turn your thoughts inward and receive mind pictures, or to form pictures in the mind. By closing the ears, you can hear distinct sounds, the first is the sound of the heart in action—this sounds like the action of a tremendous pump—then there is a higher sound, which comes to you only after listening to the heart sound for a while; but do not concentrate on it—listen for the higher sound. You will be surprised how easily it will be possible for you to tune out the heart sound and listen to the tremendous roar of the UNIVERSE. This UNIVERSAL SOUND reminds me of distant thunder or the breaking waves along the sea-shore. You will re-



member that the Universe is everywhere present. It includes the farthest planet away; consists of our own solar system; and the earth we live on, the house we live in, and ourselves. It is no wonder, then, that when we close our ears to the noise of the streets, we can listen-in on the high vibrations of the UNIVERSE.

A good time for practicing this marvelous treatment is the first thing in the morning. If it is convenient, practice this exercise while still in bed. This is somewhat awkward for some people, and for this reason it would be better to get up, make one's self comfortable in front of a table, and close the ears with the fingers, resting the elbows on the table. One should sit up straight enough so that the spine and neck are kept in as straight a line as possible, WITHOUT FEELING UNCOMFORTABLE. For this reason, it may be necessary for you to place some books or some other object under your elbows on the table, in order that you will be entirely comfortable and sit erect. It is perfectly permissible to lean forward, providing the neck and spine are kept in alignment, as much as possible.

To listen-in on the vibration of the UNIVERSE, be sure that you listen-in POSITIVELY. This means listening-in with the right ear. The left ear, like the left side of the body, is negative. You want only the best, therefore, be sure that the right ear is the one which is receiving the vibrations. It will be slightly difficult, at first, to concentrate on the right ear, but in a short time you will have no trouble at all in "cutting out" the left one completely. It is as simple as listening to two people who are talking to you at the same time. With a slight effort you can give full attention to one person, without hardly knowing that the other person is present. The same holds true with the right and left ears. When you finally close out the heart-beat sound, and any other sounds that may be caused by the body, then you are listening-in to the awe-inspiring sound of the UNIVERSAL VIBRATION. Work up as much thrill out of this as possible. Remember, now, you are completely within yourself, and the center of the Universe for the time being, as far as you are concerned, is within you. Therefore, this particular exercise should be practiced with particular reverence.

After you have listened to this sound for a few minutes, and are beginning to thrill from head to foot, then it is a good time to make your auto-suggestions. It is not necessary for you to pay any attention to your breathing (if nostrils left or right are flowing) when you are in the presence of this great vibration. By making your suggestions at this time, you impress them upon

your subconscious mind in a very definite manner.

Do not get this exercise confused with the THREE BREATHS in Part I. Fact is, this exercise should not be used until you have received splendid results from the exercise known as the THREE BREATHS. Again, do not use this exercise until you have mastered the Complex Former Exercise in Part IV. This Listening-in Exercise is intended more for your advanced work.

## FINALE

There is a wealth of information contained in "Streamline Minds"; but do not make the mistake of trying to master all of it at once. It is better to start with a little and end with all than to start with all and end with nothing.

To begin with, the average person should start in with the THREE BREATHS — the "Rising Call"— and continue indefinitely on it. If you did nothing else, you would, in time, become a wonderfully changed person. But go a step further and do your writing-out exercise. Empty out all that pertains to the old, mean and miserable. Get rid of all of the weaknesses of the passing age. Remember, you cannot go far into the New Era with hatred, jealousy, fear and a thousand and one petty mischief makers dogging your steps. Get rid of all those things. The best way to do this is to "write them out." Always be careful in peddling your junk that you retain your jewels.

Then one more thing. You must be able to control your mind under all circumstances. One of the best ways to do this is in the Sleep Master practice. Be able to sleep anywhere at any time and you can rest assured that you are master of your nerves, brain and mind.

When you have seen gratifying success along the lines just suggested, then go on to other achievements and other mental victories.

Yes, we are living in strange times; old things are passing away with a great noise. The false goes crashing down. The New Age —the Aquarian Age—is here. It is the water —or free-flowing—age. Mind is substance that flows like water; mind really is coming into its own for the first time in the history of man.

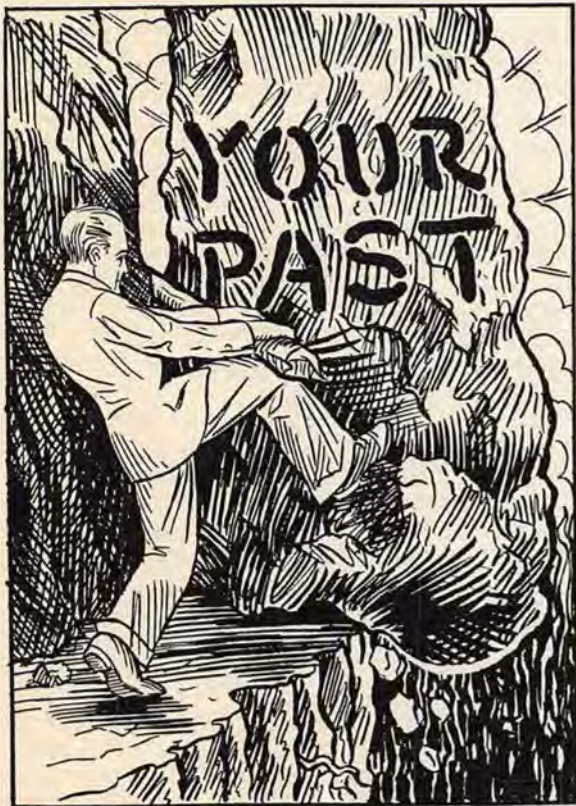
Make it a practice to visualize often how changed things will be in a very short time. Visualize your own great change daily; remember what I told you about your perfect Prototype and enthusiastically endeavor to be more like your Real Self each day that passes.

The average person comes into this world, exists for a short time (he only thinks he



lives), and passes out, and hasn't the slightest idea of what it is all about, or his purpose for being here. Well, your purpose from now on, is constant self-improvement. If you really want to do something for the world, just let it see you make a miraculous change from what you are now to what you can be in a short time from now. Even if you never give anyone any of your New Age methods, just seeing you improve and wondering how you did it would be an inspiration so great that in a very short time, their own Inner Presence would give them the secret all worked out. It would come in an inspired flash.

The same applies to you. Start looking within for information, inspiration and wisdom. Just the things that your own subconscious realm of mind can give you is beyond your highest expectations, but it is nothing in comparison with the Wisdom your Super-conscious Mind, which knows all, can and will give you.



Whenever you are baffled, puzzled, perplexed, in doubt, don't go running to men with your problem or problems; go to the Inner Presence where there are no problems, where everything is in a state of perfection constantly.

That is probably the most wonderful thing in the New Order of things: A man need not run to his brother or his neighbor or to a friend, or to a wise (?) one, but he will go directly within himself for the answer to

every problem. Start doing that very thing at once, and you have already entered the New Day.

Another thing you must learn immediately is how to combine joy, silence and activity. When you work from within, that is always a joy—a great joy, so wonderful that you will want to tell everybody about it. You will actually feel guilty at first, but do not yield to this temptation; work along and tell no one what you are doing for yourself.



Remember: Great talkers are never great doers. Talking, that is talking about what you are going to do, is to the Mind the same as doing it.

In the New Order, there will be very little unnecessary conversation. You see, the New Age is one of order; unnecessary conversation always tends towards disorder.

Now, regardless of who you are, or where you are, or how young or how old you may be, you have, herewith and within, everything necessary to enter the New Day of the mind at once. Most amazing joys, thrills and surprises await you.

You have everything you require to make a quick transition from the old to the New. Men and women everywhere are passing into the Golden Age. You will by no means be alone. Start at once, and before another season comes and goes, you will be reborn into the glorious land where Mind makes every ideal real.







