

0

Occult Science Library.

1 (3007

Seven Essays on the Subject of

PRACTICAL OCCULTISM.

**Showing how to use Thought
Forces, etc. in all Business and Art.**

By ERNEST LOOMIS.

**PUBLISHED BY
THE INWOOD SCHOOL OF PHILOSOPHY,
INWOOD-ON-THE-HUDSON,
New York City, N. Y.**

ALL POWERS MAY, THROUGH KNOWLEDGE OF
OCCULT LAWS BE, EVOLVED FROM WITHIN YOUR-
SELF.

Dedication.

**TO THOSE WHO WOULD PROPERLY UTILIZE THEIR
OCCULT POWERS IN THE ATTAINMENT OF TRUE
SUCCESS, THIS BOOK IS DEDICATED.**

48 X 374

Copyright, 1899, by Ernest Loomis.

All rights reserved.

PUBLISHERS' PREFACE.

The methods and suggestions as herein presented have proved their efficiency to the satisfaction of thousands who have already read them ; and so they will to you to the extent that you succeed in applying them.

CONTENTS.

- I. OCCULTISM IN A NUTSHELL.
- II. MARRIAGE.
- III. HOW TO CREATE OPPORTUNITIES.
- IV. YOUR TALENTS.
- V. HEALTH.
- VI. HEALTH RECIPES.
- VII. METHODS OF USING OCCULT POWERS.

INTRODUCTION.

The average life is comparatively barren in life results. It is unnecessary that such should be the case, or that the life should be subject to those conditions and uncertainties of mind which bring failure and unhappiness. It is the right of each individual to be truly successful and to satisfy his legitimate desires. It is the purpose of this publication to show how that may be done and by rightful methods. It outlines methods by which one may get better command of the finer forces in nature by first getting command of those same forces which are represented within himself. It shows how he may apply those interior forces in his everyday life in ways that will bring better surrounding conditions, better health, true friendships, the companionships which rightfully belong to marriage, also self-knowledge, wisdom, wealth, power, true progress, in fact, all that could contribute to his happiness and true success. It is only natural that the results of a life should be fluctuating and unsatisfactory so long as its standards of action are as changeable as a weathercock. It is the privilege and should be the effort of each individual to understandingly govern his conduct by those occult, fundamental principles of human nature which are unchangeable, for it is only when that is done that the results of the life are likely to be uniformly successful and fortunate.

Occultism in a Nutshell.

COPYRIGHTED 1897, BY ERNEST LOOMIS.

The following rules, being based on occult principles in nature, will, if fully applied, enable any person to invoke the assistance of occult forces in the accomplishment of every practical duty in life.

It is shown how they may be applied to produce seemingly impossible results in all business and art. The business man who applies them will soon find that there is no need for excessive bodily exertion, that much more can be accomplished by thus making business a pleasure, and that the convulsive body-straining methods of business usually adopted, actually drive results away instead of attracting them.

It is not alone to business and art that these principles apply. They may be successfully applied in all matters of health, in the acquisition of knowledge, in the formation of suitable plans, in judgments of human character, in the pursuit of happiness here and hereafter.

If founded on the truly occult laws in nature, it is apparent that the same principles, being fundamental, would also unravel religious and ethical enigmas which otherwise, to us would remain shrouded in Egyptian darkness and mystery. Does all this seem like promising too much? The principles involved are self-evident, even though this publication should not fully prove them so. If you fail to comprehend them, you

may nevertheless obtain proofs by simply applying the rules.

The field of Occult Science is so broad that there are thousands of theories and incidental applications which naturally spring from the few basic principles involved. Many short-sighted students of Occultism gormandize on the browsings of side issues, without applying the basic principles, and, by their meager life results, subject the claims of Occultists to the ridicule of thoughtless people. Such mistakes by no means invalidate their broad claims, and should be regarded only as an evidence of the fascinations of the subject. A stall fed ox, if suddenly turned into a fresh field of clover, would be liable temporarily to quite forget the capacity of his stomach. Such thoughtlessness, on the part of the ox, and its results, might lead equally thoughtless *people* to the conclusion that clover was not adapted to his wants.

If truly understood, there is nothing which equals the occult philosophy in satisfying the cravings of hungry human hearts. It teaches the "heart religion"—the religion of love. It alone explains the relations which exist between man and his source, and thus enables man to demonstrate the *omnipotence* of that source. Its theories and their practice should go hand in hand. The soul cannot fully understand its own powers, until those soul qualities are awakened. A few rules for so awakening them are herein given. Beginners may consider them too simple to be effectual, but, as they gain in knowledge and experience, esoteric meanings which at first were hidden, will appear, and the rules will as gradually gain in interest and value to them.

By faithfully observing these rules, one will obtain daily silent help from an occult fraternity which has repeatedly demonstrated its power to thus help thousands—a power which grows in volume daily as members are added to its ranks. Those whose hearts are prepared for the growth and development of their occult powers, will be able to recognize and avail themselves of the means herein offered.

Until those powers are so developed and used, one is as far from a true demonstration of his possibilities, as is the bodily stupor of an opium eater from an actual outward realization of the visions he sees.

The true Occultist occupies a throne. His throne is the will. His will is "Monarch of all it surveys." He is able to say, "I will be what I will to be," and to have that royal edict carried into effect. He is able to command thought in the calm certainty that such commands will be implicitly obeyed. Through the power of thought, he has direct control of vibration. Vibration is the fluidic essence of all manifestation, and therefore the power which accomplishes all results in business or art. "Brain waves," as Science terms them, are the vibratory tools of thought, and ever at the command of thought.

The human body has long been considered nearly all fluid, and now that its every atom is proved to be only a rate of vibration, it is not difficult to perceive how responsive those atoms or vibrations must be to the controlling power of thought and the will.

It is wise to apply this principle in banishing bodily disease and imperfections, before trying to gulp down many more mere theories.

The essence of every material atom is vibration.

Your atoms constantly change to the poles of your thought. The Occultist's power is only the action of instructed thought. The development of occult power consists in thought instruction, thought direction, and the acquirement of thought control. Thought control naturally depends on the will or thought direction, and that in turn is dependent upon thought instruction.

As the will is controlled by Love, it is plain that no permanent occult power can be acquired without invoking the help of the love principle within, by getting the will in alignment with that Divine principle. That principle is absolutely basic in man's constitution, and, therefore, to apply it is all important. It is entirely useless to try to subject that principle to the ignorance and shortcomings of the human will. The opposite must be done. It simply *must* be done, before occult power which is worthy of the name can be acquired. The human will is ever comparatively weak until it thus gets the backing of omnipotence within—of the omnipotence of Divine Love. Thought control and its occult power must, therefore, be gained through thought concentration. Thought concentration must reach the Love principle within and its harmonious vibrations, before thought or the will can be properly controlled.

Thought control, and the acquirement of its occult power, therefore, becomes a species of invocation, of devotion, of prayer, of worship. Learn to "enter into thy closet," within the self, "and when thou hast shut the door" of outward sense, "pray in secret" silently, and thy Father, Divine Love, "which heareth in secret" from within, "will reward thee openly" through vibrations. To "enter into thy closet," etc., is not always so

easy as it may seem. It is *much* MORE *important* than it seems. Its importance can only be measured by the importance of success, health, and of growth in self-knowledge, wisdom, and power. The ability to thus invoke occult power from within, enables you to demonstrate in your outward life that, "God and one are always a majority." The main rule, then, is to invoke occult power daily from within, but how?

The following suggestions, if closely followed, may offer clues which will place such an acquirement within your reach.

If possible obtain the quiet of some room where you will not be disturbed. Sit down and outwardly compose yourself. Try to dismiss all outward thought. Be silent. Get your mind steady and at rest so far as you can. You have what we will term a higher self. Think of that higher self as an overshadowing presence. That higher self or overshadowing soul is at one with the Divine principle of Love.

That principle of Love is represented within your physical heart. Does that seem impossible? Isn't God omnipresent? Think of the heart. Think of its inner chambers. Within those inner chambers are etheric atoms or vibrations which represent the everlasting fires of Divine Love. This soul of your soul is the life of your eternal life, because it is at one with Truth which gives you the power to think. It is a link which connects you with Immortal Truth. Hush! Listen for that inner love vibration which says, "Be still and know that I am God,." It is the Divinity. Can you hear the subdued music of its vibration? Can you feel its warmth, peace, harmony, and power? See if your intuition can catch the responses as you silently

ask it if Truth and Love are one, if Love is the origin of vibration, and the cause of its power? Listen again, If Truth and Love are one, and Love the cause of vibration, does it not follow that the power to think gives every man the occult power to fully manifest (through thought or vibration) the omnipotence of Truth and Love? Listen long if necessary, and in perfect silence, for the answer to such a momentous question. This is a process by which *knowledge* as well as power can be obtained. It is therefore plain that these practices should go hand in hand with their theories.

By thus awakening your soul powers, you will be able to get answers to questions which would absolutely stagger mere reason, for you thus, through the intuitions, open up direct communication with the original fountain of Truth. This backing and source of wisdom and power is all yours. No one can deprive you of it, or of that which it will accomplish for you. You can train it to an unlimited extent, by just such simple methods of mental concentration. In time, you will learn to trust it in all things as implicitly as you now do your eyes in going down stairs. It is not dependent upon any occult fraternity. It is your direct inheritance from the giver of your eternal life. It is that loving Father which is ever saying, "Come unto me all ye who labor and are heavy laden, and I will give you rest." If care, anxiety, weakness, and unhappiness gnaw at your heart, turn to that loving Father and receive its rich blessings, its benedictions of peace, comfort, and strength, and the outward results which will follow as a natural sequence.

The great and tender heart within you is ever pulsating at a rate which is able to radiate the vibrations of

omnipotence to the very circumference of your outward relations. It only remains for you to set up the proper thought conditions.

Have you not seen enough of the "hell" of surface vibrations, to be willing to turn within to that vibration which beats in harmony with all *realities* in the universe? Have you not seen enough of the weakness and purity of hate and discord, to welcome the vibratory power and harmony of Love?

The crop of success and happiness, which results from remaining in the cold and barren shadows of ignorance regarding the powers of your own constitution, is as meager as would be the crop of potatoes which would result by planting them on the bare concrete floor of a dark cellar. It is rank nonsense to persist in dealing simply with *outward effects*, when, by learning and observing the laws of thought, you may deal with *causes*. To depend upon the *body* to accomplish business results, is to depend on *effects* for that which *thought causes* alone can accomplish. It is like depending upon the arms, instead of on the wind, to turn the wheel of a windmill. Behind your bodily throne are powers which are called thought, will, Love, Divinity. Before you can mould and control the vibrations of which your surrounding material environments are composed, you must first, by some process of mental concentration, invoke the support of those powers behind the throne.

The windmill must bear its true relations to the wind, before the powers of the atmosphere are available in turning the wheel.

How foolish it is to depend upon excessive bodily activities for success in business, when, by that very ex-

cess of effort, we incapacitate ourselves for thought, concentration and the ability to awaken, from within, our occult powers. What a waste of precious force it is to intoxicate ourselves with petty jealousies, anxieties, envyings, warfare, strife, and hate, when every such use of thought-force deprives us of just that much of the power of Love, and drives us farther away from Love's paradise.

Within your heart, is a throne of Love which it is your privilege to occupy. There is no need for any convulsions or spasms of fear. Love has power to care for its own. Its life-giving sunshine is ever within the easy range of your vision, if you will but turn your eyes in the right direction. Its unerring leadings will guide you in every emergency, if you will but listen and reverently obey. It is only the shadows of ignorance which separate you from Love's throne. Your higher self has the occult power to accomplish better business results, in an instant, than you can by mere bodily efforts, in weeks or, perhaps, years.

When you strike the right vibration within, the spiritual undercurrents which control your environments are at once transformed, even though their outward correspondences do not immediately respond. The consciousness should be so completely filled with a vibratory backing of Love, that the thought will at once penetrate to the esoteric currents which control the movements of people, circumstances, and things.

It is thus, that one may bring them into his relations in life, by bringing them into the Divine order of that thought. The direct leadings of the higher self come with ever increasing emphasis, as the habit of daily concentration is cultivated. The body should act only as

such leadings come. Excessive action without such leadings would incapacitate one for receiving them, and, by thus wasting force, unfit the body for carrying them into effect if they did come. All persons will naturally gravitate to you, to the extent that you charge your thought battery with the dynamic power of Love.

If you desire customers in business, you may form magnetic currents which will attract them to you, by simply directing thoughts of loving recognition to the love principle which dwells in each heart.

That indwelling God of Love, thus awakened, will inspire them to follow the thought current which so reached it and produced the awakening. In this simple way, you may constantly create opportunities, and, as constantly, bring helpful factors into your surroundings. Love attracts. Hate repels. The vibrations of love must be reached before one can rise above fear. Hate, care, anxieties, and most all inharmonious bodily, or other, conditions are the satellites of fear. They should be drowned in an ocean of Love. "Perfect Love casteth out fear." That process of thought concentration which reaches the true vibration of Love, is a cause of long life. It is an organizing power which more closely holds the atoms (vibrations) of the body together. By observing such practices daily, the soul constantly renews its grasp on the bodily atoms. That is why the body then has more power to act in business matters.

It infuses new vibratory life into each atom, thus inspiring it to do its very best. Thought concentration is a process of saturating the body with the pulsations of Love. Before you can become a true Occultist, you

must renounce hate as the infamous and illegitimate child of fear. Hate and fear are the twin bastards of ignorance. Renounce them forever. Stamp them with the brand of Cain.

Get your will under the perfect control of its true ruler. Love is its true ruler and the seat of all occult power. Discordant, hating, thought vibrations forge chains which tie your hands and limit your powers. It is not until they are melted in fires of love, that you can manifest your occult powers.

That which hates is not YOU. It is the disturbance of a surface vibration. It does not spring from the heart of being. To live in hate, is to live in the hot water of surface disturbances. It is hot water which will burn you every time you try to transmute it into steam and power. The Divinity within will say, "hands off," as often as you attempt to so touch or utilize it. Do not try it longer. It is a waste of time. You have access to an inner sanctuary which is able to yield you all the love, happiness, knowledge, and power, which you are able to so recognize. Go there whenever you have an enigma which puzzles you, and thus unravel it as if by magic.

A person is not in a fit condition to wisely decide an important question, or to successfully accomplish great business undertakings, until he invokes from the higher self, the aid of its occult forces. To so invoke such help, is not necessarily a long or laborious process. It is a process of devotion, rather than of mere reasoning. The reason may be utilized in understanding the principles involved. After they are fully understood, a word or thought may be sufficient. Words partake of, and gradually acquire, the velocity and vibratory power of their meanings,—the ideas they express.

The word Love, therefore, if silently held, will carry into the consciousness something of the harmony, strength, and steadying power, which belongs to its esoteric meaning, and thus connect the outward consciousness with the higher soul principles. Other words, such as Truth, Life, Light, Understanding, Omnipresence, Power, Harmony, Peace, Silence, Repose, Rest, Vibration, etc., may be used to answer one's corresponding needs and moods. The daily practice of thus "hitching on" to the high vibratory currents of eternal things, adds to one's power, and prolongs life.

Those who have acquired the power to perfect that union with the higher self, will be able at will to lay down their bodily atoms (vibrations), or take them up again, as did the Christ. By such a process, "Death is swallowed up in victory." Occultism is a process of steadying the thought and controlling the will, by the Divine principle of Love and Truth. The general principles involved teach that true progress must come along the general line of awakening power, and of getting help from *within*.

Each one may modify the general rules above indicated, to suit his individual needs and varying moods. To keep in close touch with the higher self, and thus live the life, is to obtain its fruits; for it and its fruits are one and inseparable. The law of vibration explains this, and shows how every heart responds to whatever may teach the heart's omnipotence. Do you quite understand that great law of vibration? Do you quite accept the proved fact that vibration is the essence of which your bodily atoms and all your material surroundings are composed? That vibration is the

tool of thought? That thought is the tool of the will? That the will is the tool of omnipotent Love, and, that by simple methods of thought concentration, its omnipotence may always be invoked to modify and control the vibrations of every surrounding material circumstance? If so, you comprehend the great fact of your own omnipotence, and understand the general process by which that omnipotence may be demonstrated. Love, Truth, Wisdom, and Power, are one. Power, or vibration, is the active outward manifestation, or result, of which Love is the cause. Love is that perfect union of centrifugal and centripetal forces which results in vibration. It is the constant repetition of a combined reaching out and drawing in process. Waves of vibration are the necessary consequence. Love has the impulse to ever reach out. That is evolution. That is brotherly. That is a centrifugal force. Love also has the motherly tendency to draw in to itself, hover over, and nurture, that which it finds without; to more closely organize; to more perfectly harmonize; to draw others to itself. That is also brotherly. That is involution. That is a centripetal force.

Vibration is a child of this union of tendencies. Your present consciousness is a child which represents only one plane of vibration in the marriage of Truth and Thought. It has power to perceive only one plane of manifestation. As there are rates of vibration, and planes of thought and manifestation *below* the human consciousness, so, also, are there planes above it, which represent new worlds; but, those worlds will remain sealed to man, until, by observing occult practices, he breaks the seals by tapping the higher rates of vibration within.

Love, the creator and cause of vibration, is the very life substance and constant support of all material things, man's body included. "God is all and in all," the creator and preserver of all.

Occultism offers means of transmuting ideas and inherent potentialities into bread, butter, gold, and all material things, as well as into happiness and spirituality. It offers means of transforming into *blessings* to man, material comforts and luxuries which otherwise might *curse* him. When the heart and mind are right, houses, horses, carriages, fine raiment, friends, and other desirable exterior surroundings, will come as the natural attractions and correspondences of loving thoughts. They will spring up as spontaneously, and be brought on the wings of thought as certainly, as, from the proper germs, the April warmth, sunshine, and showers bring May flowers.

Your circumstances, when closely analyzed, prove to be only the sum total of your past thoughts. You have no one to blame for them but yourself. Your character and circumstances represent the organized sediment of thought vibrations which have slowly solidified during countless ages. They represent every octave of vibration below the human consciousness. As you have accomplished *that* much, you should not be disturbed or worried by transitory changes of worldly circumstance. Rest in the calm assurance that you have, *within*, the power to improve circumstances. That thought power, if properly exercised, will manufacture for you an ideal world.

It is not strange that the world should "Jump on the man who is down," for "Nature abhors weakness and weaklings." It hates anything which is not love.

The "weakling" will overflow with strength and love, when, after being trampled on, out of sheer desperation, he seeks the refuge of that "kingdom of heaven within," which is the paradise of love, and the dwelling place of that eternal power which is ever available to him who helps himself. Thought concentration is able to thus make heroes out of weaklings and cowards.

Is the world untrue to you? It is because you are untrue to your higher self. The love principle within, if duly awakened, will bring to your rescue in emergencies the loving help of loyal friends. You may manufacture any number of loving companionships without passing beyond your own threshold. "There is friendship in business."

The real undercurrents in all lives are as pure and holy as their Infinite source. By due recognition of these soul principles in all, you may make of your surroundings a veritable paradise of God. When you have "cast the beam out of thine own eye," your charity will be wide as the universe. When you have truly outgrown the "I am better than thou" feeling, you will be a business magnet of greatly increased power.

It is only an inverted vision which sees so much evil in others. It is like the man, who, having a "louse" on his own eyelash, thought it was a "ground hog" up in a tree. Errors which are the result of ignorance, are excusable. All errors are the result of ignorance.

When you withdraw your consciousness from without, to the higher self within, the vibrations of love will bubble over with the strength and generosity which washes away from the consciousness all imaginings of evil in others.

Let us not simply adorn (?) the bypaths of metaphysical speculation by madly following theories until we become theory drunk, because, in the delirium of such dissipations, we might forget to apply those simple basic principles and rules, which, if faithfully followed, would create for each one a new and radiant world.

Let us not allow the illusions of distance, and the fascinations of mystery, to absorb our time in an effort to magnify unknown persons into Masters of Wisdom, until we have attained the mastery of the occult forces of Love within our own hearts.

The search for knowledge and power from without is generally a dissipation, when compared with a search, by proper methods of thought concentration for them from within. Do not take roundabout methods of finding your occult powers. You can place your finger on your nose without reaching all the way around your head to find it. Your true Master and Comforter is the Christ spirit of Love within your heart. The Masters of Wisdom in the mountains of Himalaya have no monopoly or "corner" on Truth. It is everywhere. It is within you, and, when found, will be to you a "Kingdom of Heaven.." It is found by getting in close touch with the higher self.

The main purpose of The Home Silent Thought Brotherhood is to place means within the easy reach of members, by which they may, through the power of silent co-operative thought; more effectually help each other to keep closely in touch with the higher self. A special subject is then given the member for daily contemplation during each noon hour observance, that the member may more readily become directly en-rapport with the deeper currents of co-operative thought.

The main work is for each member to do for himself. That principle, and its methods of application, are more and more emphasized at each step in a student's growth, until he is able to dispense with all outside helps.

One should not be dependent upon outside props. His dependence should be upon practices of mental concentration which awaken those occult powers within, which were never created because they have always existed. It is of great advantage to practice thought concentration in co-operation with others, and particularly with those who are practiced Occultists. It results in interchanges of vibration which form themselves into rhythmic currents. Violinists will understand this law by the fact that it is much easier to play in an orchestra than when alone. Love means brotherhood. It means co-operation. Co-operative thought is not a contradiction of the principle that each one should depend upon the powers within himself. It is the unseen application of a principle of love which will bring into outward manifestation an actual brotherhood of man. The millenium must be a spiritual reality before it can become an outward actuality which will be visible to the human eye. Do you comprehend these laws? Do you see how they may be applied in all practical affairs? They apply to every matter of health from consumption to delirium tremans; from dyspepsia and liver complaint to a pain in the big toe.

To strike the vibratory keynote of perfect health within, is within its province.

To strike the right chord of vibration within, is the magic power which will transform into harmony and successful results, a business which is "at sixes and sevens."

The sunlight of Love within, if reached, will penetrate to the most obscure points of a difficult religious enigma. It would also carry its rays of happiness throughout every avenue of the human consciousness.

Let each reader begin, now, to live the life of Love, by carrying the vibrations of Truth to hearts who need them. Do not say there is nothing I can do. You can, at least, sow seeds of Truth on the wings of loving co-operative thought, and, thereby, receive in return the rich benedictions and satisfactions which Love alone can bestow.



Subject for June, "Marriage."

Marriage.

Life and its interests all spring from Love, and manifest through vibration. Love is the binding power which makes the union of positive and negative forces and the resultant vibration possible. All power is manifested through vibration. It is only natural and proper that anything which is so intimately related to Love and its vibratory power as is marriage, should exercise a very important influence over the life of man; but before marriage can be made the most of, its controlling natural laws should be understandingly considered. The attractive powers of Love between the sexes are so great that the excessive effort to fulfill Love's promises through matrimony alone, often results in failure.

No matter how sincere may be your motives, if in matrimony you seek the satisfactions of Love too much through the physical, you are likely to quickly become depolarized. Repulsion is the natural result at least until through proper restraints, etc., the forces are conserved and the balance again restored.

When the force-massing laws which govern the positive and negative are fully understood, the marriage of masculine and feminine will offer greater possibilities to man than the most ardent advocates of matrimony seem to realize. It should be regarded as the means to an end, rather than the end itself. It is nature's method of training for a love which is universal. The education of a child should begin before its birth.

MARRIAGE.

COPYRIGHTED 1897, BY ERNEST LOOMIS.

Beauty and innocence, if ignorant of the esoteric significance of the matrimonial relations, or of the law of Love, is quite liable to get entangled in the wrong matrimonial net.

How keen must be the disappointment of a fly, if, while in search of food, he lands in the center of a fresh sheet of "tanglefoot," mistaking it for molasses. The human heart has greater capacity than the fly for suffering as well as for enjoyment. It very properly seeks to satisfy its cravings and fulfill Love's promises through matrimony; but, like the fly, is liable to pay for a mistake with its life, or, with that which is worse, a living misery, an undying death.

It is said, "There is a skeleton in every closet." In most cases, such skeletons relate in some way to matrimonial mistakes, or questions of sex, and are the result of ignorance. The unfortunate victims of matrimonial mistakes, themselves, frequently become but little more than skeletons, and thus act as the visible monuments of that which a peep into their closets might disclose. They are the living counterparts of their mistakes. The skulking specimens in their closets, with ceaseless grins and sardonic ha, ha's, are only the hollow mockery and irritating echos. Nor, are these facts strange, when we duly consider the bitter aggravations, pains, penalties, and humiliations, which are

suffered through such mistakes, and which, through ignorance, the victims are unable to avoid.

To enter the matrimonial arena, without the safe backing of scientific knowledge concerning its laws as the main reliance, is to gamble in a matrimonial lottery, where the odds are greatly against you. The results are likely to be so disastrous, that you will not even retain sufficient sap of life, from which to make the vinegar to pickle your own skeleton.

All things are governed by invincible law. It can be clearly demonstrated that marriage has its scientific backing in the laws of Love and vibration; that by observing such laws, mistakes can be avoided, unless already made, and, even if so made, then partially, if not wholly, remedied.

The all in all of Occultism is Love and its laws; therefore, marriage becomes one of its primary and legitimate departments—a department which is closely related to that of business success. Occultism is the science of Love. It relates to everything which pertains to man, because, the human constitution is founded on the law of Love. The law of Love is the law of vibration. The law of vibration offers a comparatively simple key, which unlocks to man's comprehension the science of marriage, thus enabling him to understand when he is truly "in love," and how to preserve that heavenly condition without the use of salt, vinegar, or alcohol. Alcohol is frequently used to drown matrimonial disappointments, but is a poor substitute for that knowledge, which, by removing the cause, thus restores harmony and fulfills Love's native promises of happiness.

The principle of Love is the essence of life. Love,

the eternal, manifests through vibration. Vibration, the manifesting principle, was the original marriage. It is the union, or balance, of Love's masculine and feminine principles, of its positive and negative forces, of its centrifugal and centripetal tendencies. It follows evolution from its lowest to its highest forms. When a vibratory organism reaches the plane of conscious thought, it has power, through thought, to generate and control vibrations, and thus build environments according to its will. It is thus that each main element in the human constitution is built, and given its special rate of vibration, which rates, within reasonable limits, can, by a simple and scientific method, be ascertained. When those rates are so ascertained, matrimonial or business adaptations become a simple mathematical and chemical calculation.

Marriage, between man and woman, is the union of Love's highest vibratory products. Man is the chief product and representative of its centrifugal, and woman, of its centripetal, tendencies. Both tendencies are represented in the souls of each, but in different degrees. Every bodily organization, from the atom to man, is a combination of these two tendencies which are necessary attributes of manifestation and individuality.

Positive and negative elements in nature are only the different tendencies, adjustments, and varying rates of Love's vibrations. An increasing rate of vibration is a negative, or feminine, force, and, if disconnected from the positive, would soon be lost in the universal currents. Man's positive nature is, therefore, the counteracting force which protects woman's individuality. She, in turn, is the preserver of man's

individuality; because, to constantly remain positive, would be to give out his force until the supply would be exhausted, and then his individuality would cease. Each sex is the needed ballast which helps maintain the equilibrium of its opposite.

To be negative to the higher vibrations of the inner soul principles, is a simple method by which one may increase and replenish his vibratory force and power. It is to draw from a reservoir of Infinite power.

In woman, we find the negative, or receptive, feminine, principles predominant; as is shown even by her bodily organism. She is, therefore, more receptive than man, to a constant influx of higher spiritual vibrations. Her bodily delicacy and beauty, her finer intuitive faculties, and the general construction of her brain, show more plainly the fashioning hand of Love. To the degree that she, by hateful or impure thoughts and wrong habits, interferes with the rhythmic currents of loving vibrations, or obstructs the interior channels and fountain from which the Divine Love emanations spring, to that degree will she mar her beauty. To remove such obstructions, is to unveil that beauty which is ever an attribute of Divine Love. It is one of the main secrets of beauty and attractiveness, because, it deals with causes. A husband who prizes his wife's beauty, power, and sweetness, should do nothing to produce discord, reverse her love faculty, or pervert the action of her spiritual inbreathings.

Matrimonial mistakes and wrong habits always show their ear marks to the practiced observer. If one's matrimonial habits are wrong, natural law will not be slow in duly advertising the fact. The "husband" whose matrimonial "love" is little, if anything, more

than an animal instinct, need not *flatter* himself that the fact is unknown except to himself and "wife." It is proclaimed in his every act, or, perhaps, by a gross or cadaverous body, or by imbecile and vicious children. The punishments of natural law are not slow to follow. He opens himself up to the inroads of diabolical psychic influences from the invisible, which, by insidious methods, drain him of more force. He brings to himself innumerable discords and inharmonies to mar his happiness. He cheats himself of his "wife's" helpful power, respect, tenderness, and loving sympathy. His business suffers. His judgment becomes warped and unsound. He loses manliness and the power to accomplish truly successful results. By thus draining and depleting his life forces, he sows the seeds of disease. He becomes too blind to see what an "ass" he makes of himself. He becomes too pitifully stupid to understand how little the world really thinks of him; and thus his corpse-like body slumps along, until, by so draining its powers, and constantly sapping the very foundations of generated life, he becomes unable to hold his atoms together, and they are carted to the cemetery, perhaps with more ceremony, but with little more real mourning, than would follow if the useless and putrid corpse of a horse were taken from the streets.

The world knows enough not to mourn much, when, having outlived its usefulness, a walking carcass goes underground. What it wants is real live men, who are fired with noble ambitions; who are filled with the virility of conserved life forces; and who transmute such forces into active power, spirituality, and successful results, for purposes of loving helpfulness to others who may be weaker, and who may need help.

The principle of Love, within each heart, is the law which generates sex love. It generates it for loftier purposes than mere sensual pleasures, and is able to bring to justice all who disobey its laws. As wastes, through matrimonial degeneracy, tap the very root of the Love principle, the punishments are correspondingly severe. Should a man arrogate to himself the right to inflict such diabolical consequences upon a helpless "wife,"—perhaps the mother of his children—under the protection of matrimonial laws made by men as degenerate as himself? The man who desecrates the sacred name, wife, by using such a law to coerce and terrorize into submission to his base animal desires, the unfortunate one who happens to thus be under his protection (?) should remember that the Divine law, which created male and female as equals, had nothing to do with making such laws, nor will they interfere in the least with the self-acting *punishment* of that law of Love, even though his victim may not have sufficient strength and courage to protest for herself by lisping the word *coward*.

It is almost a crime, even, for man to inflict such disastrous consequences upon *himself*. Woman has the Divine and *Supreme* right to the independent purity of her own body, even though a "wife." Man has the same right, but, in his case that right is not likely to be interfered with.

Man may, for a time, by the sophistries of reason, by his dominating, tyrannical thought, and by brute strength browbeat and bulldoze woman into submission to that which not even a brute would *compel*; but, he cannot annul or escape the self-acting punishments of natural law. It will find ways of teaching him to be more *truly* selfish.

The Occult philosophy teaches that to be truly self-ish, one must observe the golden rule, and that the sorrows of one are the sorrows of all others. It is by this Divine right that I demand the justice of freedom for the wife. It is a supreme right which is above any man-made law. Woman should demand it for herself.

Man's powers are limitless, if he will but keep in close touch with his Infinite supply. As he represents a plus of the positive tendency which inclines him to ever give out, or diffuse, he is sadly in need of that feminine soul who is keyed to his rate of vibration, and who as wife may be his constant support, balance, and supply of spiritual power. "It is not good for man to be alone," nor, is it good for woman. The masculine and feminine principles in nature cannot be separated, because they are two halves of the one whole which we call God—Love—Truth.

Marriage is one of the delightful ways which nature has to teach man the great lesson of his non-separateness from his fellowmen—the sublime doctrine of a universal Brotherhood. If he refuses to be so taught, nature calmly waits until by too much diffusion, or waste, of his positive energies he becomes unable to hold the atoms of his body together, knowing that in some other life, if not in this, he will awaken to the absolute necessity of that balance which can only come when the feminine principle is duly represented in him. Human Love is the yearning of the soul for a balance and better manifestation of its masculine and feminine principles. Matrimony is never more than a makeshift until it represents *perfect* balance.

Perfect balance is rarely attained, except, when the law of vibration is relatively understood. Discords

and repulsions are easily avoided when that law is fully understood. Matrimonial adaptations are then reduced to a scientific basis, where, at least, harmonious adjustments of difficulties can be made. It is not then subject to that lottery where there is only one capital prize, perhaps a few small prizes, and millions of blanks.

Occultism also teaches simple methods of mental concentration and soul cultivation, by which one's rate of vibration may be changed, thus offering the available means for higher attainments in matrimonial happiness, even though mistakes may have already been made.

True marriage between man and woman, aids each in opening a mental door to the undercurrents of Love, thus enabling them to sink the consciousness to those Infinitely rapid vibrations within, that touch the keynote to which all material things are attuned. When that keynote is so reached, man is able to disintegrate matter, or to mould it into ideal forms, by the magic of his will. Then his surrounding circumstances are entirely under the control of his will.

From within, is the origin and source of man's vibratory force. To the degree that he can attach his thought consciousness to that exhaustless reservoir, will he be able to permeate his surroundings with vibratory currents, into which events and circumstances will flow according to his will. In that respect woman is a natural and powerful helper.

The positive, masculine, thought cannot go out without coming in contact with the comparative inertia of material things, which have lower rates of vibration, and which tend to slacken the speed of its thought vibrations. For that reason, man needs the constant help, companionship, and inspiration of woman's negative

moods and loving sympathies, from which he can absorb the power to better keep up the generation of new-thought children. Thus he is enabled to constantly infuse new vibratory power into the currents first set up by his plans and positive thought diffusions.

The reason woman's negative vibrations so powerfully attract man, is that he needs, and must have, a constant infusion of feminine elements and negative forces to replenish his energies, as they are scattered, diffused, and exhausted by his positive mental and bodily activities. Man is dependent on foods, sleep, negative moods, mental concentration, woman, and the long sleep called death, for his supply of positive force. His best "helpmate" is the woman whose negative, feminine, vibrations are most nearly keyed to the rate of his masculine vibrations.

It is not until your vibratory keynote is known, that your matrimonial adaptations can be determined with mathematical accuracy. Mathematics—the exact science of numbers—is founded on the law of vibration. Its esoteric object is to express rates of vibration. Numbers and vibrations have their correspondence throughout nature. "God geometrizes." Each number from one to ten has its esoteric significance. The Occultist can reduce any combination of numbers to its true octave in this scale. Each letter in the alphabet is founded on the mathematics of vibratory law, and relates to one or another of the first ten numbers. Words and language building were originally founded on the law of vibrations, and the esoteric meanings of those ten numbers. The vibrations of words are changed by the increased or decreased potency of thought, which is put into them by repetition, but they

rarely, if ever, do more than change from one to another octave of the vibrations which belong to the same number.

The word home contains "the sacred syllable" and has wonderful vibratory power. The song, "Home Sweet Home" has more power to-day than ever before, not only because its potent words and tones, in their combinations, were founded on the law of vibration which touches a deep vibratory current in the human constitution; but, also, because of the velocity they have acquired through constant repetition. Persistent repetition of thought vibration is Omnipotent.

The deep significance of Scriptural passages becomes apparent, when the mathematical vibratory power of the words which compose them, and their combinations, are so ascertained. It is one method by which the Occultist can determine the esoteric power of a literary production. Every person needs that scientific self-knowledge which can be formulated with accuracy, only when the keynote of each undercurrent in his character is known. Such knowledge is practical in business life as well as in matrimonial matters.

According to the mathematics of vibration, marriage multiplies man's meaning ten fold. The mystic number which represents the word marriage, is ten. Man manifests nothing more than its unit, until, through marriage, that woman stands at his side, who, having the same rate of vibration, represents to him the cipher of Love's unmanifested principles. By that simple process, he is magically transformed into a figure ten, and thus becomes the equal of ten units.

The word matrimony is founded on the number two, the esoteric meaning of which is not only duality, but

separation. In practical life matrimony too often means only separation, instead of the complete oneness, perfection, and unity of two hearts, which is signified by the true marriage and its number ten. Ten is a perfect number. It is a union of the seven manifested principles of the perfect man, and the three unmanifested principles of Divine Love, which are represented by woman. Such a union of two hearts is only matrimony, if less than the ten principles are represented. If they are so represented, the after work of manifesting happiness and true success in all its meanings, becomes comparatively easy. The perfect marriage, like the perfect crystal, can be formed only when all its elements are duly represented in the chemical compound, and are in the right relations to each other.

The companionship of true marriage consists in the interchange between man's positive and woman's negative vibrations. Perfect interchanges are possible only when the masculine and feminine energies are balanced, and vibrate in unison on each of the three planes of body, mentality, and soul. Too much positive, or too much negative, would repel and antagonize. Nature seeks an equilibrium in marriage and reproduction, with the same fidelity that water seeks its level. Occultism opens an easy way for man to change his rate of vibration, and thus correct matrimonial mistakes and rule his fate. It shows how indifference, antagonisms, and repulsions may be replaced by a simple method of awakening love in another.

Modern matrimony offers many living examples of the separateness of two whom only the law "Hath joined together," but who are as far from marriage in its true meaning, as is its root number (two) from the

number ten. How great the difference between matrimonial bitters, and the sweets of true Love.

Almost constantly the question is asked, "Is marriage a failure?" A large percentage of people seem to think that matrimonial buds on the tree of Love is only the invariable prelude to, and necessary indication of, the fact that the sweets of its sap will at once turn to vinegar. It must be admitted that such is too often the case, therefore, every earnest heart should candidly inquire the cause. The laws of thought teach that there are many nice questions involved, and, until those questions are better understood, it will be almost as difficult to fulfill Love's promises, through matrimony, as it is to extract sweets from the sap of a maple tree after the budding leaves begin to draw on it so heavily for sustenance. The warmth of spring starts the sap of a maple tree, and courtship starts the vibratory activity of Love. To give life to the leaves of a tree is the legitimate use of sap, and to give life and power to man or his kind is the only legitimate use of sex force. To exhaust such force, is to drain man of his power, and, if a husband, to breed matrimonial discords.

When matrimony has no stronger backing than the attractions of sex vibrations, its logical outcome is the bitter gall of sex repulsions as soon as the energy of those vibrations are exhausted. Nature will find some method of protecting its own. The consequences of matrimonial mistakes frequently become plainly visible before the end of the honeymoon. Nature's law of correspondence will tell tales on all who disobey such laws.

The Occultist's realm is the interior law of things on which their outward correspondents are based. Although this law of correspondence is relentless in

exposing our errors, it is, nevertheless, our best friend, because it enables us, through knowledge, to avoid errors. Especially is this applicable to the difficult questions of sex and matrimony. It teaches who should, and who should not, marry; it proclaims what undercurrents of character are at the seat of matrimonial inharmonies; it shows how discords may be prevented or removed by a removal of the cause.

Although thousands embark unwisely on the matrimonial sea, and countless thousands suffer appallingly painful consequences from their post-nuptial mistakes, it does not follow that marriage is a failure.

It is not a failure. The marriage of the masculine and feminine principles in nature, which produced vibration, has not been a failure, nor has marriage been a failure for man. His possibilities of ignorance are so stupendous that he might have done worse. Does that seem impossible? An imperfect matrimonial alliance may be better than other horns of the dilemma. Each person has a certain amount of sex life and force which natural law compels him to dispose of. Life implies activity, and ignorance implies that man will run against one or another of nature's prods and pokes, until he learns nature's laws—until his ignorance is overcome.

As sex force is generated life, it should be transmuted into life results—into brain power and spirituality—and be manifested in works of devoted and loving service to mankind. As the Love principle is the generator of such force, it follows, logically, that it should be expended in Love's broad and unlimited field. Its broadest field and highest plane is reached through its transmutation through regeneration as is shown in the

results of three years' work by a well-known Nazarene who spent his life in loving service to others.

It is your privilege to live that life, and substitute Love's constant joy and bliss for the fleeting pleasures of sensuality, if you will but conserve and transmute the forces you generate.

Occultism teaches the true purposes of the love and sex forces, and how to get from them the richest results. It teaches how to kindle its fires under the boiler of thought, and transmute its vibratory energies into power for good, much as an engineer would kindle a fire under a boiler filled with water, or, perhaps, ice, and transmute the latent and solidified energies of coal and water into steam and power for man's good.

Manifestation, in all its relations throughout evolution, is a process of transmutation. The efforts of Divine Love—the eternal—to manifest or express itself cannot permanently miscarry. The principle of Love generates life essences in man that he may *express* Love through lofty ambitions and noble purposes of loving helpfulness to others. It will not permit him to permanently abandon its purposes. When he turns the forces so generated into wrong channels, it administers to him that severe medicine which Sir Walter Raleigh said was "a sure cure for all diseases," viz.: death. By cutting off the supply of life, and tenderly laying his worn-out body in the grave, his spiritual forces are given an opportunity to reorganize, through rest, until the time comes that he is again fitted for the Divine work of manifestation.

"The world is built from the ashes of the dead." The complete manifestation of Love can come only when man has *fully* learned the lesson of his relations

to his fellowmen, and then lives the life of Love. He is slow in learning his lesson, but nature's method of teaching is sure. Infinite Love mercifully cuts off man's physical life when he becomes too lavishly extravagant of his forces, but from the ashes, Phoenix-like, it saves all that is best, thereby gradually forcing him to learn the earlier lessons of transmutation, even though he cannot then grasp with his understanding its sublimely transcendent meaning.

Individual man is so related to humanity by the laws of Love, that he can best reach the higher octaves of vibration by helping his weaker fellowmen. He may begin by being truly a protector to woman; by permitting her to transmute the forces of her love; by freely granting to her the Divine right of bodily independence in purity; by recognizing the indisputable and axiomatic law that the feminine principle in nature is fully equal to the masculine, and that woman is even nearer than man to the heart of being; by acting as the preserver and not the destroyer of woman's virtues. Man has no right to dominate or tyrannize over woman because she happens to be less aggressive than he. A human soul is greater than any human law. Marriage does not imply ownership. It means unity of effort in seeking the same goal, but with perfect freedom of individual action. Woman also should learn the same great lesson.

Love is sufficient as a binding cord. If the wife would regain the influence she exercised as a sweetheart, let her first regain more of her pre-nuptial independence. The husband will behave much better, if not quite certain that he "has a sure thing."

Let the wife lovingly persist in exercising the native purity and delicacy of her condition as sweetheart, and

be the helpful leader in the life of regeneration, thus discarding the ownership idea and all other relics of the stone age. When both husband and wife live the life of regeneration, then will they be worthy of the sacred office of generation. When transmutation of life forces supercede the extravagant wastes which are so common in matrimony, then will life's happiness and life's results multiply until the soul is fully manifested in perfection, when its natural condition of joy and bliss will be restored.

A later issue will deal with other phases of this great question, and give occult rules that may be used as stepping stones to a higher life, greater power and success, and greatly increased happiness in marriage.

How to Create Opportunities.

COPYRIGHTED 1897, BY ERNEST LOOMIS.

Man's position in the world should be that of master and not slave. His power to think will enable him in time, not only to "subdue the earth," but to control "every living thing," and to overcome even death itself. True mastery may be called a science, because it is governed by fixed principles, which are as exact and eternal as are the principles of mathematics and the universe.

The laws of thought and vibration are the eternal principles which place transcendent possibilities within man's reach. It is because the principles of this science of mastery are so simple, that man discards them until everything else has been tried and found wanting. Truth is always simple. It is our webs of error that are so complex. How important it is to grasp the esoteric meanings of simple things.

One of the very simple things which has deeply esoteric meanings is your thought. It is continually creating for you opportunities and circumstances, good or bad. When you thoroughly understand your thought powers, you may create for yourself unlimited opportunities, and thus bring into your outward life, the embodiment of your highest ideals, your noblest ambitions and aspirations, and your heart's deepest cravings.

The illusions of sense tell us, that this world is an immense solid, full of rough corners and edges, and that it was not planned with any especial reference to our personal comfort, happiness or good. It is only when we comprehend its esoteric meanings that we discover an entirely different condition of things. First, we discover that it is not a solid, but fluid, or spiritual; that its every atom is only a rate of vibration, or mode of motion, and that every rate of vibration is represented within the heart of man, and is ever subject to the control of his thought, as soon as he has gained perfect thought control.

Man is subject to the control of circumstances, to the magnetic influence or gravity, of every outside organized body, including the planets which compose our Solar system, until, through self-knowledge, he is able to awaken within himself vibrations, or magnetic influences, which have higher rates of speed, and which are, therefore, more powerful, and abundantly able to neutralize, or control, such outward magnetisms.

The low vibrations of an inferior organism are easily disintegrated, or reorganized, by him, who, through knowledge, is able by the power of thought to consciously generate higher vibrations, thus touching its keynote. The greater includes the less. This power should be used with the utmost caution, because other organisms having the same keynotes might be affected at the same time, which might lead to disastrous results. Occultists who remember the fate of Atlantis will need no such caution.

Self-knowledge enables man to awaken his latent potentialities and master his fate. The buffetings of fate are only for him who ignorantly drifts. The

process of mastery is comparatively simple. First of all, man must realize that those inner vibratory potentialities are actual realities *now*, and not mere fictions.

The acknowledged leaders of modern thought, although convinced that man, the microcosm, is a miniature universe in which exists all the potentialities of the macrocosm, have been unable to formulate practical rules by which man can bring into actual and immediate use, those inherent potentialities. They freely grant that each "atom" contains within itself some power which makes its evolution a foregone conclusion and necessity, but they fail to clearly link man to his exhaustless source from which he may borrow *now*, the conscious strength of its omnipotence. The Occultist takes man *behind* the mere outer scenes, which are but effects, and not only shows him his place in the universe, *as master*, but also shows him how he may deal with *causes* and so exercise those powers of mastery. These claims are facts, not fictions. They are scientific deductions from the laws of vibration and thought, and not mere "tommy rot." They are founded upon scientific and everlasting principles which any ordinary person who is able to become "as a little child," in freedom from prejudice, can comprehend and then apply. To so understand them is the chief corner stone in the temple of knowledge which enables man to create opportunities and demonstrate his mastery.

From our civilization has sprung a vast army of spiritual paralytics, who, in trying to escape from the blindness and narrowness of witch-hanging bigotry, have followed the backward swing of the pendulum, into a treadmill of agnosticism and materialistic thought, which they have trundled until their thought

vibrations have crusted into almost impenetrable shells of self, and, which gradually solidify, from that to dry rot, fossilization, and its consequent spiritual stagnation.

Materialistic philosophy has done much to "wipe the slate" of many theological errors, and by abandoning such dogmatic rubbish have cleared the way for something better, because more affirmative than materialism, but it has been at the personal expense of many of its pioneers and devotees, who have suffered the severe consequences of its narrow limitations. When, like the frog in the well, they regard that which they see as "the whole thing," it takes a very generous infusion of Love's life-giving and lubricating power, to again sufficiently set in motion their thinking machinery, so that it will "see" anything beyond the confining walls of these little "wells" of materialistic truth. To soon "go dry" is the natural result of their self-imposed bondage. He who "grubs around" on the mental "hard-tack" of worn out thought, is subsisting on a meager allowance of stale, mouldy, and almost lifeless crumbs. It is not strange that so-called death should soon come to the rescue of such a soul, and quickly change its outward form into something more fully representative of the soul's growth and individuality. The soul is deathless and will not be backward about exercising its Divine right and duty of self-preservation by discarding a body as soon as it becomes a useless incumbrance to soul growth. The whole ocean of Truth is the soul's natural heritage, and it cannot be permanently satisfied with that which may be contained in any one little "well."

Man's spiritual health will soon suffer if he ceases

to be "hogish" in his appetite for Truth. It is the very soul of those vibrations which compose the body and personality, and, therefore, it is only natural that they and the body should quickly dry up, solidify, and die, unless constantly held responsive to new thought infusions.

The position of the materialistic fossil, like the religious bigot, is so weak, that he trembles at the suggested advent of any new thought. The invasion of a new idea, which threatens the sophistries of his pet philosophy, is, generally, a signal for that prairie dog yelp, which is the prelude to an informal dive into the hole, or "well," in which he has, perhaps, long been hibernating.

It is about as difficult for mental and spiritual liberation to come to him who refuses to think, as it is for an oyster to suddenly leap from his shell. Receptivity to new thought, is the preliminary to true advancement. The most brilliant mentality will soon become severely afflicted with "intellectual leprosy" and soul starvation, if long restricted to a diet of materialism, or to only that which the five senses can comprehend. It is the vibratory infusions of love and its spirituality which gives vitality to a mentality. New thoughts of Truth awaken the vibrations of Truth's eternal life, and may be used as a means of prolonging life.

Vibration is activity. Vibration is the life of the body, and therefore, inactivity is its death. Real activity is the activity of man's thought and interiors. Mere bodily activity tends to exhaust the bodily energies or vibrations. The use of tobacco and all narcotics tend to artificially excite and thus exhaust ones vibrations. That is why their use produces tem-

porary pleasure, but subsequent nervousness and exhaustion. It is an extravagant waste of vibratory power, and, by letting down the bars, opens up channels for insidious and unrecognized attacks from invisible psychic vampires.

Before entering into a consideration of the cold principles of this philosophy, it would be well to consciously lay aside all preconceived opinions, past beliefs, reliance on authorities or traditions, and consider the principles purely on their own merits. You can then better see to what extent they are *self-evident* and axiomatic.

All of us are more or less the self-convicted slaves and prisoners of worn-out creeds and dogmas, and of that conglomeration of fictions and prejudices, which bind us to the illusions of ignorance, doubt, error, and unbelief, and blind us to the new truths, which, if entertained, might, by developing those inherent powers which relate us so intimately to the Infinite, thus be very helpful to us in overcoming our weaknesses and limitations.

Should a child of the Infinite consciously enlist in that forlorn, cowardly and idiotic brigade, each down-at-the-heel member of which, in marching over their imaginary bridge of sighs, is, at each long drawn out sigh, echoing the doleful wail, "I can't," "impossible," "worms of the dust," etc.? Should one's ignorance of the beyond, cause him to march under such a tattered, slavish and unworthy banner, or to quake at his every step? Should the fear of future disaster cause one to shirk, or forsake, the duty of happiness to-day? If a dog's tail must be cut off, will it hurt him any the less if he *dreads* it for a year in advance, or, if cut off an inch at a time?

The Occult philosophy teaches that man's belief in his own weakness, depravity, and limitations, is founded on the falsehoods of ignorance, and, on the erroneous claim that he cannot comprehend things which are Infinite. Truth is Infinite and man's power to think, makes it possible for him to comprehend it. It is knowledge—self knowledge—which enables man to rise in his majesty and peep over the highest mountain of ignorance, thus causing it and its fictions, to fade into their native nothingness.

The reason every heart expands and grows, under the belief in, and desire for, its own omnipotence, is that the heart *is* inherently omnipotent. The laws of thought teach that the power to comprehend a thing or to desire it, necessarily implies the power in time to control and attain it.

The following basic principles are worthy of careful and unprejudiced consideration. First. All actual business results and material things are composed of "atoms," the essence of which is *vibration*, as is proved by the microscope, and now admitted by Science. Second. The creation of opportunities and the accomplishment of all results in business, art, or social life, is, therefore, a question of controlling the vibrations and vibratory currents of which they are composed. Third. The first cause of vibration is Love, but Love, being at one with Truth, the Omnipotent and Eternal, uses Truth's counterparts, which is man, the thinker, and his thought, as its creative and manifesting principles, thus giving to man, through vibration and thought, all of Love's omnipotence. Fourth. "Thoughts are things." Every thought produces or creates a form which is composed of vibration, and, if

sufficiently intense and permanently held to, will densify and become objective in the material. Fifth. Man's thought and the power to think, being complete counterparts of Truth—the universal—represent the tremendous powers of Infinity, and man, through self knowledge and thought control, may fully demonstrate those powers. The soul is the power to think, and, through thought, may manifest the soul's omnipotence, as well as its generally acknowledged immortality. Sixth. As the powers of man's thought and of vibration are borrowed from Truth and Love the Omnipotent, the only way man can manifest those powers, through vibration, is by conforming to the laws of Love. To get away from those laws is to become feeble and inert. The reason is apparent. Seventh. Man's soul being the counterpart, or "likeness," of Truth, is indissolubly united to that source, and, like that source, is inherently the same yesterday, to-day, and forever. His conscious omnipotence, therefore, does not necessarily imply any particular length of time. His inherent powers are always on hand, patiently waiting for his recognition through self-knowledge.

God — Love — Truth — Man—Thought—Vibration
"Is all and in all." Omnipresence is an actual and comprehensible fact. Omnipotence is not only a possibility but the everlasting reality of man's nature. Love, or Truth, delegates to man's thought the Divine work of creation, expression, and manifestation of forms through vibration as its agent. As is the race thought, so are the race forms. Invention precedes the outward manifestation of the things invented. "As a man thinketh in his heart, so is he."

In time, man's thought will become so powerful, and

his will so intelligent, that his present lumbering methods of carrying ideas and inventions into outward effect, will be abandoned. He will then have direct and conscious control of vibration, and can marshal to his service any quantity of atoms, at the immediate command of his thought. The Christ could rebuild the "temple" in which he taught, as well as the (bodily) temple of his soul, in three days. It is claimed that the pyramids of Egypt were built by the magic of thought, and that mankind, as a race, will soon have convincing proof of that fact. Man may regain these "lost arts" by duly comprehending the powers within himself. When this philosophy, in its entirety, is understood, such knowledge will be safe in man's hands, because he will see that through vibration and thought, such powers are derived by him direct from the universal fountain of Divine Love and Truth, and, therefore, that they become possible, only when the laws of Love and Brotherhood are conformed to. This is the conscious atonement—At-one-ment—which every person must make before he can truly say, "I and the Father are one" not only potentially, but also in conscious, active power.

Within every atom is a spiritual striving, or life principle, which enables it to evolve. That striving or desire is thought. Its soul is the power to think. That power in the atom is deathless the same as it is in man, and, in time, will put to blush man's present state of development. Then why should we say high or low, or pronounce superficial verdicts of good or bad? "Judge not that ye be not judged, for with that judgment ye judge shall ye" set a standard by which your present stage of progress may be known. It is

by constant recognition of the esoteric principles which give such Infinite promise to everything in nature—to every flower, every tree, every rock, and every human being, no matter how rough or lowly in exterior, that man may cultivate his occult powers, constantly give expression to the worshipful spirit of Love within himself, and become more and more responsive to its interior vibrations of power. He may thus cultivate his spirit of charity until it becomes wide as the universe. He may thus embrace within his tender compassion every living thing which feels, no matter how mean, depraved, or seemingly unworthy it may be. Then will he be able to awaken within himself occult power that is worthy of the name. It is because such power pertains to Love, and thus becomes safe in his hands. True universal Love like a mother's love does not sit in judgment on the weaknesses of loved ones, because it has Infinite faith in a fulfillment of that promise of Infinite growth which lies within each heart as a result of its Divine nature. It is by recognition of our occult powers and the inherent powers of others that we develop them into manifestation.

It is a mistake to associate the development of occult powers, or the creation of opportunities with any dominant use of will force. It is rather a process of unveiling those potentialities which lie within the human heart, thus making a way for the undercurrents of universal power, universal justice, and universal law, all of which are founded on universal Love. The dominant use of will force signifies obstructiveness of these universal currents, and, to that extent, tie man's hands. "I and the Father" can never become one in power except by becoming one in motive and intention.

Every use of will force which is not in harmony with universal Love, must react on the one so misusing it, with disastrous consequences in proportion to its power.

The Occultist's power consists in his ability to uncover the Love principle within himself by uniting his thought consciousness with its interior principles, with the higher self, with that principle of Love which is the exhaustless source of all vibratory power from omnipotence down. The path of devotion is, therefore, the short road to self mastery, and to the mastery of material circumstances. Man's devotions must become something more than an abject appeal for an undeserved good which he is too lazy to work for. Expressions of veneration and piety awaken interior vibratory activities, but true devotion goes farther and deeper yet. In its highest sense it is the action of an understood law which reaches those innermost vibrations of omnipotence within, which ever were, are now, and ever will be, a veritable reality in every heart. Power is thus awakened in conformity to a law and not in opposition to law. It is our *right* as children of the Infinite to ask, expect, and demand our inheritance (which is all the blessings of Infinity.) The action of this law is such that we must suffer the deprivations and hard knocks of our unworthiness, cowardice and ignorance, until we summon from within sufficient knowledge, courage, and gumption, to demand our rights as children of the most High. Our natures will hold us to the rack of necessity and labor, until we get sufficient mental "fodder" to understand *how* we can, as children of the Infinite, get *all* things by simply asking for them, when we learn to ask rightly.

These results are possible because of universal laws which are laws of man's nature, therefore such possibilities can never be permanently taken away from him no matter what he does, or how foolish he may be.

Man's sufferings, poverty, and limitations are only the kindly hints of nature, which suggest that he *must* follow the thorny pathway of experience until he learns the laws of things and obeys the occult process of acquiring knowledge and power. The method of experience is a method of work which subjects man to all the uncertainties and whims of fate—of the *evil* as well as the good of nature's savage elements. The occult method of work is an interior method of dealing with vibratory causes, which enables man to get above the plane of mere fate, and create for himself those opportunities by which he can master fate.

Students should learn to discriminate between the vibrations, which may be awakened from *within*, and those which come by projecting the consciousness into the astral realms. To thus project the consciousness, is to make it more receptive to an influx of dangerous astral elementals, and undesirable psychic influences, with which the invisible is swarming. From within may be found an inexhaustible supply of vibratory power. It is ever safe to draw from its self-controlled fountain. To so draw on it daily, is one's only safety and protection against that horde of unseen, earth bound, psychic forces, which are ever watching for sympathetic conditions and negative unprotected points, that they may re-supply their waning and artificial conditions by draining their victims of force. To cultivate psychic power by the negative state or by projecting the consciousness, may create the opportunities

to be led into such psychic pitfalls, and to other unsatisfactory results, but those are not the opportunities or results that the true Occultist or wise student craves. It is appalling to see to what extent such dangers have been drifted into, and unconsciously realized, even by those whose earnest researches ought to be to them a protection. They do not seem to understand that to so project the psychic consciousness, while in a weak, unprotected, negative state, is to become negative and receptive to the diabolical influences which swarm that psychic line which connects the body with the then projected consciousness. It is to literally let down the bars for such forces to walk in, and thus they are built into the life. After that, to follow one's psychic leadings, is to follow where such a medley of imbibed forces naturally go, and, thus, new avenues for more and worse attacks are unconsciously opened up.

The unseen psychic forces which almost constantly surround us, are, as a rule, first, those vibratory organisms which are given birth to by the more or less selfish thoughts of people in general. Second, the earth-bound principles of criminals or others, who, at death, were at least selfishly inclined; and, third, those elemental forces in nature, which, to a greater or less extent, are organized into vibratory currents by the general race thought. These conditions are, of course, more dense and intense in large cities than they are elsewhere. They are connected with and hover around the scenes of their previous activities, therefore some districts are more seriously afflicted than others. The higher soul principles, after death of the body, are not easily attracted to scenes of such intense selfishness, which were, perhaps, through re-

pulsion, one chief cause of their deliverance, through death, from such unhappy scenes.

Psychic phenomena has done much to open the blindly materialistic eyes of persons who otherwise would not believe in even the continuity of life, nor is its work ended. It is not my purpose and desire to criticise the individuals who use their clairvoyant talents in the ways above indicated, but to define the principles, facts, and philosophy involved, that they and others may be helped to choose wisely in the use they make of their spiritual faculties and forces. Each person should gain experience and knowledge in his own way. Every imperfect way has its place until better and the best ways are found.

Do you ask how one can guard against such dangers and pitfalls? It is by drawing for force, guidance, knowledge, inspiration, and power, exclusively from the Infinite *within*, and not from without. The forces within are all yours and *exhaustless*, while those that may be obtained from without are only the comparatively weak and dying echoes of vibratory organisms, given birth to by other people's thought. Like drowning men they catch at every floating straw which tends to brace up their waning vibratory powers. It is only natural, therefore, that they should *get* more than they *give*, for self preservation is their *first*, if not their *only* law.

One may project the consciousness without being clairvoyant, or, without even understanding anything whatever of this philosophy. Any and all persons who yawn, sleep, or in any way get into negative states, as all at times do, are liable to imbibe undesirable psychic influences. Sympathetic conditions are sufficient invita-

tions for psychic organisms to do their work. They do not stop to ask, are you an Orthodox Christian, Spiritualist, Theosophist, Christian Scientist, or investigator of nature's occult laws? Christians and Pagans, sinners and saints alike, are to them desirable, to the extent of their susceptibility. All persons should use discrimination in these distinctions, and constantly cultivate that thought polarity, which will protect them during all negative moods.

After one has drawn deep draughts from the vibratory well within, it is safe to project the consciousness in a *positive*, but *not* in a *negative* way. One should, at times project the consciousness for the sake of *giving* force, but not for the sake of *receiving* it. Why should man go begging force from the urns of others, when he has an Infinite supply within, which may be had for the asking? The only true way to *give* helpful force to others, by projecting the consciousness, is to send them thought force that will more closely connect them with their higher selves, and, so help them to help themselves. "God helps him who helps himself," and man should follow God's example by so helping others to help themselves. To do so is the purpose of this publication, and of the Home Silent Thought Brotherhood. That also is the purpose of the Brotherhood's daily noon hour observance, as is explained especially to our regular yearly subscribers. That simple practice offers safe ways by which the members silently give daily helps to each other. Their united thought naturally organizes into *currents*, which tend to take them away from the inharmonious cross currents of race thought, which are the influences that bring accidents and uncertainties into life.

Let us suppose that your life is not what you desire that it should be, and that you are hemmed in with many disagreeable circumstances and environments, which are seemingly beyond your control. The simple question is, what steps should you take in the exercise of your inherent powers of mastery? First, you should obtain reliable self-knowledge from the best sources you know, so that you may better understand your individual talents and how best to develop and use them. Most every person is much more liberally endowed with capacity than he himself knows, and the chief objects of the character delineations which are given to those who join the fourth and fifth degrees of the Home Silent Thought Brotherhood, are, to show, by purely scientific methods, what those capacities are, and how to make the most of them. The slight cost is as nothing, when compared with the satisfaction and benefits to be derived by finding those niches which the Almighty designed that we should fill, and, also, how best to fill them. If one is not consciously perfect and omnipotent, he is not beyond the need of self-knowledge, because omnipotence and perfection is man's Divine birthright, and it can come into his outward possession only through self-knowledge. One's occupation and purposes in life should be chosen with special reference to his talents so determined. They should then be pursued with a determination to obtain the widest true success and usefulness which those talents and the laws of thought make possible.

After a pursuit is chosen, the first thing to do is to formulate plans and methods of making it a success, but before an attempt is made to form plans, the mood

of success and fortune should first be produced. It can be produced by that process of mental concentration, which reaches the deeply interior vibrations and thoughts of the soul, which include not only a thoroughly comprehensive grasp of the subject, but also the power to successfully carry plans into effect when thus chosen. Those interior vibrations are so widely related that even while forming the plans, they, at the same time, reach out to the events, circumstances and persons best fitted to aid in accomplishing successful results. Such inner vibratory thought-activities are the real causes which attract success and should be the main reliance in the accomplishment of any undertaking, great or small. To simply form a plan and then mentally hold to it—and nothing more—is to constantly infuse the undercurrents of desired events, with fresh supplies of thought's vibratory power. If *continued*, it will densify those undercurrents until their corresponding events become objective and drift into the life. That is why the mood of mind is so important, in fact the thing of main importance. Even every desire is a thought which has vibratory power, hence the importance of centering on desires that will be permanent:

He who drifts with the general currents of fate, is subject to its uncertainties, but he, who by thought methods, manufactures for himself the undercurrents of the events desired, will, in spite of occasional "squally" appearances, have the satisfaction of reaping a generous harvest according to the seed so sown. Thought is the universal creative power. "In the *beginning* was the *word* and the word was with God and the word *was* God." Truth is God, or "the word," and man the thinker and his thought is its

creative and manifesting agent. Truth is the underlying reality, and the thinker is its creator of outward forms, therefore, man has the *unlimited* power to create opportunities and forms which *fully* manifest Truth—the Eternal Omnipotent and Universal. The principle is comparatively simple, and its application simple, if man will delve within himself for truth and power, instead of “gadding” about until exhausted in experimenting with rotten and useless outside props.

Mental concentration should precede every important outward act, and be practiced at regular times daily. In this way one may keep so closely in touch with his higher self that his every act, coming from that source, will be an action of *power*. Obstacles and difficulties should be mentally acknowledged, only to the extent of devising ways and means to overcome them, and, when so devised, such means should be promptly put into effect, even in the face of all apparent difficulties. It is when one's life is governed by a sound and understood principle, that his action is strong and effective. Impossibilities should be acknowledged *never*. There is no such word as impossible in the dictionary of thought, because thought is the exclusive and fully-empowered agent of Omnipotence.

The underlying realities of material things are their vibrations, and in controlling these realities, thought and the mood of success should be the main reliance. Thought, like heat, penetrates to the interiors of things. That is why heat expands the bar of solid steel. It is by changing its vibration. As water solidifies, if subject to the vibration of a low temperature, so will man's body solidify into an unfit instrument for his soul if kept in the low frigid surface vibrations of externalities

instead of in the warm, life-giving atmosphere, of its inherent vibratory realities.

Every discouraged word, or thought of fear and failure, helps to tear down and disorganize the currents of constructive thought, which are so potent in the creation of opportunities. It is because they interfere with the regularity of such currents. It is best to temporarily dismiss all thought of a plan or undertaking if you become unable to avoid anxious or discouraged thought concerning it. To so dismiss thought sometimes requires a vigorous effort, but it can be done if one is sufficiently determined. One can, at least temporarily, forget the deepest anxiety, or the severest affliction, by replacing thought of it, with some other thought. This can be done as would undoubtedly be demonstrated by one whose house should suddenly catch on fire, or a terrific earthquake come during such an affliction. Each mental faculty has its particular thought channel in the brain. If you allow any one, or even a few faculties, to monopolize your thought force, your brain will, in time, bulge out in that direction, and, perhaps, to the same extent, cave in, in some other equally important direction.

"A chain is only as strong as its weakest link. If you would control your moods and achieve success you must give each mental faculty, or "link," the support that is necessary to attain balance and its consequent power. If any one faculty is allowed to dominate your mental activities, thought control, and thought direction, are simply out of the question for the time being. The occult practice of daily thought concentration is very important if not essential to the acquirement of thought control. By a few moments proper concentra-

tion at the noon hour in connection with the Home Silent Thought Brotherhood, one may manufacture moods of power that will be felt in his every event of each day. This practice has very esoteric meanings which will unfold to the individual who duly observes it. It may be made the keynote to great attainments and great success. Each person therein has the available means by which he can, without expense, create for himself unlimited opportunities.

A few moments of true communion with one's interior world, enables him to carry its harmonies and powers into his outward acts. It is because he thus gets away from weak, surface vibrations, into a vibration which is able to deal with the interiors of things. In questions of judgment the subject, whatever it may be, is thus opened up more comprehensively, and in a way that its interiors may be seen. The mere outward sight of the World's Fair buildings at Chicago, would give a very inadequate idea of the wonderful things which were seen within their walls.

To anticipate the advent of a disagreeable event is to make its coming more sure and its unpleasantness more intense. The opposite is also true. The lesson is, to get into those harmonious interior realities which are entirely free from disagreeables, and thus bring bright and beautiful things into the life. Opposition and rough corners in life easily melt, if thus subjected to the high fluidic vibrations of Love. It is not for lack of power and talent that we fail to attain good life results, but because we fail to understand, develop, and use those powers we have.

One's self-knowledge and knowledge of human nature is generally his point of pride, but it is rare indeed

that such estimates of self can stand a scientific test or the test of true success. In fact the very ones who are the most confident, are those whose characters have the most bulges or caves, and the ones most blind to that fact.

Life is a great reality which is governed by scientific principles and laws. The individual who most earnestly and wisely seeks to understand and then apply those laws, is the one most apt to reap a rich harvest of true success, which is the natural and legitimate reward of self-knowledge. The coming events which cast their shadows before, can easily be foretold and made satisfactory by him who, through knowledge, creates his own opportunities, and then makes the most of them.

Talents.

Nature's method of manifestation is through the law of individual growth. This law and its unlimited powers is a talent which is placed not only within man, but also within every separate particle of so-called matter in the universe. The evolution of the human ego and of all atoms is a matter of force-massing or magic. It is a matter of self-help through the awakening of latent talents or forces which spring from the interior causal law of force. The evolution of your talents should be your life pursuit. That evolution can come only as you apply the principles which through the law of individual growth govern your life. Your life can reach its fullness only when those principles are consciously put into full operation. That implies that they be known, therefore to learn them is the first step in that evolution. If you would be absolutely sure of yourself, of your own talents and capacities, you should not only take this first step of acquiring a knowledge of the general laws and principles which govern your permanent Being, but should also through your own study or from others, obtain that scientific knowledge of your present individual tendencies which will put you on the direct road to the very best that life can offer to you. In that way you will waste no time in your efforts to put into full operation the omnipotent law of individual growth. Your present talents and individual tendencies can be scientifically determined through nature's systems of correspondency. The truly "wise man is he who knows and who knows that he knows."

Your Talents.

COPYRIGHTED 1897 BY ERNEST LOOMIS.

The story of every soul is more or less a story of wasted opportunities. There are few, if any persons, who have not at their disposal, a larger amount of physical, mental and spiritual capital, than they themselves know. That they do not make a better use of it, and attain better life results, is not the fault of their intentions or desires, but the fault—*or* it be a fault—of their ignorance. Ignorance, mistakes, limitations and penalties, go together. It is ignorance of your inherent talents that leads you to adopt business methods and ways of life, which, when compared with occult methods, are as ridiculously laborious as it would be to walk across the Continent to carry a message that might be sent by telegraph.

All material things can be reduced to vibration. The laws of thought teach how to connect your thought-wires with the interiors of distant things and thus mould their vibrations into harmonious relations with yourself. The entire work is a work within yourself. It is ever within yourself that you must look for that secret spring, which, if touched, enables you to accomplish anything you undertake. Self-knowledge is the narrow way to that secret spring. When once understandingly reached, it places undreamed of

True thinking is soul-growth.

powers ever at your command. It is ignorance of your interior forces which makes the road to power and high attainments so laborious.

The question is, what are your talents? They are those various shadings and tinges of individual character which represent the sum-total of your past thoughts. They are much more. They are the Infinite possibilities which lie before you. They are the omnipotent possibilities of creative thought, and it is by your thought that you may build into your individual character, the various shadings and tinges which represent their perfection. That should be your holy (whole) ambition. Behind your thought is that basic principle of Love, the universal, which, through vibration, gives such Infinite possibilities to your thought. It is through vibration, and by the laws of Love, that you may measure the power of your thought, and determine to what extent you are wasting your thought forces. To the extent that your outward life falls short of its inherent omnipotence, to that extent are you wasting your thought forces.

Your physical senses are likely to constantly besiege you to invest this precious capital for the uses of the body alone. As their clamorous calls are somewhat louder and more vigorous than the "Still small voice within," it is likely you will so invest the main part of your spiritual capital, unless you first stop to listen for that voice, and to think. To what extent are you so investing it now? Are you depending for wisdom on the slow teachings of experience, without taking any thought in regard to the true meanings in life? If in need of a medicine, would you experiment with every-

The soul grows.

thing in the Druggist's Pharmacopæia, rather than ask the druggist for the exact medicine you want? Is not your thought and reason the druggist, or servant, who should be brought to your aid in seeking the true meanings of life, and how to make the most of your spiritual capital? As there are millions of wrong ways of living to one right way, it is only natural that man should taste the bitterness and misery of a million deaths, in confining exclusively to the slow but sure teachings of experience for guidance.

To inquire the purpose of life and the true way of life, leads at once to the question, What is life? It is that basic law of Love which makes possible the harmony of everything in the Universe. It is that basic principle of Truth which is the same from everlasting to everlasting, and which makes possible and immortal, that power to think which is man. Man's soul is his power to think, and is the only thing which grows. To grow is its purpose, for through growth it transmutes and manifests Truth—Love—Life.

All the manifestations in nature are but the creations or magnetisms of thought. Vibration is their essence. The cause of vibration is Love. Vibration is Love's dual principles in action. Thought generates and stimulates such activities and therefore, through thought, man being the controller of vibration, is the "Lord of Creation," because thought is the creative power and vibration is its manifesting agent. Man is the agent of omnipotence. Vibration is the agent of man's thought, and through thought is he given "Dominion over all the earth." Due insight into the constitution of man, teaches that such dominion is his

True thinking is soul-growth.

natural birthright, as is shown by the entire trend of his desires and faculties. Deeply imbedded within the human heart is that principle of universal Love and Truth which gives such omnipotent possibilities to man. The whole purpose of occultism is to show by what means these inherent potentialities may be awakened and manifested.

Man must first deal with the within before he can effectually deal with the without, because the without is the within made manifest.

Do you ask, then, what is the purpose of life? It is the transmutation of Love within, through the powers of thought. It is the development of those occult powers through which man is given true and loving dominion. It is the acquirement and right use of all material possessions, in ways that will shower rich blessings on others, thus getting richer ones in return, through that law which makes it "Better to give than to receive."

There is only one perfect harmony which represents the highest song of life, and its chords must be struck understandingly and with reference to its completeness and perfection, if one would avoid the heart-rending discords which would be the result of vehemently hitting the wrong keys. The hardest jars of one's musical senses, can come only when the human organism is keyed to the "concert pitch" of interior soul vibrations.

Every thoughtful observer, must concede that all things in nature are created for the purpose of serving certain useful ends, and that it is only when such purposes are fulfilled, that they can obtain the best results

The soul grows.

for themselves. It is plainly evident that nature would not be so wasteful of precious material, as to create anything so complicated as is the constitution of man, for a purpose so ignoble, as would be the mere gratification of his physical senses, for one short life. This is evidenced by the fact that to so gratify the senses without restraint, would soon lead to satiety, misery, and disastrous consequences; therefore, we must conclude that such was not the purpose for which man was created.

It is because so much time and effort is spent by man, in the mere gratification of his senses, that he so signally fails in the attainment of satisfaction, contentment, happiness and true success. The unalterable law in nature that each atom in the universe must serve a universal end, ever prevails and cannot be permanently annulled by man.

Truth, love, harmony and justice, are synonymous basic laws, which overshadow the individual man, with the same tender and fatherly fidelity with which they overshadow the universe. It is impossible for him to permanently row against their resistless tide of universal good. It can be demonstrated by the very construction of the human brain, that such laws are so deeply imbedded in his nature, that they must in time rule supreme in his life. Like the ox in the mirey ditch, every effort he makes to oppose them, sinks him that much deeper in the mire and bondage of untruth and takes him farther away from his inevitable goal.

The road to Occult power, is that road of self-knowledge which leads man into the channels of universal

True thinking is soul-growth.

law. It is no more difficult for Love, Truth and Right to be strong, than it is for their opposites to be weak. Being the cause of vibration, they are as strong as the strongest vibrations. Their opposites, being only the weak and lonely echoes of surface vibrations, are as helpless as a corpse, and for the same reason, viz., because their golden cord of life which attached them to their cause has been severed.

It is the province of Occult Science, to teach man how to get into the affinities of his interior vacuum of Truth and Love. The law of affinity acts with power, even in the limited attractions between the elements which compose a chemical compound. It forms friendships among persons who are living only in the surface vibrations of the senses. It keeps countless millions of worlds in their orbits. At its best, it is that resistless law of Divine Love, which is so prolific in strength, that it endows every atom with its own inherent omnipotence.

The growth and development of the soul, is only a process of removing the illusive fogs and shadows which incase its inner principles. It is to turn on the electric light of Divine Wisdom and Love, which is the vibration to which its interiors are adjusted. "You simply touch a button and it will do the rest." The "button" is self-knowledge—wisdom, and the "it" is a universal law of which man is the product.

The soul is a thought-dynamo, through which universal Truth is able to outwardly manifest its omnipotence. If your pathway is beset with obstacles, misfortunes and misery, it is because through a misunderstanding of your own nature, you fail to touch the

The soul grows.

right "button." The evolutionary road has its inevitable dangers and pitfalls for him who, with drowsy eyes, gropes in the darkness of externalities, with nothing more than the dim, unsteady, flickering and intermittent candle-light of experience as a guide. Severe experience is the slow but emphatic voice of nature, which tells man how necessary it is to gain wisdom and exercise his power to think. Its real purpose is more for the long periods of unconscious growth. It serves to train the ears of man, until he can hear that "still small voice within," which if obeyed, will lead him into those pleasant pathways which give an uninterrupted passage to the electricity of his thought. By your meager life results you may know to what extent you are obstructing the channels of such universal forces within yourself.

Your brain and its thought powers is your "Garden of Eden." You must wisely and vigorously cultivate it, if you would partake of the full fruit of every tree and plant which life offers. In the center of that garden is a "Tree of life," called the intuitions, which has direct connections with the Infinite and exhaustless supply within. Through this unfailing source you may ever draw the waters of Truth and the fires of Love, and thus supply every product of that "garden" with an abundance of necessary warmth, moisture, vitality and light. To so draw on it is a science, the rules and principles of which must be understood before uniformly good results can be obtained.

There was no guesswork in framing the human constitution, nor is there any uncertainty in the results which may be obtained, by duly conforming to its

True thinking is soul-growth

laws. Its laws are laws of thought. They are reached through that prayer which sinks the thought consciousness to the interior soul principles. True prayer is always answered, when its highest conditions are fulfilled. If your prayers are not answered, you may know that you either substitute a counterfeit in its sacred name, or pray to the wrong God.

To understand, apply through prayer, and externally manifest those interior forces which intimately relate you to the Infinite, is to live for your best. It is to be an Occultist in practice, as well as in theory. To live the ordinary life, is to fall far short of your possibilities. It is to make true of you those saddest of all sad words, "It might have been." It is to bar yourself from an immense fortune in money, honors, happiness and goodness, which might be had by delving within, for self-knowledge and wisdom, through due exercise of your powers of thought. It is to go on parade with a human managerie, which is composed of freaks and monstrosities of ignorance, who by their acts, say that the five senses are all, and who leave out of their calculations the laws of thought and of man's higher nature. It is to defeat the very objects you most earnestly seek.

Every man must pay the self-acting penalties of his own ignorance and shortcomings. It is a mistake to think that "Jones, of Binghamton, pays the freight" of infringed law. The subject of vicarious atonement is greatly misunderstood. Your ignorance must be overcome through your own efforts, and then there is no "freight" or penalties to pay. The weak and sickly sentimentality of many, who meekly submit to the un-

The soul grows.

certainities and unpleasant consequences which their ignorance and inefficiency bring upon them, is easily over-estimated. Although to superficial observers it may seem very meritorious and christianlike, it is little if any better, than that "Uriah Heep" hypocrisy, which is very "humble" so long as it seems to pay. If you had endowed a child with a rich inheritance, such as the powers of thought, or with millions in money, would you feel gratified, or honored, to see him shuffle through life entirely without aim or purpose, and in the rags and tatters of a vagabond? "Nature abhors weaklings," or anything which is not Love or its powers. The Creator of nature is not truly honored by that ignorance, puerility, hypocrisy, or simulated humility, which, through an abject and cowardly fear of "future punishment," in pretenses of love, insults Omniscience by sneakingly offering long, loud, or begging prayers, for the undeserved rewards of that heaven which the Christ said was not a locality, but a condition within? Common sense should teach man to change the conditions within, if he would experience heavenly joys.

It is by conforming to higher interior laws—the laws of thought and of vibration—that man may realize the pleasurable sensations of harmonious vibration, and command the troubled waters of circumstances to "be still." To say "Thy will be done" and be able through the understanding of a principle to see that it *is* done, through yourself as an instrument, is nobler than to meekly say "Thy will be done" in a manner that would indicate that the Diety—creative law—should be approached in that attitude of abject and crouching

True thinking is soul-growth.

servility, which would, perhaps, be proper for a poor little "cut tail dog"—as if Divine Love and Truth were a monster of cruelty and injustice. "Man was made to have dominion over all the earth." It is because of a law, and therefore any slavish or traitorous attitude toward that law, is blasphemy. It is the God within, that man should worship with his whole mind and strength and heart. The strength of true goodness and spiritual understanding, is more commendable than the weakness and ignorance which is only able to awaken compassion.

In the weakest is the unfailing promise of something better, and the best, which timely sympathy and nursing may aid in manifesting. Compassion of course has its place. That compassion of a strong and noble soul, which is almost God-like in its tenderness, is only the silent acknowledgment that in the lowest exists all the potentialities of the best. In the original birth of each soul ages ago, "All men were created equal, and have certain inalienable rights, among which are life, liberty and the pursuit (and final possession) of happiness."

The best talents that the world has known, because of your inherent powers, are therefore your talents, and the highest possibilities of which the imagination can conceive, are likewise your possibilities. Let this scientific fact inspire your heart with nobler purposes and to the efforts which will enable you to live for your best; to fire the hearts of others with the same noble ambitions and to minister to those whose environments do not offer them the same opportunities to overcome their ignorance and its consequent weakness. There

The soul grows.

are many ways in which you can generously contribute to the needs of the world and thereby truly help yourself. It is thus that you consciously justify the action of that creative law which placed you here. Failure to so contribute your full debt of service, and thus acquire its consequent soul development, is the only "crime" against your nature which should lead you to regretfully say, "It might have been."

Can you, in a full understanding of the facts of your life, the meanings of life and of its obligations, truly say, "I am living for my best?" If not, you are committing a "crime" against your nature and must pay in full its self-acting penalties. Do you quite comprehend the wonderful potentialities which are slumbering within yourself? If not, then that is the first thing for you to do. You must also understand how to awaken and then use them.

To be heir to countless millions is of little, if any, use to you until you become aware of the fact. Ignorance may be bliss, but the awakening, if too long delayed, is like "snakes in the boots" after a big drunk. To live for your best is to do that which will contribute most to the needs of humanity. It is to live that life of love, which was taught by a Son of Gallilee, whose example has, for eighteen hundred years, been an inspiration to ever-increasing millions. It is to live for things permanent. It is to manifest those inherent soul principles, which are from everlasting to everlasting. The soul controls the body and holds its atoms together. Relaxation of its hold on those atoms will be the inevitable result of "innocuous disuetude." Your soul building must be constant if you would live to a "green old age."

True thinking is soul-growth.

All material things shall, if wanted, be added to him who understands and obeys the laws of his constitution. Soul building and obedience to the laws of your higher nature does not mean a sacrifice of material interests. It means the power to increase every material interest in a way that will serve and not rob your fellowmen.

It is a deep philosophy which comprehends the nature of man, as may be known, by the fact that man's nature is immortal. Could anything be more wonderful? It is perpetual motion and more. How wonderful is even the mechanism of the human hand, but it was not that which led the Psalmist to exclaim: "What is man that Thou art mindful of him?" It was something deeper. It was a something which is inherent in your heart and in mine, and for that reason is your talent and mine. It was something which must be fully understood before it can be fully manifested. It is the powers of Love, the power to think, and the powers of thought. It is that which makes manifestation (through vibration) possible.

You will constantly waste opportunities, until through due appreciation of your talents, you ascertain how best to use them. Until then, you are like a little child who, not knowing how to walk, is perhaps skeptical that such a thing is possible for him. If like the child, you earnestly strive to better understand the talents you possess, your case is very hopeful. The child who maintains that attitude, is quite sure in time to at least learn how to walk.

To close your intellectual and spiritual eyes to the higher meanings of life, is to forsake the easy and im-

The soul grows.

proved methods, and wander from the most direct roads into the blank darkness of by-paths, thus losing all the real pleasures and beauties of scenery, which the journey of life should offer. It makes considerable difference whether you are on the right road or wrong, for the one may take you directly away from your true destination.

There is a childhood which means life and growth. There is also a second childhood which represents the advanced stages of the decline in life. When man refuses to think and grow, he will at once begin to decline and die. It marks the beginning of second childhood, even though it comes at an early age. Life is Love and thought. The soul is the power to think, and like the wise snake will begin to shed its "coat of skin" as soon as that coat has outlived its usefulness and its responsiveness to the new thought and new idea which means soul-growth.

Your soul is the distinguished guest of your body. It will remain as a guest so long as the body remains responsive to the things of soul. If the body is made a fit dwelling place for the soul, it will become centered there for a long time, and build around the body those wonderful material and spiritual conditions, which are the soul's natural magnetisms, and which make life so beautiful.

The process by which the soul's sacred presence can be obtained is very simple. Throughout this entire series of publications the effort has been to outline and simplify methods and occult observances, so that they may be made practical in the every day affairs of each reader. We aim to adhere closely and constantly to

True thinking is soul-growth.

sound basic principles and to tear away all unnecessary veils of mystery, so that the way may be made plain even to the most simple person.

Exact and unchangeable principles underlie the human constitution, and it is only natural that the true methods of developing man's inherent talents and powers should be essentially as exact and unchangeable. By the aid of the fourth and fifth degrees of our Brotherhood, members may also obtain scientific helps in understanding and developing their varying individual talents, so that they may more easily control and train their weak points and make the most of their strong ones. These *comparatively* unimportant differences in character are, of course, infinite in variety, but the fundamental principles underlying them are ever the same.

Let each heart awaken to the tremendous import of this great fact, and thus understand that better talents than the world has seen are its talents, and that the simple method of developing them is within reach. It is a method of thought concentration by which man secures the constant presence of the soul, thus unveiling the heart's inherent soul consciousness.

It has been our good fortune and pleasure, through other numbers of this publication, to be the means of helping thousands in their efforts to reduce deeply occult principles to an actual working basis, which they are now making practical in their daily lives. Do you realize what such a help might mean to you?

The soul grows.

September subject: "Health."

Health.

COPYRIGHTED 1897 BY ERNEST LOOMIS.

Our Medical and Scientific Wisacres, though forced to concede the principles of Occultism, seem as yet unable to fully apply those principles, or to even comprehend its stupendous possibilities. Until they do, it is of course impossible for them to reap its legitimate rewards. They should expect little except unsatisfactory results, so long as they hover around its borderland and, buzzard-like, feed on its carrion of hypnotism and certain phases of "psychic phenomena." When the philosophy in all its completeness is more fully understood, such results and the misapplication of its laws will disappear in the bosom of its more truly applied higher meanings.

For the benefit of Physicians and others who desire to fully master the simple secret of that exact scientific principle which, when understood, places the wonderful gift of health at their command and in their permanent possession, an effort will be made to clearly outline the principles involved, and in the light of those principles, show why the action of medicines upon the human system is so uncertain and unsatisfactory.

It is by contrasting old methods with the new, that the most simple person can distinguish the false from the true, and thus be led to that royal and irresistible

pathway of obedience to nature's laws, which at every step is so tinged with ideality and so prolific in rewards.

But what is nature, and what are nature's laws? Are they something distinct and separate from man, of which he is only the product or perhaps the infinitesimal part? It is from that false premise that so many serious errors arise, and therefore the point should receive from each reader the adequate search-light of a most thorough analysis, that the falsity of such a foundation may become apparent.

It is easy to overlook or forget the fact that "nature," as well as disease, is a transitory something which has no reality except to that which is transitory in man, and that there is a something within man which is permanent and not transitory. The transitory cannot produce a permanent. It is only a manifestation.

The laws of the permanent are necessarily also the laws of the transitory, and therefore it is to that which is permanent in man that we must look for laws that will make health permanent. The laws of man's permanent being are also the laws of nature, for man is the exclusive manifesting agent of the Eternal. World's and systems of worlds may come and go, but the power to think, or life principle within man, remains. It is an indestructible and eternal reality. Being at one with the cause of all things it "wants," not only "the earth," "but also all other planets." Its appetite for Truth, its cause, is ravenous. Its insatiable ambition will be satisfied with nothing less than the manifestations of Truth's Omnipotence. Why should it be, when that was the purpose for which man was created?

That much despised instinct of so-called selfishness within man should be encouraged, but also educated to regard every part of the Universe as a part of itself. It instinctively loves and strives to protect its own, and therefore, when educated to regard all things as its own, its law will thus become the law of love. It is an indestructible and self-preserving life principle within each individual, which is a permanent tendency ever pushing forward the creation of its universe as its ultimate. It is only in that ultimate that it will outwardly manifest all that lies buried within itself.

It is a proved scientific fact, that the wonderful potentialities which exist within man, the microcosm, equal and include all which are manifested in the macrocosm. Man could not even think of a thing that did not have its correspondence within himself. Each heart will in time experience the incomprehensibly rapturous thrills of perfect and universal soul-consciousness.

Its every pain will push, and its every pleasure entice it in that direction, until the goal of perfected health and complete manifestation is reached. It is self-evident that its tendency to express, if permanent, must in time manifest all that it has the *power* to express,—all its latent possibilities.

As higher soul-consciousness is reached, individual differences will vanish.

When, through understanding, the law of selfishness becomes the law of love, discords and inharmonies gradually disappear and all seeming confictions in individual ambition become nothing worse than the separate but harmonious notes in one grand chorus.

Until the harmony between those seemingly opposite laws is understood and carried fully into effect, it will be impossible for man to exercise his rightful powers of universal dominion. The laws of thought and of vibration explain why and when truly seen in their relations and inter-relations with the laws of love and of selfishness, it becomes evident how the universal can fully manifest through each and every individual.

It is as easy for Ominipotent Truth to manifest through a million thinkers, as it is for a million mirrors to each cast an image of the same thing. The individual who will look in that many mirrors, will perhaps in each, find an image of himself.

Your present individuality is your universe of to-day. Thought was its builder. It represents only the sum-total of your past thoughts. Its end is not yet. It is ever pushing forward to the complete manifestation of Truth.

As the indestructible impulse to think is your soul, it will in time outwardly build all that is in that soul, all of Truth that it represents. Your thought is as unlimited in building power as is Truth, its cause, and only when it has manifested all there is of Truth, will its universe be complete.

The secret of health is the secret of eliminating from your present individuality all untrue thoughts. It is a process of getting more closely in touch with your innermost soul's Ominipotence. It is a process of bringing to the surface the innermost Truth of your Being. It is that thought which represents yourself as you eternally are, and therefore it may come to you "In the twinkling of an eye."

It is a mistake to think that evolution necessarily implies the lapse of any particular length of time. Omnipotence necessarily implies the possibility of doing things instantaneously, for otherwise it would be a little less than Omnipotence. Its magic is only the action of higher laws, which, for the time being at least, set aside all more lumbering evolutionary methods.

Every atom contains within itself the indestructible power to grow, and therefore magic is possible to it. Whenever latent power suddenly comes to the surface, the inevitable consequence is necessarily magical results. The sudden action of a deeply latent truth is white magic. The sudden action of a deeply latent error is black magic. Hypnotism, even at its best, is an inverted half-black magic method, which is almost certain to drive farther within the inharmonious errors of surface vibrations. It should not be used in the treatment of disease. If used, the disease will generally become more deeply seated in spite of all appearances to the contrary. It is only a little better than the methods of "Medical Science," which advocates the erroneous doctrine of doing evil that good may come. When the laws of white magic are understood, such doctrines will become obsolete. The white magic methods are to deal directly with the within, and thus bring its harmonies into the without.

It is not evil, but good, to use the surgery of Truth, to cut away the cancerous errors with which Medical Science has become permeated and overloaded. It is not necessarily a reflection on the motives or superb intellectuality of Scientific and

Medical authorities to say that their inverted scientific systems are ague-stricken almost beyond recovery, because so long dependent for vitality on the malarial atmosphere of a swampy and false foundation. Truly "The science (?) of medicine is a science of guess-work," as many of its most eminent authorities have frankly and repeatedly acknowledged. Nor does it seem strange, when those exact laws of thought and vibration on which all treatment of disease should be based are duly understood.

I make no war on physicians as *individuals*, or on those able, kindly, earnest and true men who as a rule have led the profession, but I uncompromisingly attack the *principles* of their so-called Science, because they are unsound and unscientific. Do you ask by what authority I make such a broad and sweeping statement? It is by the supreme authority of a self-evident Truth, which is the only authority worth having.

Medical Science practically ignores causes, and contents itself to deal almost wholly with fragmentary effects. It practically assumes that "the body is the man," as if to lose an arm, or a leg, would necessarily abstract from man a large portion of his manhood and soul. The whole doctrine of immortality, which is almost universally believed in, presupposes permanent soul-principles, and, therefore, contradicts such a presumptuous claim. The millions of victims of medical mistakes, if they could but appear bodily on the scene, would contradict it in one grand and triumphant chorus.

Medical Science almost entirely ignores in practice that permanent and important something which is the

real man, and which must be dealt with understandingly before conditions of health can be uniformly produced or maintained. It deals with but fragments of effects, instead of causes.

The body is only an echo of a reality. To doctor it alone is to deal with echoes, and not with the underlying realities. It is to have an important business transaction with a lying, unauthorized and irresponsible agent. It is to accept as a reality false and deceptive appearances, and thereby get false and uncertain results.

Many of the medical methods are as roundabout as it would be to lasso a 1,500-lb. cow and haul her up, by the neck, on a high roof, that she might rid the ridgeboard of a few scattering spears of grass that may have grown from its cracks. If in the operation she should protrude her tongue, it would not necessarily mean that the cause was her hunger for the grass. Nor are the abnormal distortions and ignorantly created agonies of the sick-bed necessary factors of a disease.

Medical Science has abandoned bleeding, salivation, and such vulgar and nonsensical treatments, and replaced them with methods which, though more refined, are but a little less ridiculous, and are almost as far as ever from the true methods. It was said of Jack Bunting that "He knew not what to do, and so he swore." How fortunate it would be for many "patients" if their physicians would do nothing worse! Guess-work in the use of poisons should have no place, where a human life is at stake.

It is possible for a medicine to acquire a borrowed vibratory potency, and when administered produce a

temporarily apparent effect by changing the external rates of bodily vibration, but it drives bodily inharmonies within, and therefore, any seeming benefit received is at the expense of the underlying realities. Sooner or later a disease so treated is likely to reappear with added force, because each time a medicine is used the real difficulty becomes worse and reaches farther into the interiors. It will then require a larger dose of medicine to produce its previous effect. Those who are chronic users of opiates, narcotics, or even cathartics, will hardly need be told this.

It is a well-known fact that to stimulate by medicines the action of the liver, for instance, may help it temporarily, but it weakens its power to help itself. The liver is a plexus of vibratory force, and its interior sensibilities should be quickened from within, and not deadened by the use of external methods.

Medical Science, like hypnotism, can, by dealing with the outer, reach the inner, but unfortunately, it thus casts on the inner the inharmonies of the outer, and makes more deeply seated the difficulties it is then seeking to overcome. The action of medicines, as well as hypnotic influences, are clearly seen when the law of vibration and the constitution of man are understood. By close analysis, the atoms of the body can be reduced to "rates of vibration." They are comparatively slow, and external rates of vibration. Their cause is the higher (because more interior) rates of vibration. The innermost first cause of both high and low rates of vibration, is the ever harmonious and unchangeable law of Love—Truth, which is the original life-germ within every human heart.

Health is the necessary consequence of bringing to the surface the vibrations which continually emanate from these interior laws. Disease, or lack of ease, is caused by the efforts of the spirit to cast off, or drive away, external vibratory inharmonies, and thus produce an equilibrium. Those efforts should be encouraged and not counteracted. They may be encouraged by a simple thought-process, which is known to all Occultists, and which will be indicated in the following number. They are counteracted whenever medicines are taken. Health is equilibrium.

Do you ask if it is possible to abandon all external methods and escape their detrimental and uncertain results? Most decidedly yes. Why? Because it is possible to deal directly with interior vibratory causes, and thereby obtain more uniform results. How? By a process of thought. Your thought permeates your every bodily vibration, or "atom."

When these great principles become thoroughly imbedded in your understanding, it will begin at once to relieve your spirit of a formidable obstacle and constant menace to your health. It is because every thought has its vibratory effect. Every true thought helps to permeate your being with a higher vibration. An erroneous thought has but little vibratory power, and loads your more rapid vibrations or spiritual forces with its dead-weight and disease. It is like applying brakes to a car-wheel. It slackens your progress. If continually repeated, it leads to inertia, stagnation, and physical death. Thoughtless exaggerations and careless inaccuracies in speech *build*, but the wrong way, and they train your mind for the reception of more

malignant and insidious untruths and disease. Their inharmonious vibrations should be gradually replaced by those strictly truthful thoughts, which will constantly emanate harmonious vibrations.

It is by the power of your own thought that you may be "redeemed," and obtain "forgiveness," for every error, or "sin," against your own spirit. The process is simple. It should be used for the minor as well as for all the major infringements of those thought-laws which govern your permanent being. Those laws are self-acting in their rewards, as well as in their punishments. Adequate reward will be the inevitable consequence of obedience; nor will the God within suffer from insomnia, or feel pain, if you foolishly choose to disobey them. It is your privilege to exercise that prerogative. "You simply pay" the far-reaching penalty and thus "take your choice."

Science has conclusively proved, that life has its origin in life itself; that "Life must precede life." Physical heredity does not truly explain the origin of life. Life is the *IS* of things. It ever is. My real life ever is. If another could really give life to me, his life would thus become a part of me.

The physical life of each individual springs from something within his own soul as its cause, instead of through the law of heredity as that law is ordinarily understood. My soul will exist during an endless future; therefore it must have existed during an endless past. A beginning would necessitate an end, for that which has the one end must have another.

The creative, unchangeable soul or life principles within the interiors of every heart is that within the

heart which can, through knowledge, also become a controlling element of its accompanying physical life from the cradle to the grave. Man needs only to know how intimately his external "atoms" are related to those ever-harmonious, all-inclusive, and unchangeable interior laws, to understand that by a simple thought process he may constantly re-vitalize those atoms until his entire body pulsates with the harmonious, life-giving, vibratory inbreathings, from those Divine principles within.

"Microbes" are a bugaboo which gives but little anxiety to the true Occultist. Every individual is the creator of his own "microbes." They are, like all other external conditions composed of "atoms."

When the slow and plodding vibrations which compose their "atoms," come in close contact with the more speedy bodily vibrations, or "atoms," it is like their suddenly running against a buzz-saw. The result is *war* or inharmony at once. The speedy vibrations naturally say, "Why do you interfere with my rapid progress? I'll teach you a needed lesson, Z—Z—h!" and away they tear at a break-neck speed. These lowly "microbes" are naturally indignant, and perhaps snarl out, "How presumptuous in you, to yank me along at such an undignified gait! If you don't let me plod along in my own way, I'll jump on to your neck and ride. We will see which can stand it the longest;" and thus they become a dead-weight and enemy to progress—rapid vibration—life. The rapid vibrations then suffer the exhaustions of such an unnecessary load and continual battle with these natural enemies of physical life. It is by a thought process that man

may most easily end the warfare. It is by making friends of his microbes. He can meet with only partial success, so long as he fights them by external means. These little knaves and cut-throats make the best of health soldiers when equipped with the proper arms and ammunition, and when their surplus energies are turned into the channel of its legitimate warfare.

The vibratory atmosphere of man's innermost soul principles is not charged with "microbes," and it is by the constant inbreathings of that atmosphere that he may infuse his physical microbes with its life-giving vitality, and so place them on a friendly footing of equal speed. It is only a question of putting them in touch with rapid and harmonious vibrations within.

It should be ever remembered, that *all* external objects and conditions are composed of "atoms" which, when resolved to their last physical analysis, are only rates of vibration. Thought is a proved generator of vibration. It is powerful to the extent that it gets in close touch with the interior cause of vibration. When man learns the simple secret of placing his thought in *perfect* touch with that interior cause, to him will be delegated the power to permeate not only his body, but also external objects and his surrounding conditions with its life-giving harmonies.

Your permanent self or spirit is a "whale," which, in its efforts to manifest, has started with small beginnings. It has swallowed many "Jonahs" of error. There will always be more or less unrest, so long as there are such "Jonahs" in your "whale's" belly. With each "Jonah" of untruth that you swallow and so cast on the inner, you increase the inner turmoil and

unrest. Whenever a great truth is mentally appropriated, it begins at once to build its vibratory strength into the sub-conscious mind. It tickles the throat of your spiritual "whale" and enables you to heave at least one more "Jonah." When the basic truths of your being are fully understood, it will in time so stir the inner depths, that you will be able to make a final heave that will rid you of every "Jonah" that interferes with your health or peace. Your bodily vibrations then come in close touch with the inner harmonies, and therefore manifest its perfect health and equilibrium.

It is unnecessary that life or health should hang on but a slender and tender thread. Man's *real* life is absolutely indestructible, and so are the laws of manifestation which govern his physical existence. A time will come when even an axe may, by a blow, be buried in his flesh, without necessitating a flow of blood; when the occult vibratory currents which compose the "atoms" and outlines of the axe may, through knowledge, be changed or even disintegrated instantaneously, by the magic of a thought, and when the currents of his blood may be as suddenly changed, through the application of an understood thought-law, as they now are by the negative action of fear, or of other human emotions. It is only when man ignorantly lives in the transitory, external vibrations, that his physical life and health are uncertain.

The power to think is that within man which lasts. It becomes economical of its life-giving, vibratory vitality, only when the thought-consciousness dwells on things which are far away from that interior seat. Within its innermost recesses dwells the ever-living

vibratory cause of all physical life, harmony, and external power.

He whose thought wanders far and long from that interior Father principle, is a "Prodigal Son" and is "Wasting his *sub*-stance among harlots in riotous living." That tender Father heart is ever waiting in patience for the return of every dilapidated thought-prodigal, and will "Go out and meet with open arms" every such "Son" who shows the proper symptoms of returning to that ever hospitable home of the soul, where there is always vibratory "Bread enough and to spare." The unsatisfying "husks" of externalities will in time, through repulsion, breed in every heart a desire to return, and that desire should be promptly obeyed.

The Biblical parable of the "Prodigal" does not put the case half strong enough, but it is because of the inadequacy of words. When the real esoteric meaning of that parable is understood, it will be seen that to return to the "Father" within, does not require any sacrifice of personal interests, for it places in man's hands an occult power, by which he can greatly increase his material interests as well as his happiness, satisfactions, and usefulness.

The selfish mind will not misuse his occult powers, when he clearly understands what would be the self-destructive consequences of so doing; nor can he easily use or misuse those powers, until he understands the laws on which they are based, in which event he will also understand what would be the terrible consequences to him of their misuse. These laws simply *must* be understood, before uniformly good health can be obtained.

Man's occult powers are derived through his thought. It is by a process of thought that he can awaken interior life forces, which when understood, can become in their action as scientifically exact and universal as are the basic and universal laws from which they spring. These forces are subject to the will of man, whenever he fulfills the easy conditions on which a use of the laws of thought and vibration is based. It is, of course, by a process of thought that he can invoke and command their harmonious flow into his physical life.

No matter how inharmonious your surface vibrations, or "atoms," may be, you should remember that your inner vibrations are as harmonious as is the most peaceful summer day-dream. By coming into perfect touch with these innermost harmonies, outward or physical action to correspond must necessarily follow.

It is but the spontaneous action of universal laws, which are as complete in the most humble person as they are in the planet on which that person lives.

Extntreal vibratory discords may be neutralized by a simple thought process that is available *now*.

So long as man's thought-ears are attuned only to the grating and soul-less external sounds, which are but discordant echoes, he will not be able to comprehend how entrancingly beautiful is the music which might be his. "The music of the spheres" is a silent poem which has its correspondence within each heart, and it is by co-operation with the higher laws within, instead of by any external process, that man may become responsive to its universal rhythm. To learn those universal laws, is the natural prelude to their application. First study,

then practice them, and at an unexpected moment the magic touch of a harmonious chord within, will express itself in outward harmony and perfect physical health. The great musician or genius, as well as the true magician, looks to the within instead of the without for his inspiration.

Our civilization is prone to regard great size and unlimited time as necessary factors of Omnipotence, and therefore they forget that all time and all space is represented within each and every human heart.

If the soul of man is immortal, then why cannot his body become immortal also? It can, through knowledge, be preserved through countless ages if desired. What more would you ask?

It is not easy for a truth to die from old age, or to become diseased, nor is it any easier to injure the health of him who keeps closely in touch with those interior soul principles which are at one with Truth, and, like it, are from everlasting to everlasting.

The power to think is that native germ which, like Truth—its cause—can be trampled upon, buried under mountains of ignorance, sunk in the quag-mire of error, or subjected to the most ridiculous, insulting and degrading impositions, without suffering to any degree the loss of its native powers and vitality. Phoenix-like, it will rise from the ashes of the dead, time and time again, until its original purpose is fulfilled. That purpose is to demonstrate through you, through me, and through every heart, the Omnipotence of that within the heart which gives it immortality.

Let us cease our efforts to find in mere external things that "elixir of life" which can be found only

in that Divine trinity of Love, thought, and vibration, which is the God within, from which each one should manufacture his self-existent universe without.

Within that Divine principle is the gift of health, which, with many persons, is like Artemus Ward's, "gift of oratory." It is "left at home" with the soul, and off they go with that evolutionary caravan and circus, where so many Divine clowns are making a farce of life, for the amusement of elementary youngsters who have not yet learned how to laugh *last*. Such a rough life in the vitiated atmosphere of an unventilated circus tent is not the best way to find or preserve the gift of health.

Success in its broadest sense is dependent on the big little "if" of health, and therefore the importance of that knowledge by which it can be attained and maintained can hardly be measured. Life itself is a law, and health is the result of that law put into operation. It follows that there are exact methods by which man can keep permanent possession of his gift of health.

The following number will outline some of those methods. It will be the result of an effort to reduce to a practical working basis the occult principles involved, and to formulate actual practices which, if duly observed, cannot fail to be fruitful in good results.

Most every puzzle is simple when understood, but until then the most simple one may be as puzzling as the most complex. The health puzzle has been very puzzling to physicians, because they have failed to study it in the light of what man is, but have depended almost entirely upon deductions from a false premise.

Deductive reasonings, unaided, can become reliable only when evolution is completed, for only then will their underlying fabric of facts be complete and reliable.

One could live thousands of ordinary lives and die as many deaths in the meantime, therefore who would be willing to wait until then for his health?

Although this life is only a transitory stage in the evolution of the soul, it has its deeply esoteric meanings, and it is with a profoundly deep sense of its importance to each and every individual, that I write of its meanings as I understand them.

Every question which concerns man leads back to the laws of his life—to the question of what man is—to a spiritual cause. Those laws are the true laws of health, and when truly seen will also apply with equal force to every practical affair and every condition in life.

Subject for October, "Health Recipes."

Does your subscription expire this month?

Health Recipes.

COPYRIGHTED 1897, BY ERNEST LOOMIS.

Those who are Occultists will understand the esoteric significance of the following formulas. Others who are able to "Read between the lines," and still others, are likely to apply them. To the extent that they are fully applied, can they be depended upon to bring convincing demonstrations in actual results. They may be successfully and helpfully used by any person who is seeking more perfect health, better material surroundings, higher standards of character, and true happiness.

Their applications in individual lives, vary as widely as do the circumstances and needs of those individuals, hence they are useful and helpful to high and low alike, in fact to all who have needs and who have not yet attained to perfection. They relate to occult forces which all persons possess,—to those ever active thought forces which each person must necessarily use, ignorantly or otherwise, during his every waking hour. If the truth could but be known, they are no less active during the hours of sleep. The mind never rests. Consciousness is thought. The sub-conscious mind is ever active and during the periods of bodily rest is all the more capable of acting with vibratory power on things at a distance.

It is during sleep that many of our greatest undertakings are really accomplished. It is the sub-con-

scious mind that is most powerful in secretly and noiselessly accomplishing such undertakings. To understand the laws, powers, and most available and effective ways of using our conscious and sub-conscious thought forces, is of unequalled importance, and therefore anything which casts even only faint rays of reflected light on the subject, should not be despised.

The occult philosophy unfolds the subject in a way that is reasonable, comprehensive, self-evident, and therefore convincing. That is why, though claiming so much power, it throws down the gauntlet for practical tests on such simple, easy, and available conditions. Only the Truth could afford to be so bold. Truth is all. It is omnipotence. It is its own backing and may always be depended upon to demonstrate results, however difficult, to the extent that it is properly applied in an individual life, for the constitution of man is founded upon it. It is so widely related that it includes everything. A thinker is its necessity, for how could it otherwise express itself.

Every atom in the universe is a thinker, and the power to think, and thought, is that which makes its evolution possible. Desire is thought. The desire for food in the lowest forms of life is thought. It is the power which gradually evolves a stomach. It in time becomes centered on higher things than food, and slowly but surely accomplishes correspondingly higher purposes. The power to think is man's higher self, and is likewise the soul principle of all created things. Thought is the only creative power. Its purpose is, through a thinker, to express Truth, its cause and

counterpart. Its attachment to its cause is so perfect and complete that it is able in time to *fully* express Truth's omnipotence. It is not strange that being backed by such a healthy, ever-living and all-powerful cause, man's thought should have wonderful powers here and now.

What is the secret of such powers? It is to keep closely in touch with the higher self, or sub-conscious mind and so, through the law of vibration, draw on Truth for its omnipotence. Can it be done? Yes. And how? By a process of thought.

Formulas are valuable to the extent that they embody that process and thus reduce fundamental laws and principles to a working basis. We may reasonably start with the premise that Truth *is*, for that fact is indisputable. It is the everlasting part or essence of all things, including man. Whatever *is*, exists only to the extent that it embodies it, and to so manifest it is its one and only purpose. It is the one original, eternal and omnipotent principle which we call God. It is because man's higher self is at one with it, that its unspeakable powers are given to his thought to the extent that he keeps his thought-consciousness in touch with his higher self.

That he fails to properly do so is the cause of all his troubles and misery. It is why his body becomes inharmonious or diseased and then dies. It is why his business affairs and circumstances get "out of joint" and unsatisfactory. It is the cause of all his unhappiness, dissatisfactions and sufferings. It is the why of everything that is called "bad" or "evil." To remedy

it is the object toward which all human efforts should be directed.

Your first object should be to prepare the way for the higher self to act by thoroughly clearing your mind of all its erroneous thoughts concerning yourself. It is imperative that you have a clearly defined understanding of the basic principles of your own permanent being, that you may really know when you have so cleared your mind. It is also important that you know at least the chief tendencies and biases of your present individual character that you may know their chief points of strength, as well as the difficulties and undercurrents within yourself, that you have to overcome. It is then that you can deal with them more directly and successfully.

The fourth and fifth degrees of our Brotherhood are for the purpose of offering practical inexpensive, scientific and therefore reliable means by which persons may know to a certainty what are those individual talents and tendencies within themselves. How many there are who stumble along through life, repeatedly fail and finally lose hope and faith because unable to get on the right track and duly utilize their natural powers. Their failures are not due to a lack of sufficient ability to succeed but to the fact that they work in opposition to natural laws within themselves which might and should be utilized.

Your real gold-mine is not in Alaska but within yourself, and may be found through self-knowledge. To forego your opportunities for finding and developing it because of the slight cost of needed helps and instruction is to cheat yourself of the success which

might be yours. It is like cutting off your feet to save the expense of a pair of boots. A gold-mine which is ever within your reach is your higher self. One method of reaching it whenever needed, is through thought-treatments. The first object to gain in such a treatment is to clear the way that the higher self may more freely act. The following is recommended as

Recipe No. 1: Try in every way to fully comprehend and understand why all bodily inharmonies, all misfortunes and every unsatisfactory thing, event or circumstances that can come into the life of an individual being caused by his failure to keep in sufficiently close touch with the higher self, can now be remedied by first getting and then keeping so in touch with the higher self.

Though the difficulty, circumstance or thing itself may be entirely detached and distant from the body, there are always connecting vibratory powers and occult forces within the body or inner self which are fully capable of reaching and controlling those vibrations of which the disagreeable things in question are composed. Thought controls vibration and there are no walls or obstructions strong enough to successfully oppose its action when understandingly used. All may use it understandingly.

Before beginning your efforts to bring about the above realizations within yourself it is well to first get in a restful bodily position. If in a rocking chair do not rock. Keep quiet. Close the eyes. So far as is possible still the outer senses and calmly wait until the breathing becomes slow, deep and harmonious and the mind restful and concentrated, that your meditations

may reach a vibratory keynote within yourself that is sufficiently deep to produce a correspondingly effective result both within and without.

If in the attainment of the above objects, you are led to use a set form of affirmations, you should select, or formulate for yourself, such as may seem to most fully embody the principle in question and most directly apply to your individual needs.

In the use of an affirmation it is wise to hold each separate word in the thought until its vibratory force and meanings fully reach the inner consciousness and as each succeeding word is so held, it should also be connected with its preceding words, that their collective meanings and vibrations may sink into the consciousness and thus take hold of the higher self.

The effort should of course be to quiet the outer senses and thus get free from their external and inharmonious surface vibrations. Do not be in a hurry, for hurry, anxiety and fear are surface vibrations. The higher self does not fear and so long as you are anxious or hurried you may know that you have not yet fully reached its inner sanctuary of peace, repose and power. Therefore, I say, take your time with your affirmations as though you had all day for them. The soul is in no hurry. It has an eternity in which to do its work. It works most effectively when it works reposefully. Do not try to "think hard." To "think hard" would be to strain the body or brain in doing what the spirit alone can do. It should be a question of withdrawing the thought consciousness from its multitude of external distractions—from the physical senses and things of sense, that it may nestle into close

and loving vibratory relations with the spirit or higher self within and thus draw on its omnipotence for needed vibratory power and all it implies.

Stop now and see how slowly, peacefully and reposefully you can silently pronounce the following words, three, seven, ten or twelve times and in accordance with the above rules, viz.: I—am—my—higher—self, —my power—to—think. It—is—indestructible—and —omnipotent. My—every—atom—sprung—from—it —and—is—fully—charged—with—its—power—and —harmony. There—is—nothing—to—fear. Nothing —that—can—harm—me. Love—peace—power—and —plenty—are mine.

If to any degree you find the above has any effect in steadying your mind and in bringing you into more harmonious relations with the higher self, you may know by that, that its exhaustless reservoir of wisdom and harmonious vibratory power is available, within reach and at your command whenever needed, and for whatever purpose. To constantly live in conscious oneness with the higher self is to infuse your life with all that the universe can offer to you. To do so is therefore worthy of whatever effort it may cost.

Recipe No. 2. Let it become clear to your mind that ignorance is the only bondage. That the vibrations which compose our bodily atoms were produced and given form by our past thoughts in this or in other lives, and that they may now be arranged into more harmonious and desirable forms by simply changing into harmony our conscious and thus our subconscious thoughts. That even our material surrounding and circumstances drifted to us not by chance, but in

accordance with a law within ourselves and because there was that within ourselves which was sympathetic to them, at least to their inner meanings.

The law of correspondence is scientifically exact in all its details. If our circumstances do not seem to correspond with ourselves, it is only a seeming and because we do not truly understand ourselves or our circumstances, and have not yet learned the meanings and lessons which those circumstances were intended to convey to us. The meaning of all circumstances is to teach us ourselves, for in truly understanding ourselves we understand God and all his works, and will then need no other lessons.

The one specific lesson which all circumstances should have for us is that it is by our thought, and within ourselves, that we must in time find the only power which is able to deliver us from the bondage of ignorance and mould our circumstances to our liking. It is clear that the deliverer must be that which has command of the cause of our bondage. Thought is that deliverer.

An affirmation which could be used to advantage as formula No. 2 is: All—bondage—and limitation—is—only—ignorance. I—overcome—bondage—by overcoming—ignorance; By—thinking—truth; By delving—within—my—higher—self—to—the source—of—all—knowledge—all—wisdom—all—Truth—all—power.

Recipe No. 3. Realize that thought cannot be bound. No person can dictate as to what another shall think. It is through thought that Truth becomes the successful champion of everybody's cause. There is no ignorance so dense that thought cannot

penetrate it; no prison doors of bondage so secure that it cannot enter. The power to think, and thought, is the Royal and universal Dictator within every heart before which its useless and self-imposed chains of ignorance must in time succumb. It is a true "master of wisdom" which is personal to every human being. Man is so constituted that he cannot permanently resist the matchless inducements it silently offers to him. It is his very life, therefore to follow it he *must*, whether through open or winding passages. To follow wisely its thought methods is to save the necessity of many penalties and to substitute great rewards in their place.

To duly exercise your unlimited freedom in thought does not mean to think at random or to think absurdities, but to earnestly seek Truth and self-knowledge wherever found, without fear or favor, and to eliminate from your thought dictionary such words as "I can't" and "impossible." Such independence is worshipful, and not sacrilegious or tyrannical, because it is obedience to the Divine laws within. Real tyranny is self-tyranny. It is the tyranny of ignorance. It is the tyranny which fixes limits as to what thought can do.

An affirmation which bears on the matter is as follows: I—am—free—in thought. My—thought—is—my—deliverer. I—seek—Truth—wherever—it—is—found—but chiefly—at—its—fountain-head—with-in—my—higher—self. I—will—permit—no—dictation—as to what—I—shall—think. I—am—not ruled—by—prejudice.—Within—myself—is—all—Truth—all—knowledge—all—power.

Recipe No. 4. Demand freedom from all fear. Fear and its results are the consequent bondage which springs from ignorance—from a belief in limitations and evil—from the erroneous idea that harm can come to that nature which is founded on eternal laws and Infinite good.

The consequences of such false beliefs are most disastrous. To fear a disagreeable thing is to more closely attach yourself to it. It is like directly connecting yourself by vibratory gas pipes with its poisonous vibrations. To fear a reality is to send out thought-messengers with the vibratory power, to winningly invite and entice it into your "fold" as though it were a missing sheep. Don't do it. To fear an imaginary evil is even more foolish. It is to project a thought-form or mould of the evil feared, and to gradually fill that mould with the constantly densifying vibrations of your fearing thoughts. Such moulds are magnets or vacuums which create the powerful vibratory or magnetic affinities and sympathetic conditions which tend to attract all things of a similar character. Like attracts like. It is by our thoughts of fear and evil that during a long past we have built evil conditions into our present surroundings. Thought is the universal builder. It is the "mill of the Gods" which "grinds (or acts) slowly, but grinds so exceedingly fine."

The remedy for evil in your life is within yourself. Evil circumstances in your life, having come to you on the wires of your thought, will cling to you until you learn their lessons, therefore you should learn their lessons quickly. They come in accordance with uni-

versal laws, for the kindly and benevolent purpose of teaching you yourself—of teaching you your secret powers—of teaching you that it is by your thought that you can build good things as easily as bad and mould your present distorted surroundings into things of beauty, happiness and usefulness.

If with every morsel of food you eat, of water you drink or of air you breathe, you at the same time think or fear disease or "microbes" you are thus sowing throughout your physical system and sub-conscious mind the seeds of disease. The right thought and mood during such acts would enable you to so extract from that food, water and air, their helpful vibrations only. Do you wonder, then, why the gentle life-giving spirit has entered its *protest* against your present methods of life? In such protests it is only saying: Dismiss your needless fear. I am your life. "Come unto me and I will give you rest."

You will not have perfect health so long as you live in the poisonous thought-currents of fear. You should drive away all fear through the knowledge and spiritual sight that your real inner life can never be injured, and that your physical life will be free from disturbances to the extent that you keep it in harmonious touch with that inner refuge. Have you feared to speak the truth thinking that unhappy consequences might thus ensue? Do not fear to speak it boldly, and thus invoke the aid of those basic principles and forces which run the universe. Have you been otherwise dishonest through the fear of poverty and want? Have you then so little faith in that basic law of Love which is your *life*, and within—the cause

of vibration, therefore, is the source of all power and is that interior law of attraction which is ever able to care for its own.

By your hate and fears you repel. Love attracts. Both are natural principles which being based on the laws of thought and vibration are at the command of man. By your acts you choose either the law of repulsion—hate—fear, or the law of attraction—Love—faith.

He who fears poverty and disease is sowing vibratory seeds which will bring a harvest of poverty and disease in due season. He who desires health and success should reinforce such thoughts of desire with thoughts of determination, aspiration and hope and also with thoughts of faith and trust in those interior laws of Love and Truth which through thought give man command of all the forces in the universe. To substitute thought images of good for your present thought-fears or images of evil, is to send out powerful messengers to inform such evil condition that they can find nothing sympathetic—nothing of their kind—in your life. It is to turn on them a "hose" of vibratory power which will send them away with its currents. It is to *remove* any vibratory gas pipes that may connect them with you. It is to get away from a self-created world of negations and into an equally self-created world of affirmations—in the great ocean of universal good.

Your world will change as if by magic as soon as you change the "goggles" of thought through which you view it. It would be difficult to imagine an easier condition or requirement for the attainment of a pur-

pose so great. It is only when you bring into action your interior thought-omnipotence that time and size and the exactions of severe efforts in the attainment of objects, are done away.

A person may obtain, from within, much occult help in self-treatments for fear, etc., by properly reading the Psalms. The 23rd Psalm may be selected as an instance. Whenever the word "Lord" is found in so reading the Bible, its esoteric meaning, viz.: the higher self, should be substituted, for only then are the real meanings likely to be correctly understood. The basic law of man's permanent being is his "Lord" or higher self. It is personal to each one of us.

The Bible is intended as a true history of each soul in its countless incarnations. It is only when it is read with reference to the within, that it can be properly appreciated or its esoteric meanings understood. The so called historical (?) events therein related are valuable to the extent that they serve to illustrate the principles and problems of life—of your soul-life and mine—just as an example in arithmetic would be valuable in illustrating the principles of mathematics. How foolish it would be to overlook the real mathematical lesson and so pervert and degrade the true intentions and meanings, in our senseless efforts to ascertain if "John" actually did have "Three apples and Henry seven," for whether fact or fiction it matters not so long as they are true as illustrations or examples.

So long as Christians cling to and place such exaggerated meanings on the mere twenty-six letters employed in the Bible, or even to its names and dates and so-called historical events, just so long will they con-

fine themselves almost wholly to the A, B, C's of its primer, overlook its real and deeply esoteric meanings and worship a God of mere physical externals or "the letter" instead of "the spirit" or true God and Christ principle within their own hearts. They thus substitute "Idols" for the real principles involved.

The secret of the magical powers of the Christ is merely to find the Christ (principle) within the self. It will then be easy to "create opportunities," control circumstances, heal the sick or when *fully* awakened within, to even raise the dead.

The following affirmations may be helpfully used in driving fear from the conscious and sub-conscious mind and thus from the body, viz.: I—am. I—am—one—with—the eternal—cause—of all—things. Being—inseparable—from—that—indestructible—source—I—have—nothing—to fear. There—is—nothing—that—can—harm—me—or—alter—the—laws—of—my—permanent—Being. God (good)—reigns—within—me. I—refuse—to—be controlled—by—negative—forces. All—is—harmony. A universe—would—otherwise—be—impossible. Fear—is—ignorance. I—am—not—bound—by—it. Love—is—my—life. Love—through—vibration—cares—for—its—own. Realities—cannot—be—destroyed or injured. Unrealities—need not—be—feared. I—am—real. All—things—though—worth—working—for—are—not—worth—worrying—about. My—higher—self—is—always—with—me. I—cannot—fear. Thought—is—my—deliverer. I—am—free—in—thought. My—soul—is—as free—as—its—cause.

Recipe No. 5. As avarice, envy, deception, anger,

hatred, malice, cruelty, revenge, etc., are all the satellites and illegitimate products of fear they should be ever kept out of the thought-consciousness as being inconsistent with a sound philosophy of life.

If ever tempted to indulge in even the first stages of any one of them you may know that you have not fully exterminated their root-cause—fear. Would you envy or hate another, did you not fear he would in some way obtain or deprive you of some good, some advantageous thing or possession? Away with such nonsensical imaginings and whenever tempted to so waste your thought-forces simply recall the principle that all that permanently *is* is good, that you can obtain all good by simply thinking and thus creating good only, that to think evil creates evil, and that every circumstance whether good or so-called evil, is in reality good to you in that it will help teach you its needed lesson, and its lesson is that you should look at your creative thought powers within and use those powers in affirmative ways only, viz.: In thinking and thus creating good alone.

The so-called law of repulsion is really the agent and reflex of the law of Love. All is in reality Love. It is the only law. Hate loves or attracts hate and hateful things; fear loves fear and attracts the things feared. Both hate and fear, though negations, are in reality the friends of man, in that they serve to slowly awaken his native interior powers in overcoming the disagreeable things thus brought into his life through the rough but kindly agency of his hating and fearing thoughts.

Ignorance is man's only real enemy. The principle

of Love within man, which is his life, cares so much for his welfare that it is willing, if necessary, in overcoming his ignorance to inflict on him such nauseating physics as hate, fear, etc., and their consequent disasters and despairs, until he awakens to Love's easier affirmative methods of acquiring knowledge and the development of his inner powers. So-called "evil" is one of nature's means to a great good. Its lessons, though severe, should be loved until the affirmative methods of acquiring wisdom are learned. "Cast the beam" of fear and ignorance "out of your own eye" and you will no longer see even "motes" of evil in any person, circumstance or thing.

Affirmations such as the following may be used in this connection, viz.: I—can—subdue—ignorance—through—thought—therefore—will not—fear—its—illusive—bugaboos—of evil. They—are—only—trying—to—teach—me. I—will—welcome—every—circumstance—and try—to learn—its lesson—and rise—above it. When—I—awaken—my—inner—powers I—will—then—need—no—such—helps. I—love—every—help. I—love—all—persons—and things. My—love—casts—out—fear—envy—deception—hate and every such negative and perverted thought force.

Recipe No. 6. Demand such perfect oneness with the higher self that passion may be duly restrained and all consequences of past passion or heredity be completely annulled. The higher self is ever able, through knowledge of and obedience to its universal laws, to thus annul and cancel every such debt of bondage to past ignorance.

Affirm as follows: I—am—not—bound—by—the

mistakes—of—my—ancestors—or—of my—past,—after I—have—learned—the lessons—such — circumstances had — for—me. I—now—know—that—my—higher self—knows—those—lessons and—all—I—need—to do —is—to—live—in—the motherly—shadow—of—its—protecting—abode—within. I—possess—its—full—powers—for I—am—it. I—refuse—to be—ruled—by—passion,—by—my—past—ignorance—or by—the—limitations—or—ignorance—of—ancestors.

Recipe No. 7. "Love is the fulfilling of the law" of health, power, success and happiness. Perfect Love subdues fear and produces harmonious interior vibratory currents. If fear is allowed to constantly enter into the mind, those currents will become as disturbed, unsteady and convulsively irregular as would the action and mood of a high spirited horse if suddenly driven too close to a "steam roller." It is mainly the *habitual* moods of fear produced by our petty anxieties and useless disturbances over little things, and not the great events and disturbances, that is the cause of our chief bodily inharmonies and other difficulties. So long as these minor channels for the reception of such insidious forces are left open, we are thus inviting attacks at our weakest points.

When we learn that we are inseparably attached to the great law of Love, which is the essence of all things, we should be able to overcome every fear. Although it takes light thousands of years to travel to us from some of the stars we see in the heavens, that great law of Love produces exact vibratory currents which keep countless millions of such stars and planets in their orbits and is *fully* represented in the humblest heart.

It should inspire in us an unfailing love for the most lowly representative of a principle so great and an infallible trust that the same principle will care for all our needs with the same fatherly tenderness that it does for a planet and each straggling rose or sparrow which inhabits it.

We are each, of altogether too much importance and too intimately related to our source to fail to reap the advantages of every wise provision of that great law, which is as fully represented in its every part as it is in the great whole. That law is within you as it is within me and within every one. It is your higher self. Can you not cast your burdens upon it and fully trust it to give you sufficient strength and health to do all that you ought to do? In your fidelity to its law you may show the world the beauty of a life which constantly drinks in its Divine elixir.

If your system is clogged in its vibratory currents by a cold, or with any other inharmony, an infusion of Love's more powerful vibrations will quickly dominate those currents with its harmony. If it is fever, nervous debility, cancer, consumption, delirium-tremens, or anything else which ails you, it is only an evidence of inharmony in your vibrations. It can be remedied by going direct and farther within to that principle of Love which is the cause and therefore the controller of all vibrations.

Love and Truth are the principles of action which originally set your thinking machinery at work. They never get tired and never run down. They give perpetual motion to your higher self and are quite able to likewise give perpetual motion to your present thought

consciousness and bodily vibrations just as soon as you learn the thought method of keeping in perfect touch with that higher self and thus with its backing of Love and Truth. As a means of doing so be loving. Be truthful in all things. Be true to your higher self. Live for your best. Learn your relatedness to all persons and things. Learn those occult laws by which you can by a process within yourself gain power over all things by thus coming into conscious and sympathetic vibratory contact with the underlying essence of all things.

Every disease is but the yearning of the body for more love, through closer contact with the higher self. If you are unable as yet to apply occult laws sufficiently to obtain that result within yourself, and thus its outward correspondence, you may, at small expense, obtain thought-treatments from the special department of our Brotherhood which is devoted to the purpose of giving such helps. The coming number will aim to show how to give occult helps to others, how to avoid the mistakes that are most common in thought-treatments, and how to apply occult principles in the attainment of business results, etc.

Methods.

Whenever nature's finer and more powerful forces are used it should be by methods which are discriminating. Dynamite was not intended as a mere plaything. Its power is too precious to be wasted. Your occult powers are too precious to be wasted. They are to you the factor of chief importance. They include all your talents, and, therefore, comprise your entire fund of natural capital. Yet are you not wasting them? You are, perhaps, oblivious to the fact that you possess any greater powers than you are now manifesting. If so, your condition is much like that of a pauper who is living in penury and distress for want of the very necessities of life, even when he is unknowingly the rightful owner of untold wealth. The powers within you are craving for expression. Expression is their very life. If you neglect to avail yourself of every proper opportunity to ascertain the nature of those powers and the safe and scientific methods by which they can then be given expression, you are thereby withholding from them their vitality and life, which is to commit a crime against your higher nature. This is a common species of suicide, as it shuts off the supply of life which is needed in sustaining the physical body. The opposite course may be pursued as a potent means of maintaining "perpetual youth."

Methods of Using Occult Powers.

If occult powers were something that is far away from man, to utilize them in practical ways might be largely a question of long legs and the ability to reach high into the physical heavens with the physical arms. Instead of that it is a question of liberating the latent energies within man. The powers of electricity, heat and steam are made available by virtue of man's ability to liberate latent energies in accordance with natural laws.

It is chiefly a question of knowing how, and it is likewise a question of true knowledge which enables man to utilize, in his business and other affairs, the occult forces, which, through knowledge, are placed at his absolute command.

If we could but understand how great are these potentialities within us which through ignorance we are as yet totally unable to realize, our present helpless puerility would seem as pitiful as does the dying gasps of a consumptive, who, though perhaps surrounded with sufficient air for a million cyclones, is quite unable to avail himself of its life-giving powers.

From the standpoint of man's permanent being, "All persons are born equal" and have the inherent power to manifest uniformly perfect lungs, brains and characters, and unlimited success. It is through self-knowledge that such powers can be manifested, and it is

to differences in knowledge that all differences in manifestation may be attributed. To think "poor lungs" is to permeate the lungs with deadly vibratory thought-germs which will arrange the atoms (vibrations) of the lungs in accordance with that thought. To think "dyspepsia" while eating, is to so arrange the atomic vibrations of the stomach, that your food will disagree with you.

As every part of the body was really caused, or slowly evolved by the thoughts and desires of its soul principles or thinker, it is only natural that all parts of the body, being only "rates of vibration," should be ever responsive to the thought-vibrations of that thinker. That fact suggests the method by which you can give helpful thought-treatments to others who may need help. It is by first concentrating your mind until your thought-consciousness sinks within to its inner vibrations, and thus becomes in touch with your higher self; then by projecting your thought forces to the same inner principles in the one you desire to help, you will, by such vibratory infusions from *your* higher self, so stimulate the powerful and harmonious vibrations of *his* higher self, that instead of lying dormant as latent energy it will begin at once to infuse itself into his bodily "atoms" or vibrations, his every act, his every surrounding circumstance and his every avenue of expression, both physical and otherwise. When you thus project your thought to him you should steadily hold him in mind as he eternally is, in all the perfection of his higher self. To the extent that you are able to really reach the deep vibrations within yourself, and then to clearly outline and steadily hold your thought-

images of his higher self, will you be able to produce definite and helpful results. Do that and nothing more. It all sums up to a question of your ability to mentally concentrate and so reach the within of your higher self, for when you do there are no walls or obstructions which can prevent you from reaching, and so stimulating into activity the same powerful principles in others.

Your world is as you make it. By living in your surface vibrations you thus stimulate and become responsive only to the *surface* vibrations of external material objects, but it is not their *surface* vibrations which would cause or enable them to float into your life. It would be as difficult for them to do so through such causes, as it would for a large ship to float on the currents of a brook which was so shallow that the pebbles of its bottom would protrude.

It is when we reach the deep vibratory undercurrents within our higher selves that our thought forces can successfully penetrate to those undercurrents in external material objects which cause and enable them to act and to drift to us. They drift to those who so become responsive to their inner selves. By substituting the word "you" for "I" you can, in giving thought-treatment to others, use affirmations, formulas and recipes, such as were given in the last number for self-treatments, but in doing so you should confine yourself *strictly* to general principles and under *no* circumstances hypnotically suggest details as to what others shall do.

It is all-sufficient to awaken the higher self of another so that it will act, for that self is the *essence* of *wisdom* as well as of *power*, and to try to suggest too many details as to what it shall do when so awakened

or *how* it shall act or exercise its powers (except so far as those details and actions relate to general principles) is like trying to teach "The ten commandments" or preach a "Sermon on the mount" to a Jesus Christ. The intellect and selfish desires are but products and servants instead of masters of the spirit, and for them to presume to exercise authority over the spirit of another, is to handicap its efforts and get scorched in return. It would be an infringement of the laws of the spirit and would invoke severe penalties.

Even the "Devil" himself is not smart enough to dodge the penalties of infringed natural laws—the laws of man's permanent being, for those penalties are self-acting. The only "Devil" or "Tempter" is that self-deception which springs from ignorance. If we would find it we should look *within* instead of without. As it is ignorance we can successfully grapple with it, if we will but keep our thinking machinery in motion. It is no match for that God within which impels thought.

A Hypnotist who uses his will to enforce upon another the acts suggested by his own dominant and selfish thought, should remember that he is thus kindling a vibratory fire within himself which will tend to consume his very vitals, for the only method by which he can so use his will, with power and success, is first to sink the thought-consciousness within to the seat of power and thus awaken vibrations within those very vitals. Not only that, but such powers will be taken away from the one who thus willfully or ignorantly misuses them, as may be known by the fact that to use them is in reality a process of *devotion*. Devotion and wrong motives are "incompatibles."

These laws are wonderfully exact. They are as relentlessly invincible and self-acting in their punishments as they are in their rewards. Life is the result of those laws and therefore life (a living being) cannot misuse their powers except to a very limited degree. To use them is man's irresistible and permanent tendency. The power to use them in destructive ways, being self-destructive is therefore limited, but the power to use them in constructive ways is *self-constructive* and is therefore absolutely *unlimited*. Is it strange that the very essence of all power should be amply endowed with the means to enforce its laws? As *all* persons necessarily *must* use such powers, it is therefore only a question of whether we will use them ignorantly and unwisely, and thus invoke their severe penalties, or use them understandingly and wisely, which is to invoke their accompanying rewards.

The business man who wisely and fully applies them in his business will suddenly find that his business possibilities are enlarged to an almost unlimited degree. They are applicable to every action or circumstance which would better man's condition, and yet the secret of using them is a secret of first reaching the within instead of the without, and then of sending its vibratory infusions on the wings of thought in a way that will awaken responsive activities in the undercurrents of persons and external material things. It is the secret of the magical powers of the Christ which may best be reached by the holy and scientifically exact methods used by the Christ.

Would you have your neighbor, friend, relative, business customer or others, act in a way that would

benefit yourself? You can awaken in such persons the desire and power to do so by simply awakening their higher selves by a process within yourself. It is thus that you may get into those thought currents which will be found to characterize and control their future actions. It is thus that you may attract to yourself the benefits that their business patronage would yield to you. All outward events may be influenced by such interior methods.

The place in the future toward which you are drifting will be good or bad, and is now being determined by your present interior thought-polarizations. It is a method by which you may build and may also *know* your own future. Things occur in the spiritual, by virtue of these interior laws, long before they are seen in outward act and event. The underlying laws act with as much exactness in an individual life as in the life of a planet or of the whole. The law of correspondence is at one with the law of the universe. If it were otherwise, unity—an universe—would be impossible.

If you would be as a King should be, you must co-operate with this law within yourself. If you would be tossed about on the billowy uncertainties of nature's more savage vibratory elements, you may do so by simply drifting on the shallow surface currents of ignorance. If the Infinite had been "hard up" and poverty stricken in resources it would not have endowed each man with the Omnipotence of that law, which is fully represented even within each atom.

The man who is now self-forced to wear rags, live in a hovel and feast on the meager bounties offered by

free soup kitchens or on pickings from garbage-box refuse, should hasten to lift his aspirations to that law within himself which, on the one condition of self-knowledge, places all the bounties of nature at his command.

We cannot as yet, even comprehend, how great are the powers and resources within us and of the opportunities which, through self-knowledge, are offered to Prince and Pauper alike. Such powers cannot be exercised through mere physical activities. They are best exercised in times of stillness, through the power of silence, and when the body is inactive. They manifest through vibration and by the power of thought. It is by understanding the laws of thought and vibration that man can by then conforming to those laws, create opportunities for himself and avail himself of the unlimited resources from within. It is then that his gain becomes also the gain, instead of the loss, of others.

If success was dependent on mere physical activities and if "Early to bed and early to rise" necessarily made one "Healthy, wealthy and wise," our civilization would soon become overrun with sages and multi-millionaires, composed chiefly of those who are now but humble wives, farmers and day-laborers, and who would live until they reached the venerable age of a Methuselah. Though a person didn't go to bed at all it would be difficult for him to compete with even a coarse form of occult force, such as electricity, in the performance of its many uses. Thought becomes more powerful than electricity when its laws are understood and properly applied. Its battery is within the self.

It is therefore more available than electricity and can be put to an Infinitely greater number of uses. It is not confined to the control of any "trust," or "monopoly," and to utilize it requires no outlay of capital. Its central "dynamo" and "power-house," within the higher self, is subject to no limitations. Its Omnipotence is ever subject to its will, and as its will is only its laws, that Omnipotence can and will be invoked when and only when those laws are conformed to.

Students of Occultism are so sorely afflicted with the tendency to look for and depend upon outside helps, that they fail to comprehend how absolute in their action are the laws of thought, and how absolute and unlimited are the results which follow, when those laws are properly applied. There are definite and scientifically exact methods which *must* be followed if we would exercise such powers; nor can we demonstrate any very startling results so long as we continue to compromise the principle, by constantly making concessions and fixing limits as to what thought can accomplish. The principle is such that if we can accomplish *anything*, and that we can has been repeatedly demonstrated by our partial applications of it, then it follows that we can accomplish *all* things when we learn to FULLY apply its laws.

It is a proved fact that the higher self possesses *all* power, and that such power may be demonstrated and manifested in *each individuals soul-life* to the extent that the individual can carry his thought-consciousness to the within of the higher self and then act from that center in all his uses of thought. That is the one great principle involved and that is essentially the one great

method which must be, consciously or unconsciously, followed by each one of us before we can demonstrate our occult powers. That is the great purpose of our united noon-day thought. It is by sending each person home to the higher self at regular daily periods, that our Brotherhood helps each one of its members to help himself by thus opening the way. How often must this principle be repeated and emphasized? Why is it that students will so persistently overlook this one great essential until everything else has been tried and found wanting?

How many protests will be necessary before such students can be induced to depend more upon the within and less on their comparatively fruitless though refined and æsthetic dissipations, such as running to elementary lectures, classes, etc., where they get but little more than a tiresome repetition, over and over again, of the already understood primary teachings, etc., which are adapted chiefly to promiscuous audiences, where perhaps many of the listeners never have heard such teachings before? Basic principles teach that the higher self is the rich heritage from which your opportunities for knowledge, help, inspiration, power, success and happiness spring, and that to gormandize on the countless books, etc., which deal only with side issues, "intermediate states" and non-essentials, is to follow the foolish example of a certain Bible character who "Sold his birthright for a mess of pottage." It is to forsake an old and faithful friend and "Savior" for a hypocritical, pretending "Judas Iscariot." It is as foolish as it would be for a countryman to walk fifty miles and spend his last fifty cents to go to a circus.

and then permit himself to be side-tracked until the circus was over, in a mere side show that had nothing better to exhibit than he could find any day in his own barnyard.

The evolutionary tendency which is at the basis of all *unconscious* growth will remain the prevailing impulse within man, until through the voluntary exercise of his own thought he brings himself to that halt which is always the preliminary of his conscious or voluntary growth. Not until then will he govern his life by any basic principle which is sufficiently deep to insure rapid progress. Not until then will he habitually depend upon the within instead of the without, and not until then will he essentially better his condition in practical matters by the use of occult forces, except in a desultory and hap-hazard way and with uncertain and unsatisfactory results.

The source of power is our thought. "Thoughts are things." Everything which has form is composed of vibrations, and as is the thought which produces those vibrations, so is its vibratory form. If our forms do not suit us, we have within ourselves the occult power to change those forms to our liking, and that, too, without the use of a chisel, knife or axe. If our forms are too angular, we should through thought, draw on the rhythmic and harmonious love vibrations of the higher self. If our faces are too expressionless we should draw upon the thought vibrations of the beautiful characteristics which we would express. Every vibration and every thought has its corresponding form, and if we learn to wisely deal with thought causes we will soon lose all fear that those causes will

become detached from their corresponding effects. If we desire that our bodies should be beautiful, we should by thought methods, make them a fit dwelling place for the Divinity within, knowing that its radiance will then find in our every act an avenue of expression and opportunity to shine.

It is my purpose to unfold the principles of Occultism clearly and simply, so that even a child may understand; to formulate wise methods by which man can awaken the more powerful forces within himself, and use them in proper practical ways in his daily business and other affairs, and to show the disastrous consequences which will unavoidably come to him who willfully or ignorantly misuses occult powers, so that not even the Prince of Devils would dare to disobey occult laws. It is, of course, expected that the very simplicity of a presentation of these teachings, may cause many omniverous book gormands to discard them in their senseless and unceasing search for things difficult and complex. They cannot yet comprehend that Truth is always simple, and that the all-inclusive first principles of all things are not only simple, but when resolved to the last analysis are ever one and the same. The chronic exclamation, "Oh, this is too simple to be it!" becomes folly whenever it is applied to things which are true. That negative attitude may in time bring wisdom and growth, but it will be found too slow for sensible twentieth century Americans.

Occultism offers to every "doubting Thomas" the opportunity to test its merits by applying its methods, and that, too, though they measure the importance of every truth by the standard of its power to bring

health, bread, money and other material results. If they properly apply its laws for such purposes, they will gradually awaken to an appreciation of its higher meanings. The great end of creation is permanent happiness to man, and it can well be sought in answering those very utilitarian purposes, but by methods which are based on occult principles.

There are comparatively few students of Occultism who clearly understand how to apply its laws. They can perhaps talk learnedly and impressively of its mysteries and promises, or even of its principles, but if suddenly asked how to apply those principles, they hesitate, stammer and almost "spit cotton." To get thus unnecessarily into what to them is "deep water" is to also bring the philosophy into undeserved disrepute. Their spectacular predicament becomes even more ridiculously humiliating to them, if, without more clearly defined knowledge of the subject, they attempt to test and demonstrate practically their conglomerate mass of theories. One is forcibly reminded of a certain venerable would-be Occultist, who after getting but a smattering of what is termed "Christian Science," insisted that by merely eliminating from his conscious and sub-conscious mind all doubt of his ability, without instruction or experience, to ride a bicycle, he could then equal in dexterity and speed as a rider, the most skillful "professional." It was when he attempted to so "eliminate" that his trouble began. After repeated refusals of assistance in learning, and as many calls for assistance in disentangling his whiskers from the spokes and in overcoming other unhappy consequences of his attempts, he was led to postpone his efforts until

he could reconstruct or learn more of occult theories and how to apply them.

To eliminate doubt, though a negative, is unquestionably important to the Occultist, but it becomes more effective when harnessed to knowledge, understanding and affirmative principles. It is then that previous experience becomes unnecessary. The Occult student need not try to run the universe, or to at once and without help and experience, become unrivaled as a "trick" bicycle rider, at least until he has learned more of Occultism than its mere negations. The occult philosophy should not be judged by the mere failures of its superficial students. It will be found true and demonstrable by any and all who conform to its comparatively easy conditions. As it opens up tremendous possibilities to one and all, to learn and obey its laws should be the main study and object of our lives. Its laws are the laws of man's permanent being, and all the rewards which nature or nature's God can offer are for whoever will reverently obey them. Its laws are the laws of thought, and therefore to use our thought forces wisely is the very essence of wisdom. To use them unwisely or carelessly is the height of folly. It is almost as unwise as it would be for a dealer in gasoline, gunpowder or dynamite to throw matches promiscuously about, or to celebrate Independence Day where such explosives are stored.

It is a very common thing for well-meaning students to give thought-treatments for disease, etc., in very unwise ways. One of the most common mistakes so made is in the use of what is usually termed "denials." It is unwise to deny any discordant effects until you

have eliminated their cause. One difficulty so encountered by denials is that they tend to injure, paralyze and destroy the nerve centers and plexuses of occult force within the body, thus weakening their ability as servants. Denials tend toward disorganization. They are destructive in their effects. If, when suffering from a "headache," you deny that your head aches or that there is such a thing as a "headache" or even a head, you are practically saying that there is no such thing in manifestation as *discordant vibration*; you are practically saying there is no such thing as a discordant thought or a discordant thought cause; you are practically denying that such a thing as manifestation has any meaning, or that there even is such a thing as manifestation. If there is no such a thing, then why make such a fuss about it? Why bother with denials or even affirmations?

True Occultism teaches that there *is* such a thing as manifestation, and that it has its meaning for each one of us; that for one thing it aids in teaching us ourselves; that in manifestation there is such a thing as vibration; that a "headache" and all other inharmonious conditions are discordant vibrations, which were caused by discordant thoughts, and that they are to be remedied by replacing those thoughts by concordant harmonious thoughts direct from the higher self or thought center, and *not* by any denial of mere *effects*. "Headaches," and all other inharmonious vibrations, are but *effects*, and not causes, and to deny such effects is to drive the inharmonious conditions further within.

But do I hear someone say with great gusto: "Oh, but I have *demonstrated* the power of denials. I

have actually seen people healed through their use." I quite understand that the use of denials will frequently lead to better surface appearances. That would follow from the very nature of the case, but too often it is at the expense of the underlying realities, therefore, a disease so "healed" is likely to break out in a new spot with added force after months or years. Why? Because denials fight vibratory fire with vibratory fire; thought causes with counteracting thoughts, which carry with them the powers of thought.

The inharmonious vibratory conditions which cause "headaches" are produced through the efforts of the spirit to cast off or express discordant and low external vibrations. It is by infusions of the inner vibrations—the vibrations of the higher self—that equilibrium is gained. Health is equilibrium, therefore equilibrium is desirable and efforts toward that end should not be obstructed. Denials are thoughts which counteract such infusions. They sacrilegiously say to the higher self, "Here, you get back in your hole and stop kicking up such a rumpus in my head. Cease your efforts to permeate the body with your internal power and harmony." It is thus that the vibratory powers of your thoughts are arrayed on the side of your inharmonious external vibrations or "atoms," instead of on the side of your higher self. You thus deny effects before you have eliminated their thought causes. You thus counteract the powers of that cause (the higher self), in its efforts to remedy the undesirable effects.

Nature is at one with the higher self, and through its vibratory law, is remedial in its tendencies. You should help nature by affirming the eternal realities of that

higher self—of your permanent being—instead of hinderingly throwing obstructions in its way by your “denials.” The chief plexus of vibratory force in your head is what physicians would correctly term the “pineal gland.” You are liable to paralyze that, or other nerve centers by the promiscuous and chronic use of “denials.” If, on the other hand, you wish to promote its healthful and powerful action as an organizing power, use affirmations, and not “denials.” The rapid and harmonious interior vibrations of the higher self will constantly infuse your bodily conditions and surrounding circumstances with their life-giving powers, as you hold your bodily organism responsive to those interior harmonies.

There are other objections to denials which occultists would understand, and other “popular” methods by which students ignorantly help to disorganize themselves by the improper use of their thought forces, but the subject is too large to be included in this issue. I would caution students against being too readily deceived by appearances. The “Devil” comes stealthily in the name of virtue and from within instead of advertising himself by sending ahead of him any advance guard of horned monstrosities. Many people seem to expect some such advance warning.

The work within for each to do, is to gain wisdom through experience, and more particularly through self-knowledge, which is in reality the knowledge of nature’s laws. Nature in all its manifestations is but the action of vibratory forces such as are within us all. To deny its existence as a manifestation is to try to counteract the purposes and stay the Almighty hand of

Omnipotence itself. Let us abandon such childishly fruitless attempts, and bend our efforts to the discovery of those paths of wisdom by which we may best co-operate with the Divine laws, which, when truly seen, are also the laws of nature.

All things, including man, are built on intelligent principles by Intelligence itself for the purpose of manifesting that Intelligence in intelligent ways. It is therefore plain that man's progress and success in the development and use of the powers within him, is dependent upon the method and wisdom with which he so uses them. Although these underlying forces in his nature will in time *compel* him to so use them with method and wisdom, his power to think and the absolute freedom with which he is at liberty to use that power, are such that he is something more than a mere automaton or puppet. His independence enables him to take an almost interminably long road or a short one, as he sees fit, in learning to understand and wisely use those powers.

Many persons seem to act on the false assumption that the Infinite forgot some things, and made a few thousand blunders when man and the world was created, but it is they themselves who forget that Divine Intelligence is an all-comprehensive and all-inclusive law or principle, instead of a mere giant man or mastodon. If they would but act on the principle that its law is complete and all-sufficient within each person, and in each part of the great whole, they might then better understand and more rapidly demonstrate their occult powers.

Man's thinking machinery indicates in its uses the

inherent power of perfect adjustment to his needs. That he does not get better results from his thought-efforts is due entirely to his ignorance of those uses. To think and to progress toward the right is his irresistible tendency, and the laws of his nature are such that he cannot carry his foolishness beyond a certain limit. Within himself is an automatic, self-acting tendency, which prevents him from ignorantly going to the point of absolute self-destruction. Nature's self-acting punishments are remedial and not vindictive and its resultant rewards cannot be separated from obedience to its laws. It is through self-knowledge that man can by his voluntary thought-acts, always substitute nature's prolifically generous compensations for his present pains, penalties and misery, and that, too, until the goal of perfection is reached. Man's goal of perfection is but the perfect adjustment of his thought-acts to the underlying laws of his nature. It is therefore in the pursuit of self-knowledge that repeated research most rapidly renders its richest rewards. It would be well to memorize those six R's in all their meanings.

The power and tendency within man to think, is the law of his life. We may know that within the depths of every heart is the sincere desire for Truth and Right. If we fail to find and recognize that sincere desire in others, as at least latent, it is an evidence that we have failed to find it within ourselves, and to the extent that we act from that standpoint of love and justice are we likely to awaken those principles in others, at least so far as their acts towards us are concerned. If we complain of the injustice of others toward us, it is

an evidence that we have not been sufficiently just to recognize within the potential depths of their natures the sincere desire to do right. The magnetic or vibratory laws of the universe are such that we attract to ourselves the permanent magnetisms of right and good, exactly to the extent that we become magnets of right and good, and to become such magnets is entirely a work within ourselves. We will be victimized so long as we are victimizable, but when we stay at home with the cause of things we will act from the soul, and the holy (whole) spirit will then lead us into all Truth.

Let us cease our senseless search for scapegoats (in others) on which to load our own shortcomings, but boldly face the facts and laws of our existence, no matter how outrageously we may have infringed those laws. To blind ourselves to the Truth because it may seem disagreeable is to refuse to recognize our best friend. It is as silly as it would be to stick only the head under the bed for the purpose of escaping the notice of a murderous burglar who might be in the same room searching for us.

Ignorance is the only thing toward which Truth is merciless. It is not merciless toward man, but is his protector, as may be known by the fact that his nature and very life is founded upon its laws. It is his only protection against the results of ignorance, and is that within which prevents him from entirely destroying himself by his gross infringements of those laws of Truth which are the laws of his life. It is by understanding those laws that he may have within his own grasp, the power to protect himself at will against the action of all the more destructive elements in nature.

It is by co-operation with the law of Love that he can best exercise the law of self-protection. No matter how powerful may be the arm which is raised to strike you, that arm being composed of vibrations must necessarily derive its power to act through that which controls vibration, and that first cause is Love and can always be reached, through understanding, by him who lives the life of Love. That great doctrine and law of non-resistance which was advocated by the Christ was something more than a mere self-sacrificing sentiment, as may be known by the fact that it is founded on the law of Love and derives its power through vibration and in accordance with the laws of thought.

When the wonderful law of true selfishness is fully understood, man will find that it is at one with the basic law of Love; that he cannot exercise fidelity to the whole self, or higher self, without answering his true relations as helper to the whole world. It will be found that nature is not wasteful in its methods for man's growth, and that to plant the instincts of so-called selfishness so strongly in the human breast was the only successful plan by which his progress through the slow process of evolution or manifestation could be insured. Man's selfish interests ever demand that he shall exercise his impulse to think, and, through self-knowledge, to constantly enlarge his powers; therefore it may be safely depended upon to in time lead him to that exhaustless fountain of Truth which is the essence of Love. Let us ever follow it in faith and trust, but with true fidelity to the higher self, which being related to all things will take the welfare of all persons and all things under the protecting wings of its tender and all

inclusive compassion. The next few numbers will aim to show how that can best be done. They will be devoted to "Methods of Self-help through Self-trust, Self-knowledge, Self-culture, Self-control, Self-love and Self-preservation" which is "Heaven's first law."



Practical Occultism,

A new book by ERNEST LOOMIS, which gives specific directions and practical rules for the use of occult forces in all business and art. This is volume II. of Occult Science Library.

Bound in Silk Cloth. Price \$1.25, postpaid.

PARTIAL SYNOPSIS OF CONTENTS.

Subject: Occultism in a Nutshell.

Rules for invoking occult forces in practical affairs.—No need for excessive bodily exertion.—Why.—How occult principles may be applied.—Principles self-evident.—Nothing which equals occultism in satisfying wants.—How to obtain silent helps from occult fraternity.—The occultist's throne.—Essence of atoms is vibration.—Man's atoms change to the poles of his thought.—Necessity of thought instruction, thought direction and thought control.—Love principle must be awakened.—Why.—How.—Thought concentration, etc., through invocation.—Prayer.—How to invoke occult power daily from within.—Rules.—Dealing with causes.—How precious forces are wasted.—The throne of Love.—Love's powers.—How to transform environments.—Attracting persons.—How to overcome fear.—Removing grasp on bodily atoms.—Why hate and fear must be renounced.—Invoking powers of higher self.—Occult rules.—The law of vibration.—Its explanation.—Its powers.—Occult practices which break seals of other worlds.—Hero making.—Where to find occult powers.—Purposes of the H. S. T. Brotherhood.—Their occult practices.—Advantages of co-operative thought.—Occultism applied to health.—To business.—To religion.—Love's benedictions and satisfactions.

Marriage.

Esoteric significance of matrimony and Love.—Closeted skeletons.—Victims of matrimonial mistakes.—Matrimonial lotteries.—How avoided.—The scientific backing of marriage.—How to remedy matrimonial mistakes.—Love laws and occultism.—Love and Vibration.—Occultism the science of Love.—Nature's original marriage.—Ascertaining man's rate of vibration.—Its application to matrimonial selection.—Man the preserver of woman's individuality and woman of man's.—How replenish vibratory power.—Woman and Love.—How she mars her beauty.—How avoided.—Secret of beauty.—Matrimonial mistakes.—How known.—The punishments.—Causes of sex love.—Its purposes.—Man's powers limitless.—His need of woman.—Necessity of understanding vibration.—Changing one's rate of vibration.—Vibratory diffusion.—Concentration.—Determining matrimonial adaptations.—Numbers and vibrations.—Language building numbers and vibrations.—Occult powers of words.—Mystic numbers and matrimony.—Why courting sap quickly turns to matrimonial vinegar.—Depolarization.—Preventing discords.—Transmutation.—Woman's right of bodily independence in purity.—How woman may regain lost influence over man.

How to Create Opportunities.

Man master, not slave.—Why true mastery a science.—Its principles simple.—Truth simple, error complex.—Esoteric meaning of simple things.—Esotericism of thought.—Its creative power. Illusions.—The spiritual earth.—Neutralizing and controlling external magnetisms.—Thought methods of disintegrating matter.—Should use with great caution.—Why.—Mastering fate.—Scientific proofs of occultism and man's powers.—Spiritual paralytics.—Vibration the life of the body.—Why.—Occult effects of tobacco and narcotics.—Vibratory exhaustion.—Opening bars for psychic vampires.—How man can comprehend the Infinite.—The heart inherently omnipotent. Why.—Seven basic principles of Occultism.—Gaining control of vibration.—Marshalling interior forces.—Regaining "lost arts."—Why true occultism safe.—The At-one-ment.—How occult powers are cultivated.—Occult development not will force.—Why.—Unveiling interior potentialities.—Scientific devotion the road to self-mastery.—How we can get all things.—Possible because of law.—Dangers of projecting thought consciousness or drawing on external psychic forces, etc.—True occult power from vibrations within.—How awakened.—How to avoid harmful external psychic influences.—Psychic pitfalls.—Diaboli forces and organisms which swarm the invisible.—Densest in large cities.—Why.—Dangers of psychic phenomena.—Occult powers not clairvoyance.—How to draw for force.—Positive thought projections safe.—Negative Unsafe.—Why.—Noon hour observances.—Protecting influences.—Steps in controlling environments and self-mastery.—Value of self-knowledge.—How obtained.—Controlling moods.—Drifting.—Business rules.—Occult practices.—How to forget trouble.—Rules.

(This synopsis refers to only three out of the seven essays in this book.)

PUBLISHED BY

THE INWOOD SCHOOL OF PHILOSOPHY,

Inwood-on-the-Hudson,

New York City, N. Y.

Our Near Future.

Copyright, 1900 by Ernest Loomis.

Every thoughtful observer, is more or less aware that unusually important changes have been gradually creeping upon us, that the near future is likely to herald many still more wonderful occurrences, and that in solving great questions of the day, we will perhaps usher in the new cycle with radical readjustments, sufficient to shake our civilization to the center, and deeply affect every interest of our individual lives, if not of our general public institutions as well.

However much may have been noticed upon the surface by the closer students of human affairs or of existing conditions, it is only through a deep and almost microscopic study of natural law and its workings, that the glimpse can be extended below the surface, to the greater and more startling conditions that are there plainly apparent.

Our literature has frequently given hints of some things that are likely to soon occur, and of the changes in individual affairs, that should be immediately made, as a preparatory means of more successfully meeting the conditions of the incoming cycle or new dispensation, and as a result, some have inquired how a closer study of these great questions can be made and where more definite and detailed information concerning them can be obtained. As the subject is of universal interest to mankind, it will perhaps be but answering their unvoiced desires and demands, to briefly describe some of the books, that, though by no means unreservedly endorsed as to their conclusions, have been of especial interest

OUR NEAR FUTURE.

to me in my personal investigations. The four that have come most prominently under my notice, are by W. A. Redding, a lawyer of noted ability, whose radical thoroughness, comprehensiveness, impartiality, experience in handling "evidence" and general turn of mind, seems to have especially fitted him for the stupendous and intricate task of dealing with such complicated and far reaching questions. These four volumes, of from two to four hundred pages each, (bound in silk cloth and obtainable of us or of any bookseller at the regular price of one dollar each postpaid,) are all founded largely upon Biblical prophecies and upon new, interesting and seemingly convincing clues of interpretation, that were not discovered until a comparatively recent date.

It is claimed, that even this discovery of new and important clues, was also foretold in the prophecies in question, which, if reliable, portray the leading events that will quickly come to the world, and from a standpoint which believers in the Bible must necessarily accept as true. Those who do not accept the Bible as a sufficient authority, will, perhaps, be astonished to find in these books, a strong basis of esoteric principles, scientific proofs and a flood of facts that are valuable and interesting to say the least. The following is a quotation from the author's relatively accurate description of these books viz: "Our Near Future," shows so many interesting things which everybody should know that a description of it cannot be given without setting out the whole book. It shows that the world went under a cloud of darkness at a certain time for a purpose and that it is to come out from under it. It unravels and removes the veil from the wonderful and fateful dreams mentioned in the 2d and 4th chapters of Daniel. They were a foreshadowing of certain great movements which were to occur on earth, and this book shows that the latter part of them is just now beginning to come to pass. It shows what the result will be and

OUR NEAR FUTURE.

how it will affect the governments, churches and society. It shows who the Turks are and what figure they cut in the great changes which are soon to occur, and why they hold the center of all the nations; and why the Armenian trouble started up and what the result will be and how it will change various governments. It shows that a new nation is quietly forming to occupy the central position of all the earth and rule with a rod of iron and break down all other governments; and that these are the sole causes of the present upheaval everywhere. It shows that the iron band is to be removed from the stump, as mentioned in Daniel 4:10-16. This is a curious mystery which the book brings to light. Also unveils the great Image seen in the King's Dream, Dan. 2:31-46.

It contains a minute description of how governments and society will turn within 20 years from 1896, and sets forth the reasons for such prediction with such clearness that not many persons will even attempt to dispute it. It is not founded on guesswork, like most of such predictions heretofore have been. Its statements are supported with such a quality of proof that even a skeptic public will not sneer. It does not advocate that the world is coming to an end and be burned up, but just the reverse. It shows that our grandest time on earth is to come yet, but that a season of trouble must precede it. Those who are not acquainted with the subject will be surprised at the vast amount of new proof set forth in the book. The general public does not know that many discoveries and unearthing of things have occurred in recent years to throw light on these subjects. The signs of the times support the statements in the book.

"The Millennial Kingdom," shows that we Americans are the Lost Ten Tribes of Israel, and are to rise to high spiritual light and lead the world in the Millennial Kingdom on earth 1,000 years. Death will cease. People will live

THE MILLENNIAL KINGDOM.

hundreds of years, like a tree (Isaiah 65:20-22). Its preparation is causing present commotion. It does not advocate that the world is coming to an end and be burned up with fire, or anything of the kind, but that our most glorious time on earth is soon to set in, and that sickness and death will cease, and that the present wicked way will be given up to a better and more godly life. It shows that resurrections are going on now. It shows so many interesting and instructive things and is so entirely different from other books heretofore published on Millennial subjects that a description of it cannot be given; it must be read to be known, as the subjects are numerous and plainly stated. Many letters from those who have read it, declare that it is the most interesting and entertaining book they ever saw.

"Mysteries Unveiled," is what some people would call startling on account of the many unearthings and bringing forth of things long hidden out of sight of the general world. It shows God's plan of the ages by the little halls and rooms built in the stone pyramid of Egypt 4,000 years ago. Their lengths, slants and turns let the secret out (1 inch to a year.) No wonder the prophets said that God has wonders in Egypt. (See Isaiah 19:19-20 and Jer. 32:20.) The halls, lengths and turns are shown. Also contains an accurate account of the recent finding of the preserved body of Pharaoh, with his name (Rameses) written on his breast, after his death, 3,300 years ago; photograph of him is set in book. Also shows the wonderful lessons to be learned from the Golden Ark of the Covenant, which is hidden away, probably, for future discovery. Also unveils the mysteries of the book of Revelation and shows who the great Scarlet Woman is, as mentioned by St. John, and what she has done on earth, and that her number is 666, just as stated in Rev. 13:18. The showing of this number (666) is made clear by an astonishing discovery, and a picture of the head man in the mystery is

MYSTERIES UNVEILED.

set forth in the book. The book further shows the source from which we got our color, called cardinal red; and that it has something to do with Bible prophecy. Also shows who Napoleon was and what he was born for, and why he was so successful up to a certain date and then collapsed suddenly. Shows the wonderful ear-mark which God placed on the Great Seal of the United States to brand us as the Lost Tribes of Jacob. Picture of this seal is set in the book so that every man can see the mark or design made to brand us as the people who were driven out of Palestine 721 B. C. This information alone is worth many times the price of the book, as it shows that the mighty God is watching over us for a purpose, which purpose is fully set forth in the book entitled "Our Near Future," and those who read this should also read the others in which the different branches of the subject are carried. Some wonderful things will occur on this earth within the next 20 years, and these books discuss them in a new and plain way and show conclusively that the idea which the people have about the manner of the coming of the Christ, and the world coming to an end is all wrong, and that the teaching by men the last one hundred years on this subject, has been misleading. It shows where the Garden of Eden was located, and that it was an actual fact on earth. The location and the rivers mentioned in the Bible about it are pointed out so clearly that people will be astonished at finding that the long mysterious Garden spot was really on this earth.

"The Three Churches," shows what the Bible says about the three kinds of people, who would be on the earth at these times and that each would call themselves by a name; and that only one of them would be the real Church of God. This book shows who these three are and that the third one is just now forming into the real Church, which the New Testament calls the Elect, which are to be picked out and

THE THREE CHURCHES.

to overcome death and rule the earth 1,000 years. Isaiah 65:20-22. This is a curious fact which most persons will see and admit after reading this book, as it shows that the prophecy has come true to the very letter and that the third group is to be the adopted or sent church, built by the Lord and the gates of hell will not prevail against it, just as Jesus declares in Matt. 16:18. The various denominations now on earth will look at this Bible talk with a new understanding as to which church is right, and which is the recognized church by the Lord. This has agitated their minds for a long time, and this book will give them something about which to think, and show to them what the Bible says about the real church, which is just now forming as the Elect.

Those who take or finish the seven exoteric degrees of the Brotherhood, at once, will be given the above four volumes with the 6th degree, and will also receive free of charge, the five dollar book by Henry Cornelius Agrippa entitled "The Philosophy of Natural Magic." They will therefore get the seven degrees, the character delineations, the correspondence course of question sheet lessons and the reviews, etc, free of charge ; or in other words, they will, on payment of the fee \$21, receive not only the degrees, but also the following books, which, together, amount to \$21.30, viz: "Our Near Future," "Mysteries Unveiled," "The Millennial Kingdom," and "The Three Churches"; worth \$1.00 each. "Philosophy of Natural Magic" \$5.00, "Methods of Self-Help," "Force-Missing Methods," "Practical Occultism" and three copies of "Your Practical Forces" worth \$7.50; Occult Science Library Magazine for one year \$1.50; twelve Concentration booklets 15c. each ; Emerson's Essays 25c. and a \$1.25 book on Soul evolution entitled "A Spiritual Tour of the World." As some of these editions are nearly exhausted, we reserve the right to withdraw this offer without further notice.

Free Correspondence Lessons

IN OCCULTISM, By Ernest Loomis.

This department of our work is for those who wish to thoroughly develop their occult powers and then to use them not only in all business and art but also in matters of health, in helping others, in the acquisition of knowledge, in the formation of business and other plans, in character building, in judgments of human character, in the pursuit of happiness, in fact, in the accomplishment of every practical affair in life.

The average student's inability to properly apply the principles and methods of occultism and thus to adequately demonstrate through results, its magical powers, is due, first, to his failure to fully grasp the esoteric meanings of some of the underlying principles of the philosophy. Second, through failure to comprehensively understand the relations which each of its esoteric principles sustain to all the others. Third, through lack of that true self-knowledge which teaches the relation of the interior forces to the Infinite and to the external world. Fourth, through opposing unknown esoteric undercurrents of the individual character. Fifth, through peculiarities of temperament and misunderstood individual tendencies. Sixth, through wastes of force, through lack of thought control, through unknown psychic influences, through the sex functions, and otherwise. Seventh, through his consequent inability to properly govern the moods, marshal the faculties and mass his occult forces.

Our Methods of remedying these difficulties and of thus training the student in accordance with those occult and scientific methods which enable him to multiply his powers and capacities many fold, are as follows, viz.:

First. Through our four books, "Your Practical Forces," "Practical Occultism," "Methods of Self-Help" and "Force Massing Methods" (price \$1.25 each) he is given a thorough general knowledge of the principles and methods of occultism, and also how to use his occult forces in all business and art.

Second. Through the co-operative thought practices which are taught in those books and which are then practiced daily by the student, and in connection with thousands of the members of our Brotherhood.

Third. Through others of the \$17.00 worth of books which are given to the members with this course of correspondence lessons.

Fourth. Through a thorough character delineation which is given the member by our Mr. Loomis. These delineations show by exhaustive scientific methods the various esoteric undercurrents, peculiarities and individual tendencies of his character, and offer him helps and accurate advice for the development of his occult powers and the individual tendencies so discovered.

Fifth. Through helps to be used daily in the conservation and transmutation of the forces.

Sixth. Through special daily thought helps and co-operative helps, to be also used with the above objects in view.

Seventh. Through question sheet correspondence lessons and correspondence reviews of the student's answers and covering the twenty subjects treated of in "Practical Occultism," "Your Practical Forces" and "Methods of Self-Help" (all of which were written by Ernest Loomis). These twenty subjects cover the whole general philosophy, and by aid of the question sheet lessons and reviews the esoteric points contained therein are more fully brought out and in a way that adapts them especially to the student's peculiarities of temperament and individual needs which are revealed through the character delineation which is made for him. In fact this course teaches esoteric points of philosophy (such as the cause of force, etc.), which the scientists and great thinkers of the world have stumbled over and tried in vain to solve during all historic ages. The usefulness of this course is greatly increased by getting the whole philosophy including the student's answers and our correction (if any) of those answers all in permanent form: which can be referred to or reviewed.

There is at present no charge for these lessons, the only charge being \$21.00 for the \$17.00 worth of books, the character delineations, etc., and which are a necessary part of the course.

PUBLISHED BY

THE INWOOD SCHOOL OF PHILOSOPHY,
Inwood-on-the-Hudson,

NEW YORK CITY, N. Y.

Methods of Self-Help.

By ERNEST LOOMIS.

(Volume III. of the Occult Science Library Series.)

AGENTS

This book shows how to use your occult forces in all business and art. It explains the cause of force, therefore its Self-Helping and force-massing methods are almost invaluable.

WANTED.

Bound in Silk Cloth. - - - Price \$1.25, postpaid.

PARTIAL SYNOPSIS OF CONTENTS.

Subject: Methods of Self-Help.

Man's possibilities.—How realized.—Why dependent upon individual effort.—Self-help man's highest duty.—No limit to man's possibilities.—Why.—How the infinite helps.—What man may obtain.—Every faculty for use.—Desirability of happiness.—How obtained.—Cause of happiness and misery.—How to obtain health, power, fame, success, etc.—Virtue and true self-interest do not conflict.—Why.—Laws of attraction.—Law governs everything.—How all may know the future.—Every human faculty improvable.—How to master fate.—How to obtain balance.—The true self able to help.—Why man fails.—How to understand occult principles and methods.—Basic principles simple.—The higher self omnipotent.—Why.—What the universe offers.—How the soul creates its environments.—How to obtain uniformly successful results.—Why "knowledge is power."—Self-help necessarily moral.—How to be truly selfish.—Desires should be educated, not repressed.—Physical death.—No purpose too great.—How to prolong life indefinitely.—Man a natural born conqueror.—Why.—Nothing to fear.—Why.—Results of misusing occult forces.—Protection.—Our occult Brotherhood.—Its powers.

Methods of Self-Help Through Self-Trust.

How to gain access to exhaustless resources.—Law of nature.—Positive and negative poles.—The universe your natural kingdom.—How and why it must be ruled.—How to become more and more positive.—Powers of woman's negative positiveness.—A still greater positiveness.—What practical Occultism is.—Its first step.—How to exercise power over things at a distance.—Methods of attraction.—Should exercise self-trust.—Why.—What woman loves in man.—Why.—Thought and love absolute in action.—How to eradicate negative conditions.—Its importance.—Bodily activities comparatively weak.—Power of thought.—How to accomplish results while asleep.—Real action through repose.—Organizing forces.—How the forces become scattered.—How to get greater benefits from sleep.—How to draw nightly upon inner forces.—Importance of avoiding harmful psychic forces.—How avoided.—Common mistakes.—Dangers of dreams.—Psychic conditions in cities.—How they become charged.—Necessity of self-knowledge and thought control.—Property an unsafe reliance.—Why.—The science of life.—First steps.—Methods of obtaining self-knowledge.—Scientific tests.—True foundation for self-trust.—Shams.—Why thought is powerful.—How to become revived.—Vibratory law.—Its importance.—Cause of force.—Of love.—Of positive and negative.—Of manifestation.—Of gravitation.—Of masculine and feminine.—Of sex.—Of sexual tendencies.—Of physical life.—Man's ultimate.—Scientific proofs.—Why truth makes free.—How to disintegrate matter.—How occultists exercise power.—Man's polarity.—Where to begin.—How to overcome bondage.—What to demand.—Why wrongful acquisitions necessitate expiation.—All rightful desires must be realized.—How.—Your liberator.

Methods of Self-Help Through Self-Knowledge.

The door of opportunity.—How reached.—How to know opportunity.—All things obtainable by right methods.—Cause and effect.—Esoteric connections between interior and external things.—How to deal with both.—Magnetic forces.—Their causes.—Composition of atoms.—Microscopic proofs.—Cause of force is within man.—How awakened.—Why man's sphere limited.—How become unlimited.—Occult methods of obtaining external possessions.—True independence.—How to gain wisdom.—How to acquire perfect health.—Methods for obtaining right companionships.—Of money and material possessions.—Advantages of good homes, foods, luxuries, etc.—Higher forces rhythmic.—Our interferences with nature's optimism.—How avoided.—Your fate in your own hands.—All opportunities open.—Co-operating with the law.—Sowing and reaping.—Necessity of thought control.—How to create opportunities.—New discoveries.—Your niche in the universe.—How found and filled.—One law for all things.—Correspondences.—Methods.

(This synopsis is of the first three essays only.)

PUBLISHED BY

THE INWOOD SCHOOL OF PHILOSOPHY,

Inwood-on-the-Hudson,

NEW YORK CITY, N. Y.

CHARACTER DELINEATIONS.

It is designed in this important department of our work to offer students the safe means of obtaining that true self-knowledge which is at the foundation of all development of occult powers. It is only when one understands his individual talents and capacities that he can make the most of them in business, home life, matrimony, social life, etc., etc. For instance, in business-life, failure, disappointment, regrets and humiliations are the almost certain results of ill-chosen pursuits, therefore the scientific question of the business adaptation is of almost unequalled importance. Most persons stumble into business or are thrown into it by accident, temporary necessity, misguided ambition or perverted fancy, and with little if any serious thought as to their real fitness for the vocation they adopt. The natural consequence is waste of time and life's forces, loss of hope and courage and a sapping of the very foundations of success and talent. Success is almost certain to those who get into the right places to begin with, and who then work intelligently and faithfully, with the earnestness and enthusiasm which hope and adaptation inspires. Most persons also have ten times more talent than they themselves think, and waste their very lives in unsuitable occupations which yield only about one-tenth of the money and happiness that would be possible in an occupation scientifically determined by their inherent constitutional biases. These principles apply with almost equal force in matters of matrimony or of growth, etc.

This delineation department of our work was originally intended exclusively for the somewhat advanced members of the Brotherhood. While the delineations are best taken in connection with the exoteric degrees of the Brotherhood, they can, if desired, be taken separately, and at the regular cost of \$5.00. The almost inestimable advantage of taking these degrees and the delineations together and all at once is, that through the books and the twenty-one question sheet lessons and individual reviews, covering the first twenty Occult Science Library booklets (by Ernest Loomis), it places the whole subject of occultism before the student in a permanent form that can be referred to or reviewed, and reduces its principles to an actual working basis which is especially adapted to such needs and individual tendencies as would be shown by his delineation. All this would hardly be possible were the lessons given orally to a general class even at great expense, because the teachings would go in at one ear and perhaps out at the other before having time to be digested. These question sheet lessons are absolutely free to those who take the degrees, and are not given except in connection with the degrees. The entire expense of the seven exoteric degrees, which may and should be taken at once, is \$21.00. That expense covers the delineations, the special thought helps for a year (used for conserving the forces), the co-operative thought helps, the question sheet lessons and reviews, the \$17.00 worth of books on occultism which go with the degrees, and other important advantages which can hardly be explained or fully appreciated except in connection with the degrees. These books are all our own publications and were written mostly by Ernest Loomis. (The delineations are also made by him personally.) Those who desire it can dispose of \$10.00 worth of these books in connection with the degrees, and thus get back that much of the \$21.00 expenditure.

● In these delineations we undertake by exhaustive and scientific methods to ascertain what are the various esoteric undercurrents of the character in question, and thus are we able to give helps and accurate advice for the development of the individual talents so discovered, such as could be obtained, perhaps, in no other way. Send date and place of birth (also the hour, if possible), the circumference of the brain, the chest measure, the waist measure, the height, the general weight (with ordinary clothing), the color of hair, of eyes and of complexion, the sex, the extent of the previous education, the present health, the occupation, if any, and whether married or single, also send at least one photograph (three-quarter view preferred) and the full address with remittance to

PUBLISHED BY

THE INWOOD SCHOOL OF PHILOSOPHY,
Inwood-on-the-Hudson,
NEW YORK CITY, N. Y.

ORDER FOR CHARACTER DELINEATION

From Portraits, Date of Birth, Etc.

.....189

ERNEST LOOMIS & CO., Chicago, Ill.:

Enclosed find.....dollars, for which please furnish written description of character, as follows:

Name of personset.....

Date of birth.....

Hour (as near as possible).....

Where born (near what large city).....

Circumference of head.....inches.

From root of nose over top head..... "

From opening of ears over top head..... "

Height of person.....feet..... "

Size around chest just under arms..... "

Size around the waist..... "

General weight with ordinary clothing.....pounds.

Color of hair..... Of eyes.....

Complexion.....

Extent of education.....

Health..... Married or single.....

Number of portraits sent..... which, with description, are to be returned to

Name.....

Street.....

Postoffice.....

County.....

State.....

Force=Massing Methods.

By ERNEST LOOMIS.

Bound in Silk Cloth. - - - Price, \$1.25, postpaid.

PARTIAL SYNOPSIS OF CONTENTS. (Of first three chapters.)

All man's natural resources but a mass of force.—His selfhood centers in his forces.—His opportunities spring from them.—Those opportunities of his own making.—Why.—Man's possibilities.—How realized.—Force-massing the great purpose of life.—Success dependent upon it.—Success a duty.—How possible.—Man's entire organism a center of force.—How massed.—All force from one law.—Sex forces.—Love and passion closely allied.—Why sex perversions so destructive.—Why so common.—The ordinary life almost a perversion.—Why.—Why man unsuccessful.—Sex pleasures.—Why comparatively limited.—Powers which may be attained.—How.—Psychic causes of involuntary sex wastes.—Almost universally true of adults.—Harmful psychic forces more injurious if unrealized.—Why.—Dream state receptive to harmful psychic forces.—How psychic organisms arouse man's passional faculties.—Nearly all sufferers.—Psychic causes of insanity.—Insanity and sex perversions.—Why talented persons go insane.—Force-scattering habits.—A cure for insanity.—How to become master.—How to drive away harmful external forces.—Worry.—How weak points left defenseless.—Perverted occult methods.—How they attract psychic vampires.—Universe filled with force alone.—How these forces act and react.—Downward attractions.—A means of protection.—How to become king of force.—Why people drift.—Law of growth.—The self-trusting spirit.—How awakened.—Its natural language.—A useful self-protecting mantram.—Its magic power.—Unlimited rewards.—How obtained.—Penalties.—Largest force-sources when perverted are largest avenues of waste.—Chief avenues of waste.—The esoteric cause.—Sex tendencies.—Regeneration.—How preserve bodily forces indefinitely.—Sex wastes like tapping blood vessel for pleasure.—Our inheritance. Sex forces should be understood.—Its importance in occultism.—Their purpose.—Evidences of sex wastes.—Cannot be concealed.—Where and how to increase force.—Cause of force no longer "the unknowable."—The sphynx of all historic ages.—Its significance.—How we will unite Science and Religion.—How occultism can be utilized.

Your force-creating powers.—All forces to be repeated through you.—How.—Your harvest field.—Your reaper.—How becomes operative.—A basic principle.—A popular error about integrity.—A profitable lesson.—How man cheats himself.—Why integrity necessary in occultism.—Law of force.—Its morality cannot be permanently opposed.—Why.—Effects of dishonesty upon thought control.—Upon occult forces.—Upon concentration.—Its disorganizing effects.—Penalties of hate.—Force-massing interferences.—How man ties his hands.—Effects of dishonest thought.—Its occult currents.—Disorganizing habits.—Magnetisms.—How to avoid and drive away disagreeable things.—How to attract.—Spiritual laws.—Stepping stones.—How occult powers born.—Purpose of life.—Happiness.—Occultism a road to happiness and power.—Why.—How to combine duty and self-interest.—How to concentrate.—Value of possessions.—Why desires finally gratify themselves.—Thought forces which attract success.—Occult powers incompatible with wrong motives.—Why.—Basis of success.—Causes of failure.—Compensations.—Why honesty is policy.—How to change environments.—Possibilities.—A case of "dog eat dog."—How hate, anger, etc., are engendered.—Their occult effects.—Dishonesty an effort to cheat omnipotence.—Why.—Why futile.—Why thoughts of hate, etc., most destructive to sender.—The law absolute.—Force-sending interferences.—Causes of defeat.—Cause of Napoleon's downfall.—Repulsion.—Attraction.—Basis of true success.—Vibratory exhaustion.—Force centers.—Heart.—Lungs.—Pineal gland.—Solar plexus.—Sex.—Sexual integrity.—The science of love.—How to mass and conserve sex forces.—Transmutation.—Underlying realities.—The unseen world.—How man drained of force.—How prevented.—Evidences of sexual impurity.—Why greater in woman.—The science of force.—Methods of progress.—Spiritual electrolysis.—Magical powers.—Based on true integrity.—Man's powers of growth unlimited.—Why.—How to cultivate integrity.—Methods.—Shams.—Prophecies.—Their scientific foundation.—Special importance of true integrity now.—Living from a principle.—Great changes.—Their causes.—Adjustments.—Forcings of natural law.

Primal soul energies.—How reduced to life results.—Causal law of attraction.—Occult practices necessary.—Why.—Man's latent knowledge.—Its evidences.—Recurring memories.—How knowledge attracted.—Man's opportunities.—How derived.—How to awaken slumbering energies.—Atomic forces, magnetic currents, etc.—How created.—What attraction is.—Happiness through vibration.—Power.—Methods of attracting good things.—The beginning.—Possible of universal application.—Why.—How all may improve their conditions.—Powers of desire, hope, aspirations, etc.—How to multiply your capabilities a thousand fold.—First, second, third and fourth steps.—An omnipotent backing.—Spiritual forces.—How operated.—How results become muddled.—How avoided.—Keep in contact with higher self.—How.—Why.—Discouragement disgraceful.—Why.—How results are driven away.—"Hoodoo" habits.—What they attract.—Sympathy is force.—Should be used judiciously.—How to help others.—Harmful sympathy.—Absorbing misfortunes.—Thought currents.—Duty of teachers of occultism.—Man's great need.—How best answered.—Co-operative helps.—The helps we offer.—Why so effective.—Attracting qualities.—The qualities needed.—How to attract material possessions, necessities, comforts, luxuries, etc.—Power through repose.—Silent forces.—How to cut off from undesirable things.—How to create coming events.—The highest attainments.—Methods of strengthening character.—How we drift.—How to overcome desire to injure others.—Real power not noisy.—Mirth noisy when real joy absent.—Power of positiveness.—Common mistakes.—How people attract undesirable things.—How to attract cultivated associations, honest customers, employees, etc.—How to avoid thieves, tricksters, accidents, etc.—Thought control.—How obtained.—Its occult powers.—How wealth becomes a curse instead of blessing.—After death conditions of misers.—How to become master of all material things.—What man should rule.—Occult workers and their rewards.

PUBLISHED BY

THE INWOOD SCHOOL OF PHILOSOPHY,
Inwood-on-the-Hudson, New York City.

TESTIMONIALS.

Thousands have voluntarily expressed their thanks for the help which, through our work, it has been our good fortune and pleasure to render them.

Their kindly "thoughts are things" which will in turn help others. The following are from letters we have received. We omit the names, as the letters were not intended for publication.

Woodlawn, Kansas, Feb. 19, 1897.

As one of the members of the Brotherhood, I am prompted to write to you in my needs which are ——— C. E.

LATER. (March 4, 1897.)

I want to tell you that I think your special thought in my behalf has done me a great deal of good. I was led to rush around until I got two of the notes renewed, and then the *sweetest peace* that you can imagine, settled down over me, and I was without a *particle* of fear or doubt. Even the thought of Mr. ———, who sold out the stock on which I had the mortgage (for ——— hundred dollars), who then went away, and who won't even answer my letters, didn't cause me the slightest uneasiness. Oh! if I could just learn to live that way all the time, I would be so glad, etc., etc.

LATER. (April 14, 1897.)

I have just received a letter from Mr. ———, who sold out that mortgage stock, and who is one of the parties I am trying to collect money of. He has sent me ——— hundred dollars this month, but wants to keep the remainder six months longer.

I sent him that October copy of the Occult Science Library, as per your suggestion, and he answered by letter and seemed to appreciate it. He thanked me for it and also for the money I had loaned him, and said I needn't give myself any anxiety about it, as he would pay every cent of it. I had the most fears about this one. I then suffered *so much* with fear, and seemed to have no power to control it. There is now one great improvement in myself, and that is deliverance from fear. I am tempted sometimes to be fearful, but I have the power to drive it away. You wanted me to send you any letters I might write to any of these people, so I will send you this one to Mr. ———, the first one I have written. I suppose you will forward it to him, etc., etc.

Yours very respectfully,

C. E.

TESTIMONIALS.—Continued.

Chicago, Dec. 3, 1896.

Yours came this afternoon. You are right in saying "we all have needs, no matter how far advanced we are." It does not seem to me that I am far advanced, for my aspirations lead me so much farther than I am. There is no limit. It seems to me the deeper and higher I go the *more* I need. The magazine seems most inspiring. I shall speak of it to those who may be interested, and shall hope to aid the work by some members, if in no other way. With the highest thought for success in so noble an undertaking, I am sincerely and cordially,
Countess —.

Galena, Ill., March 9, 1897.

Please send at once all back numbers. This publication has just been brought to my notice in such a way that I feel I need and must have it, every number.
A. G. D.

Topeka, Kan., March 22, 1897.

I write to ask if you can oblige me by keeping for me a file of the Occult Science Library beginning with the first number, Oct. 1, 1896, until I can send you the money for my subscription to same. I do not wish to miss a single number and can not at this moment send you the \$1.50, hence my request.

I also desire to take the degrees as detailed in the October number. To that end, I now accept your invitation on page 11 and will observe as much as I can of the noon hour.

E. M. B.

Boston, Mass., March 12, 1897.

I received your Occult Science Library this morning, and I believe you must have heard my humble cry for the light. I had been trying so hard, and to have you send me just what I needed, has made me happy beyond expression. I will try to get you other subscribers.
H. S.

Topeka, Kan., March 6, 1897.

I heard the January number of the Occult Science Library read before a metaphysical class, and thought it so helpful that I could not get along without it for daily study.
A. W.

Chicago, Jan. 12, 1897.

I like the magazine very much and find it helps me in many ways. I think you are on the right track.
M. C.

Chicago, Sept. 15, 1897.

A copy of Occult Science Library is at hand. I want to subscribe for a year and also take the degrees.
A. H. R.

Chicago, Ill., Oct. 5, 1897.

I assure you of my entire sympathy with the aims and scope of your new periodical, and my conviction that it will be a success. I am very glad to avail myself of the noon hour observance. I deeply realize the importance and helpfulness of

TESTIMONIALS.—Continued.

Minneapolis, Minn., Oct. 13, 1896.

You are, I see, up to the era in which you live. I know the power of Silent Thought units. I am satisfied that such power, and not ballots, is to relieve humanity of its yoke and burdens. Once in the Inner Life, and the charm of all true culture, and the beauty of life, become apparent. W. C. G.

Salt Lake City, Utah, April 1, 1897.

I like the way you handle this subject. One does not have to wade through a large volume to glean a few facts.

J. W. S.

Portersville, Cal., March 22, 1897.

Dear Sir:—I think yours the most practical articles on the potency of thought, which I have ever seen, and I have studied the subject somewhat myself.

C. C. H.

Muskegon, Mich., Feb. 5, 1897.

I have received the January number of Occult Science Library. I am delighted with it. The style and forcefulness of the teaching remind me strongly of the beloved Prentice Milford so much missed. I have been studying kindred schools of thought for some time. Your little book has brought me light, and given a fresh impetus to my thought. In hope of increasing its circulation, I append a list of names. A. P. S.

Chicago, Ill., Oct. 10, 1896.

I approve of every such effort put forth to benefit humanity, when it is along sound lines. Sincerity in effort will eventually be crowned with success.

U. N. G.

Chicago, Ill., Sept. 20, 1896.

Gentlemen:—The copies of Occult Science Library left with us on sale yesterday are entirely exhausted. Kindly send one dozen more with bill.

———— Pub. Co.

Topeka, Kan., April 4, 1897.

I have been a close student on these lines for seven years, and have read everything bearing on occult subjects that I could buy or borrow, and heard six full courses of lectures. Your essays are so free from the cant phrases which so many use, that I am particularly pleased with them. I cannot tell you how many I have loaned them to, and many of these friends feel strongly drawn to join the Brotherhood. W. A.

Chester, Mass., Feb. 9, 1897.

I received your magazine a short time ago, and I have feasted ever since. It has been a good thing for me. I send one dollar on my subscription. I am a paralytic, and have not had the use of my right hand, or walked without a cane, for thirteen years. I feel sure I shall walk some time.

M. E. R.

YOUR PRACTICAL FORCES.

A handsome volume containing Seven Essays, by ERNEST LOOMIS, which show how to use your Occult forces in all Business and Art.

Price, 1.25

Partial Synopsis of Contents.

Powers of silent co-operative thought to produce results in all business and art.—What thought vibrations can accomplish.—Value of this knowledge.—Its means of practice.—Why Knowledge is power.—Dealing with the unseen.—Wastes of forces.—Keys to unlock latent forces within.—True Knowledge necessarily occult.—How to accomplish results without effort.—Rewards for obeying occult law.—Its bearing on health, business, etc.—Penalties for abuse.—How to dissolve obstacles, discords or matter.—Cross vibrations.—Clue to our methods.—Plans and objects of first degrees of Home Silent Thought Brotherhood.—How to reap its practical advantages.—The 5 esoteric degrees.—Unlimited opportunities offered.—How force is gained.—Occult power of right.—Why honesty is policy.—Thought currents.—Unseen forces that attract.—Power of combined thought.—Getting in thought current of infinite good.—Power of thought to deal with rates of vibration of things.—Kingdom of power within.—Present methods shut off force.—Power of co-operative thought to attract companionships.—Woman's occult forces.—How occult powers are born.—Occult influences which produce large cities.—Power of justice.—What occultists foresee.—How to deal with difficulties.—What selfish thought vibrations generate.—A spiritual thunderstorm.—Financial chemicalization.—Woman's opportunity.—Woman's wisdom faculties.—Occult causes of woman's beauty.—Women's power over man.—Occult mirror which reveals secrets of woman's charms.—Woman ruler of love's paradise.—Occult mysteries reduced to simple rules.—What woman's heart reveals.—Man's third eye.—Developing inner spiritual power.—Man's needs related to morals and immortality.—Creative power of thoughts.—How to break chains of imaginary servitude.—Man free now.—How.—What your thought can do.—Self-knowledge.—Its advantages.—Spiritual liberation now.—Man's connection with his source.—How all are actually related.—Harmful thought vibrations suicidal.—Events registered in astral light.—How read.—How to obtain ideal surroundings.—Man self-hypnotized.—Man's dignity.—How woman's inner sight can aid man.—Examples.—How to accomplish great business results.—How to instruct your higher self to teach you to accomplish results, improve your health, etc., during sleep.—Important rules for each day.—How business can be made easy.—Awakening inner force.—Using it.—Reaching it in others.—Difficulties.—How removed.—Why true selfishness needs no restraints.—Nature always right.—Why finer tastes should be gratified.—The Christ's example misunderstood.—Spiritual liberation comes by expanding (not stifling) selfishness.—How to obtain an abundance.—Proper uses of sympathy.—Thought currents.—Influence of thought.—How to Rule Your Kingdom.—Possible to gratify every wish.—How.—The atom's evolution.—Need of self-knowledge.—Man's connection with his source.—How to demonstrate its omnipotence.—Thought's vibratory powers.—Its origin.—Matter is vibration or solidified thought.—Proofs.—Proofs of oneness between God, man and so called matter.—Evolution cleared up.—Immortality of man's thinking power.—Thought's omnipotence.—The successful mood.—Thought control.—Man's kingdom the universe.—Ties between thought moods and success.—How to produce at will and maintain successful moods.—How to organize thought forces.—Little success until learned.—Thought moods of failure.—How to make every undertaking successful.—Producing thought moulds.—Necessity of justice.—Dealing with causes.—How to keep at bay destructive forces.—Why a just purpose potent.—Life continuous.—How to quiet fears.—Why the "will" makes "the way."—How serenity maintained.—Sowing thought seeds of success.—Positive and negative moods.—Changing mental polarity.—Bodily inactivity advantageous.—Why.—Cultivating intuitions.—Overactivity founded on fear and worry.—Progress during sleep.—Trust.—Right leadings.—Methods outlined for organizing thought forces.—How to brace up faltering thought faculties.—What worry signifies.—Doing one thing at a time.—Why necessary.—Thought still active during small acts.—Moods win success, and not direct thought alone.—Why power and happiness synonymous.—Overshadowing soul's constant presence.—How secured.—Success thus assured.—Desires to do implies ability to do.—Permanent thought moods solidify.—Useful Occult Practices.—How to control circumstances.—An "Aladdin's Lamp."—Occult practices that can be easily applied.—Simple methods of obtaining proofs.—Man born to be rich.—Proofs of immortality.—Man's irresistible magnet.—Power of thought to satisfy wants.—Occult practices founded on laws of thought.—Secret of man's power.—Vibration essence of things.—Thought controls vibration.—Interior thought methods which awaken high vibrations.—How to reach its depths.—Power of silence.—Why more potent than when spoken.—Why words retard thought vibrations.—Sacred words.—Nature's punishments for profanity.—Vibratory effect of disagreeable words.—The "Aura" of books.—An occult brotherhood.—Available by all at home.—Founded on laws of silence, thought, help from within, etc.—No cost for joining.—Advantages so obtained.—An occult practice.—Occult ties connecting members.—Occult methods of dispensing blessings.—Rings, books, money, etc.—All power from interior unfoldment.—Self knowledge.—Special room, time, etc., for focusing occult forces.—Esoteric significance of words.—What occult observances enable persons to do.—Friendships business success, etc.—Means of growth.—Essence of success.—Surrounding conditions correspondences of permanent moods.—Laws of vibration.—Scientific theories exploded.—Basis of magic.—Enlarging man's relations.—Law of love the basis of occultism and self-help.—How to obtain pleasant surroundings.—How nature makes people think.—Prophecies for coming three years.—Occult consequences of suicide.—Vampires.—Financial changes earthquakes, etc., etc.—Astronomical moods.—Causes.—How disasters avoided.

PUBLISHED BY
THE INWOOD SCHOOL OF PHILOSOPHY,
Inwood-on-the-Hudson, NEW YORK CITY, N. Y.

Concentration Methods and Helps.

(Silk Cloth \$1.25 postpaid.)

is the title of a new book by Ernest Loomis, which contains 180 short essays and drills in thought concentration and practical occultism, to be used daily, by members of the Brotherhood and others who co-operate with us in our noonday occult practices etc. Daily subjects and affirmations are given, which alone are worth more than the cost of the book.

The following are some of the titles

of these essays, viz: Freedom—Rule thyself—Love of life—Light—Desire—Ideals—Continuity—Philosophy—Method—Divine chemistry—Touch and touchiness—Mechanics—Conscience—Clairvoyance—Sensitiveness—Psychic power—Psychic perception—Foresight—Sagacity—Divine inward breath—Drawing on the unseen—The holy of holies—Economy of force—Nervous prostration—Restoring balance—Extremes—Justice—Justice to self—Judgement—Perception—Reading secret thoughts—The soul of things—Harmonial emotion—Limitation—Educated approbateness—Conventionality—Society and solitude—The law of demand—The law giver—Inverted occultism—Psychic demons—Sex excesses—Generation—Fermentation—Secretiveness—Lies and cunning—Business-getting principles and rules—Lemon squeezers—Destruction—Unscientific exactions—Anger hatred and malice—Jealousy and revenge—Retrospective and prospective—The silence of devotion—Deep waters—Hidden fires—Magnetic power—Coolness and self-poise—Mental medicine and surgery—Tenacity—Dictation—Shrewdness—Flattery—Conceit—Bragging—Vanity and recklessness—Subtlety—Stings and stinging—Passion and procreation—Lust—Amative-ness—Indolence—Procrastination—Regeneration—Conservation—Transmutation—Manifestation—Evolution—Individualism—Self-reliance—The atonement—Truth—The archer—Review—Emersonian idealism—Centaurian independence—Live from the soul—A room of silence—How to know from within—Introspection—Your aims—Over-activity—Meddling—Emergencies—Timidity—Prophecy—Bluntness—Sagittarius impetuosity—Ingratitude—Small annoyances—Learn to labor and to wait—Finish your tasks—Vows and confidences—Redemption—Finding the Christ within—The-risen Christ—Cruelty—Solitude and darkness—The knees—Meditation and prayer—To him that overcometh—Retrospect—The dying year—Our organization—Industry—Loyalty and perseverance—Self-government—Self-consciousness—Self-distrust—Depression—Melancholia—Rainy days—Responsibilities—Promptness—Decision—Book-knowledge—Art—Literature—Education—Teaching and preaching—Silence—Selfishness—Shoddy aristocracy—Religion of business—Money-making—Money-spending—Mental attraction—The God within—Insight—Diffusion of force—of knowledge—Soul memory—Spiritual healing—Uses of sickness—Perpetual youth—Buried talents—Spiritual gifts—Spiritual communion—Controlling insanity—Your relations—Co-operative thought—Positive and negative—Reverie—Sleep—Dreaming—Protecting influences—Forgetting—Strength—its source—Contentment—Mental intemperance—Fear-forces—Look forward—Occult currents—Our associations—Repose—Sunday—Spiritual understanding—Self-confidence—Hesitation, restlessness and worry—Intellectual dishonesty—Will—etc., etc.

PUBLISHED BY

THE INWOOD SCHOOL OF PHILOSOPHY,
Inwood-on-the-Hudson,
NEW YORK CITY, N. Y.