The Mystic Scroll



A Book of Revelation

By

HELEN VAN-ANDERSON

Author of

"The Right Knock," "Carrol's Conversion," "Journal of a Live Woman," "Story of Teddy," "Temple Teachings," "Heart Talks," etc.

Mystic in its true meaning is spiritual knowledge: that is, knowledge of spiritual and supersensual things perceived by the spiritual powers of perception. These powers are germinally contained in every human organization.—*Hartman.*

Published by THE NEW YORK MAGAZINE
"A Cheer Up Magazine"
22 N. William Street New York

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

Copyright, 1906, by
THE C. E. ELLIS CO.

All Rights Reserved

THE MYSTIC SCROLL

Digitized by
INTERNET ARCHIVE

Original from
UNIVERSITY OF CALIFORNIA

CONTENTS

Chapter		Page
I.	The Necessary Preparation for the Mystic Life and the True Foundation for Health, Happiness and Prosperity	9
II.	The Unseen Forces	22
III.	Your Senses and Their Planes of Activity	34
IV.	The Law of Vibration and the Secret of Clairvoyance and Clairaudience	46
V.	A Lesson on Clairvoyance	60
VI.	Symbols and Visions and How to Interpret Them	80
VII.	Concentration; a Means of Mind Training	96
VIII.	Meditation or How to Enter the Silence	112
IX.	The Secret of Mystic Power	126
X.	Mental and Physical Conditions for Health	141
XI.	The Christ Healing	153
XII.	Passing into the Beyond	165
XIII.	The Law of Prosperity	174
	PRACTICAL APPLICATION OF HEALING TREATMENTS with KEY-NOTE FOR EACH	
I.	Treatment for Cutting Off Undesirable Influences	193

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

II. Treatment for Overcoming Secret or Vicious Habits . . . 197
III. Treatment for Cases of Catarrh, Throat and Lung Diseases . . 201
IV. Treatment for Nervousness and Self Consciousness 205
V. Treatment for Indigestion and Constipation 209
VI. Treatment for Failing Eyesight . 213
VII. Treatment for Rheumatism . . 217
VIII. Treatment for Those Addicted to Evil Habits 223
IX. Treatment for Managing Children and Keeping Them Healthy . 227
X. Treatment for Harmonizing Home Relations 231

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

FOREWORD



HIS message is sent forth to the faithful hearts and willing ears of those who are eager to be and to do. The Text Book so long promised and so long waited for is now ready for you. It is what you need and what you have earned by your faithfulness. Yes, Beloved, most closely have the silent watchers of your progress looked for the signs that you were ready for farther steps in the knowledge of mystic truths. Though some of you have lagged by the wayside and some have murmured at the long delay, yet the majority have been able to stand the test. They have lived prayerfully and carefully keeping in mind and practice the living truth of the Success Club Degrees. Because of this the time has come for more

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

definite and practical instruction that you may still farther advance in the understanding and practice of the mystic law of life.

In a series of plain, simple lessons, simple as to form, yet profound as to contents, you will be shown, O, Beloved, the way of blessedness and peace, for in these are the germ seeds that may blossom into the true flowers of health and happiness and prosperity.

Heed, you faithful, and be steadfast in perseverance, you that are longing for the Great Guidance. There has been woven into the texture of this book that which will vivify whosoever hath wrought truth into the fabric of his daily life. For this he shall be called one of the weavers of the Great Pattern.

He that hath ears to hear, let him hear. *H. V-A.*

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

Dedication

"Cling thou to Me!
Clasp Me with heart and mind! so shalt thou dwell
Surely with Me on high. But if thy thought
Droops from such height; if thou be'st weak to set
Body and soul upon Me constantly,
Despair not! give Me lower service! seek
To read Me, worshipping with steadfast will;
And, if thou canst not worship steadfastly,
Work for Me, toil in works pleasing to Me!
For he that laboreth right for love of Me
Shall finally attain! But, if in this
Thy faint heart fails, bring Me thy failure! find
Refuge in Me! let fruits of labor go,
Renouncing all for Me, with lowliest heart,
So shalt thou come; for, though to know is more
Than diligence, yet worship better is
Than knowing, and renouncing better still.
Near to renunciation—very near—
Dwelleth Eternal Peace."

—Song Celestial.

To
The Members of
The Mystic Success Club
this Book is lovingly
inscribed by
Helen Van-Anderson

Digitized by
INTERNET ARCHIVE
Original from
UNIVERSITY OF CALIFORNIA

Digitized by
INTERNET ARCHIVE

Original from
UNIVERSITY OF CALIFORNIA

THE MYSTIC SCROLL

CHAPTER I

The Necessary Preparation for the Mystic Life, and the True Foundation for Health

"Happy is he that hath the God of Jacob for his help, whose hope is in the Lord his God."

Beloved: You have already started in the mystic life, the beginning of which is trust, and the end, peace. Out of these come all blessings. The Degrees taught you prayers and thoughts for daily and nightly use. Your faith grew and you knew the joy of spiritual sonship and daughtership. The Father became a Friend, a Counselor, a Guide and the Center of the great unseen forces.

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

Into your heart came the sweet whisper, "O, my Beloved, thee I embrace and enfold, thee I hold and bless to the days everlasting." But still you did not see a reason for the joy, nor know why you were kept day after day for thirty days on one Degree.

No more does the child understand the reason for its long lisping and repeating of the words that shall at last become language. The teaching given in the Degrees is necessary through the years, but at first its main value is as training.

He who would be master

Did you not grow as the seed unfolds, as the child grows? Listen, Beloved; know this: he who would be as the strongest must first be as the weakest. He who would be the master, must first be servant. To attain the great faith and splendid courage is to be willing to be nothing in order to become all. Here gleams a golden thread from the Ancient

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

Wisdom. Think over it well and diligently. You are a being on the one side, weak, ignorant, dependent on every wind that blows; on the other side, you are strong, wise, intelligent.

On the other side you are strong, wise intelligent

The first aspect of yourself you know; the second, you but vaguely dream of as a possibility.

On your weak side you are subject to fears, sorrows and grievous troubles of all kinds, but this side is not that which God gave you, for as Timothy says: "God hath not given us the spirit of fear, but of love, and of power, and of a sound mind," and this, Beloved, represents the strong side.

It is God who hath given us love, power and a sound mind. You know this to be true because you have had times of loving, of being powerful, and of using good judgment. You know what it is to be loving, you know that in the loving state everything and everybody

A sound mind

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

is most pleasing in your sight. You see beauty and goodness everywhere. You are trustful, hopeful, kind, just and true.

When you are loving

When you are loving it is easy to do unto others as you would have others do unto you, and you know that with this love there is power; the power that makes it possible to overcome temptations, to be strong, instead of weak; power to undertake tasks and perform them; power to help others to do things that are noble; power to conquer obstacles, to meet difficulties of any kind.

A sound mind goes with all these, and when you think of this wonderful side of your being you can understand something of God's great intentions concerning you. Would He have put the capacity of love into your soul if He had not intended you to love? Would He have given you the marvelous powers that are truly Godlike had He not intended you to

God's great intentions concerning you

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

use them? Would He have given you that wonderful balance wheel called sound common sense if it had not been a part of your privilege to exercise it? You can see now exactly what the training of the Degrees was intended to do for you.

That wonderful balance wheel

In the first you were taught receptivity. This is very important always. It is a child-like state and therefore the first step toward becoming as a little child who can enter into the Kingdom of Heaven. You were given prayers that would make you child-like, that would create within you a consciousness of connection with, and reliance upon, the Heavenly Father. These prayers were not only intended to make you receptive to greater knowledge from higher spheres but to keep your attention fixed with expectancy upon the idea of receiving from God the peace and joy and faith which the Spirit alone can give.

Fixed with expectancy

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

Expectant attitude

This expectation which causes you to turn to the Source of all good is one of the surest means of increasing your faith.

Faith, Beloved, you must have. All things are done through faith. At first it may be but the faith which demands only little things, yet with every answer to the faith that inspires the believing prayer, there is an increase of the faith that is illumined with knowledge.

Faith illumined with knowledge

When, through faith, you have been able to stand in the midst of hard and pressing conditions as the victor, you have a deeper, more trustful, more glorious faith to meet conditions that oppress you in another form.

The experiences of the soul in passing through this world have been fittingly compared to a journey along the highway of life. Now, you know it is not possible to take a journey of any length without passing through valleys, climb-

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

ing mountains, crossing streams, going through the desert. You know it is not possible to take a journey without meeting obstacles of one kind or another and being obliged to face all manner of dangers and emergencies.

Pilgrimage of the soul

It is the same in this pilgrimage of the soul. Through the dark valleys of human experience it must go. From the mountain peaks of grand moral achievement or high and noble self-sacrifice, the soul may look afar upon beauties as well as upon obstacles, yet having gained the mountain top, it finds strength, courage and enthusiasm to descend into the next valley and climb up the next mountain.

Strength to climb the next mountain

In your journey through the experiences of every day, Beloved, you are, therefore, to remember that through all the valleys you need have no fear, for God is ever with you, if you will, and His love is the rod and staff that shall comfort you.

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

The meaning of this valley as applied to the earth, is of a depression in the land, a place of narrow outlook, of shadows. It may be illustrated in your journey as a place, or condition, rather, in which you are hedged about with barriers, in which you may be depressed or afraid or ill, even unto death. How precious then, the comforting words of the singer of that beautiful Psalm beginning: "The Lord is my Shepherd."

The comforting words

Can you not see how inspiring these words are in placing before your mind and within your heart the picture of the true relationship between you and God, your Father?

Do not fail to learn this 23rd Psalm, and keep it within your heart and mind repeating it many times a day, not only that it may make you more trustful and child-like, but that it may recall to your mind the great and mighty truth that you are not in this world alone, but that

More trustful and child-like

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

you have a Guide Who accompanies you on every day's journey, Who leads you into the fields of refreshment where there are cool, crystal waters, Who restores your soul when it is weary, Who leads you into the paths of peace.

Develops your spiritual qualities by using them

All this helps you to realize the strong side of your being, the God-side, which is love, power and a sound mind. Even as a child develops strength in its physical body by using its body, so you, Beloved, develop your spiritual side by using the qualities belonging to that side.

Make a place in your heart

When you make a place in your heart for love there will be no room for fear, for perfect love casteth out fear. The exercises which you have been given for daily practice cultivate this spiritual side and cause it to grow into the fulness of the stature of Christ, the Pattern.

The right beginning

It matters not how long it may take for the perfected work, it is necessary to make the right beginning. Day by day,

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

Beloved, you are to grow strong in the faith and practice of the love life. You are to have that supreme trust in the goodness of God which will enable you at all times to be filled with the peace of God.

At all times filled with peace

Let go of your fears,—your fears of poverty. Why should you be afraid that you will be left without anything? Why should you be afraid that anything can happen to *you,* the child of God! It is only when you are living on the dark or weak side of your nature, Beloved, that you can have fears.

Whenever you find yourself afraid of anything, stop, and say, even aloud:

Freedom from fear

HOW CAN I BE AFRAID? HAS NOT GOD, MY FATHER, GIVEN ME THE SPIRIT OF LOVE? NO, I WILL NOT BE AFRAID OF ANYTHING. FROM THIS MOMENT I SEE MYSELF AS A NEW CREATURE BECAUSE I AM DETERMINED TO SHOW FORTH THE LOVE AND POWER AND SOUND MIND THAT GOD GAVE ME IN THE

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

BEGINNING AND INTENDED THAT I SHOULD INCREASE BY USING. NOT ONLY WILL I CAST OUT FEAR OF ALL THINGS, OF ALL CONDITIONS, BUT I WILL SEE IN ALL THINGS THAT WHICH IS GOOD. THE LOVE IN ME SHALL BE LIKE A WHITE LIGHT, SHINING INTO THE DARKNESS OF POVERTY, OF SICKNESS, OF ANGER OR STRIFE, AND IT SHALL MELT AWAY ALL THAT IS EVIL.

Every day and every hour

If you will say this, Beloved, every day and every hour, if necessary, you will find yourself growing strong and healthy and trustful. It is the speaking of words concerning your God-nature that will enable your God-nature to conquer the lower or human nature.

Paul called this the putting off of the old man with his former conversation and deeds. Jesus called it the denying of self, and among the great Masters who have given us pearls of truth, it is said, the "sword of the wisdom of soul which shall cleave asunder the ignorance

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

and doubt'' shall be made to come and dwell in your heart if you are faithful in your practice of forgetting the self.

This is the real foundation for health, for until the mind is calm and the heart free from fears, there can be no real or abiding health.

Your spirit is always perfect

It is the spirit which is God's child, and you are His child. As spirit you are not sick and cannot suffer from any sickness or imperfection. God is your health because His spirit is your spirit, His health is your health. To live the Godly life is to establish health. No matter what your body may show forth, your spirit is always perfect, always whole and sound. To know this with that faith which is absolute and cannot be shaken is to be able to lay hold upon the mighty promises.

To live the Godly life

Take your Bible, Beloved, and look up every reference to health. You will find there are many, and each one will teach

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

you the truth of the spirit and the power and the love of God. Many grievous diseases have been helped by these words: "*Bless the Lord, O my soul, and forget not all His benefits Who forgiveth all thine iniquities; Who healeth all thy diseases.*"

Your iniquities can be forgiven when you know you are His child, and begin to live *as His child.* Your diseases can be healed when you begin to know that you are spirit, and live in the consciousness of spirit, for through the Spirit of God your body may be healed of its diseases.

Live in the consciousness of Spirit

Let the same mind be in you that was in Jesus Christ. This is the corner stone of Health, Happiness and Prosperity.



Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

CHAPTER II

The Unseen Forces

"Thou art ruler of the world, O man; thou hast many under thee."

Even from the moment that you came into the world an innocent little child, Beloved, you were surrounded and accompanied in all your experiences by great unseen forces that attend the soul. The soul itself gives them power to act for good or evil, so when you were only a child, you were, through your power of choice, developing forces within which would help or hinder you to become a good, holy man or woman. When you were old enough to choose between right and wrong, every time you made a right choice these forces in your soul were strong and more able to help you. Every time you yielded to a

The soul itself gives them power

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

temptation they became weak and more in accord with your own weak will. If you were conscientious, always trying to do right, the forces became like guardian angels, watching over you, whispering to you, and in many unseen ways helping you to do the right, thus leading you into the path of light, which is knowledge of truth.

Guardian angels

But if you were weak in your will to do right, swayed hither and thither by any passing impulse or outward influence, the forces followed your own weak will and led you into confusion and darkness.

By this you will see how important it is, even from babyhood, to know and love the right, to have a high moral standard and aim for right conduct, and to be moved by right and pure motives. It is often because of your weakness of will to do right and to look for that which is beautiful and just and holy that you

Aim for right conduct

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

have yielded to the guidance of your weak side and have, therefore, misdirected these wonderful indwelling powers that are as much a part of your equipment for life in this world as the members of your body—your hands, your feet, your eyes, etc.

Your equipment of indwelling powers

There is another thing that I want you to understand in regard to the unseen forces. THERE ARE FORCES OUTSIDE AS WELL AS WITHIN THE SOUL, AND THE KIND AND QUALITY THAT ARE WITHIN ATTRACT THE KIND AND QUALITY THAT ARE WITHOUT. For example: if, through an earnest desire to do right you have cultivated the forces for good in your own soul you will attract the forces for good that are in the great unseen or psychic world, for just as surely as the soul develops a strong will, either for good or evil, it attracts forces that are strong either for good or evil.

These forces either within or without

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

may be forces of intelligence, of love and good will, or forces of ignorance and ill will, for you must remember, Beloved, that man should have dominion over everything in creation that is lower than himself, because God intended that man or the spirit in man should be the most intelligent, the most powerful, and therefore the master of that which is less intelligent, less powerful than himself.

Should have dominion

In the last chapter I made it plain to you that your real self is spirit. If you will begin to realize that the Spirit is the I, and that it is of the essence and nature of God, you will see how it is that when you begin to acknowledge God in all your ways as the Father and the Giver of all good gifts, you develop the forces which become your guardian angels and unseen helpers. This is true concerning the forces within you and also those without.

You develop the forces which become your unseen helpers

Through your own will and power of

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

choice, by calling upon God and feeling the presence of God within you, you may give the glory and the power of everything you do to this indwelling Presence. You prepare to enter and possess the land which God intended you to possess and use.

The Promised Land

Do you wonder what this land is? It is your earth nature, which must be cultivated until it can bring forth the seed and the harvest according to the will of the spirit, who is the true master. How much this means to you! From the time you were a child you longed for happiness. You longed to be understood, you longed to be able to overcome every evil condition that was a disadvantage or an obstacle. Is it not true, indeed, that at any time of your life, if the question had been put to you as to whether you wanted to bring forth the best or the worst, you would have answered, "*The best, always; I want to*

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

bring forth the best in everything; I want to be the best that I can be." But though this was your wish, many times you were discouraged, and often felt the uselessness of even trying.

Discouragements made it harder for you to press on

If you will study this lesson very carefully you will see why your discouragements made it harder for you to press on. You will see why, when you did your best, with every victory you were given more faith and strength for further victories.

The most important message

When you began the study of the Degrees, the one important thing that was given you from first to last in all the teachings of the Degrees and the messages was this; God, the Father, who is both Father and Mother, is also your Friend. Speak to Him often, think of Him, praise Him, put yourself under His guidance, trust in Him, rejoice that He has given you Himself, and do your very best to be worthy of His guidance. This

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

is the corner stone of the Degree teachings, is it not?

When you began to write in your reports as to your experience day by day, you were asked if you had felt the unseen forces. Now you understand why you were asked that question. If you had been faithful in your Degree work, fervent and constant in your prayerful living, yearning always to keep close to things which were true and holy and of God, it could not be otherwise than that sooner or later you would feel the unseen forces, catch the comforting, inspiring whisperings of the blessed messengers of light who came to you as ministering helpers because you were faithful in acknowledging and praising God.

An old legend

There is an old legend in the Talmud about Solomon; it is this; he was so powerful that whenever he spoke and desired anything, immediately everything in the Universe sprang to do his

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

bidding; all the forces and powers in all the realms above or below responded to the word of the wise man. Now while this is but a legend there is a really wonderful truth underlying it. The word of the wise is the word of God. The wise soul knows God and knows that whatever power he has is of God. He recognizes the supremacy of God, and that there is not one thing, place, space or condition in the whole universe that is not filled with the power of God. Knowing this, His word is the utterance of the law, and it becomes a creative word, a quickening power to bring forth, to stir into activity, everything visible or invisible.

The word of the wise

To become wise you must speak the word of truth. It is that which is true of God the Father and you His child. God is the most high and only Power which is above all other powers. You, His child, receive from Him His life and

Words of truth quicken your mind and heart

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

power, His love and intelligence. Yes, every attribute which belongs to Him as the Father is in some degree manifest or *to be* manifested in you, His child.

Because they are words of truth

Therefore when you begin to speak words which acknowledge Him as the power, because they are words of truth, they quicken your mind and heart, every thing within you, so that you know the truth, and thus become wise and powerful.

Paul said: "Let every soul be subject unto the higher powers, for there is no power but of God." Jesus said: "If ye continue in my word . . . ye shall know the truth, and the truth shall make you free."—John viii, 31-32. Why? Because when you are wise you are free; you know the law. But He did not mean speaking the word with your lips only, He meant living as well as speaking.

Living as well as speaking

Take these two words: *God's love.* Think about them. What do they mean?

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

The most high, holy, unselfish, far-reaching, impartial, perfect love is of God, yes, *is* God. Is it not? Keep on saying just those two words: *God's love, God's love, God's love,* until you really feel that you begin to understand the kind of love this is. After you have spent a few days saying these words for ten or fifteen minutes at a time, then thinking silently *"God's love,"* begin to say, *"My love is like God's, my love is like God's."* Say it many times, then think about it, see what it means, see if it is true. If it is not true, try to make it true.

Until you feel that you begin to understand

This can only be done by living the love that is just like God's. That is by feeling and acting God's love.

If you will be faithful to this for even one week so that you can honestly say you do it with all your heart, just as earnestly and faithfully as possible, you will find a miracle wrought in

A miracle wrought

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

your life. You will begin to feel the unseen forces within your soul quickening into activity and power.

You will know this by the changes that come to you, for these are the evidences of the activity of the unseen forces. You will have new and precious experiences in meeting people, in having new conditions in your life, in the opportunities opening before you.

New and precious experiences

Your words will have a new power because they will be words of the wise one, the one who is open to know the truth concerning God and God's nature. These words: *"God's love"* and *"my love is like God's,"* will put you in touch through all these wondrous messengers —the unseen forces—with great souls and wise, who will become your invisible helpers and teachers, for just as soon as you begin to understand and love according to the love of God, your soul will be linked with all souls who are on that

In touch with great souls

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

high, pure, holy plane of knowledge and power.

There is no greater and no simpler training

There is no greater and no simpler training that I can give you, Beloved, than I have given you in these words concerning love. To say them and live them will bring you to a conscious knowledge of the unseen forces and to a close and holy communion with God, the Heavenly Father, who is around, about, within, and above, and in Whom we live and move and have our being.



Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

CHAPTER III

Your Senses and Their Planes of Activity

"The beginning of all real knowledge is the knowledge of self."

As you become conscious of the unseen forces you realize new powers of the senses. You are able to hear inwardly and see and feel. The summing up of this quickening of the senses is sometimes called clairsentience. It indicates that you are able to function on some other than the purely material plane. The intermediary or psychic plane is that which connects you with the forces that are without and which I spoke of in the last chapter as being good or evil, according to the polarity of your own soul. By this, Beloved, I mean according to the tendency of your soul toward the good or evil. For you must know that in

Like attracts like

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

the psychic as in the material realm like attracts like and what is strongly predominant within you finds its counterpart without.

On the physical plane your body is related to the earth, your eye to the objects which it sees, your ear to the sounds which it hears. On the psychic, or intermediate plane, the senses find a corresponding realm in which they may be used just as definitely and advantageously as on the physical. This gives you a glimpse of the law by which you can, when you are sufficiently developed, see, hear, and know other planes than the physical.

The senses find a corresponding realm

I have already told you that your recognition of God's love and your effort to live the loving life will put you in touch with the great wise forces and intelligences which are always eager and ready to help you.

Wise forces always eager to help you

This does not necessarily mean beings

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

who have lived and passed out of earth life, nor does it necessarily mean angels or beings who have never been in the earth life, though under some circumstances, it may mean either of these. It may be that you are so strongly intent in your aspiration for truth or knowledge that you will attract to yourself the love and service of a teacher who lives in some other part of the world, but who through his wonderful faculties of seeing, hearing and knowing in the middle realm is able to know you and your actions, no matter how much space intervenes between your bodies. Though you may never have met him or have heard of his existence, though to you he may be entirely undreamed of, yet in this way you may be his pupil and the special object of his guardianship. He is able to teach you in your sleep, to impress you with his suggestions for guidance and help. He is what is called an adept, or

Will attract to yourself

The special object of his guardianship

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

All his forces and faculties

master, or elder Brother and he is such because he has so long and so faithfully consecrated his soul to the love of God and his brothers that all his forces and faculties are attuned to the one grand note of Love, which in him finds fitting expression in the complete and perfect ministry of Love.

Finds expression in Love's ministry

To be great enough and good enough to attract such a teacher is worth all your efforts, is it not? And yet, Beloved, be not discouraged nor disheartened even though you may have no hint in any outer or even inner sense that you are so honored. Be assured of this: as you grow strong in the development and power of your higher forces you will be able to attract your own from those without.

What is it that will put you in touch with the true adept?

And what is it that will put you in touch with the true adept?

It is your sincerity, your faithfulness, your humility. These are the qualities

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

that will make you as a shining star in the midnight of earthly conditions. You will not only be ministered unto by the sweet whisperings of the Holy Spirit in your own soul, you will not only be favored by the fair wind of opportunity, and led into the green pastures of refreshment and beauty, but you will attract to yourself your own special human teacher or Guru as he is named by our Hindu Brethren. The time may come after years of holy living and earnest seeking after the Truth on your part, that you will see him, and it may never come. He may consider it expedient that you *never* see his face or know him, yet often in your moments of trial or of discouragement he may be very near to you and breathe upon your heart something of that divine peace in which he himself is enshrined. Or he may bring in to your life lovely friends who will advise and comfort you, and who uncon-

Attract your own teacher

Lovely friends who will advise and comfort you

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

sciously may be his messengers to you.

As you go on putting more and more of your own loving quality and consciousness of God's love into your life you will grow near, very near to the conscious presence of the *Great Teacher, the Christ,* and as you yearn earnestly to become attuned, both within and without, to this glorious pattern you will find a real communion possible.

Near to the Great Teacher

The signs by which you know this are all in the intermediate or psychic realm. There are many signs some of which Paul describes in the second chapter of Acts. He says: "*And suddenly there came a sound from Heaven as of a rushing mighty wind and it filled all of the house where they were sitting and there appeared unto them cloven tongues like as of fire and it sat upon each of them and they were all filled with the Holy Ghost and began to speak with other tongues as the Spirit gave them utter-*

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

ance." And in another place Paul had a vision and he saw a man "*whether in the flesh or out of it he could not tell.*" These and many other examples are given in the scriptures of this psychic plane, on which the senses are active when the soul is developed to that point.

Key to an understanding of many things

By all this you will perceive, Beloved, the key to an understanding of many things that without it would seem mysterious and wonderful. This is the explanation of mediumship and communication with the spirit world. Study carefully the lesson on unseen forces wherein we have said and will repeat again, "IF YOU ARE WEAK IN YOUR WILL TO DO RIGHT, SWAYED HITHER AND THITHER BY ANY PASSING IMPULSE OR OUTWARD INFLUENCE THE FORCES YOU ATTRACT WILL LEAD YOU INTO CONFUSION AND DARKNESS."

The attitude of your own will attracts good or evil

These forces may be weak, ignorant and deceiving spirits. Beware of them. Strive in every way to let your mind be

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

as a temple for the purest and holiest thoughts, motives and emotions. If you have, through your ignorance of the law, been weak and vacillating and have attracted to yourself forces of this quality, cut yourself from their influence *now and forever*. The only remedy for darkness is light. A safeguard from the wild beasts of the jungle is light. In the same way you will find that the remedy for your moral weakness is the Light of wisdom; a deliverance from vicious and evil forces is insured only by the strong, active presence of spiritual virtues. I wish to emphasize the danger of lingering in the state of indifference or foolish fear, for just as surely as you, Beloved, give yourself up to either of these your mind will be clouded and your heart benumbed because of these encroaching influences which assail you from within and without.

The only remedy for darkness is light

Active presence of spiritual virtues

I would have you free from any-

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

Free from everything which can hinder you

thing and everything which can make you afraid, which can hinder your spiritual progress. Out with your fears! Conquer every habit of sloth or indifference or doubt or fear.

Fill your heart with Love and your mind with loving words.

Consecrate your senses to right uses both on the physical and psychical planes.

Let your will as well as your motive be the guide.

Desire to know and appreciate only the beautiful, the true and the good.

Let your sense of sight see the beauty that is everywhere about in the physical world.

Let your sense of hearing discriminate sounds of harmony and loveliness and become responsive to them only.

In the same way cultivate the sense of feeling, tasting and smelling. If you are able to do this on the physical plane,

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

when the time comes for the use of your sense on the psychical plane, you will be able to discriminate there equally as wisely and well.

Read every sentence of this lesson over and over until you are able to apply the law and thus interpret your own experience. You will see that the remedy for all evils lies within yourself and that in the inner as well as the outer world *light is the master of darkness.*

Until you are able to apply the law

Let your light shine. Let every faculty and force of your being be turned to the good. Be positive in your will as to what you want, and you will more quickly and truly attract it. If you have had dark and unpleasant experiences through forces or influences which are within you or without, take a resolute stand and declare yourself *free.* You can easily do this when you realize the presence of the great white Light within you shining even in the midst of your

Take a resolute stand

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

darkness. This radiates from your real self, the spirit which is the child of God.

Let its warmth fill your heart and its light your life. Live in the continuous consciousness of Divine Love. Open every avenue of your being so that it may flow forth from you in your thoughts and in your words and in your actions.

Open every avenue

These same avenues which permit it to go forth to the world to bless the world, will also open to like qualities which will return through them to bless you. The help which you thus receive from everything in nature, the sun, the stars, the whole grand universe is incalculable. And sweetest thought of all, the stream of Love that flows through your heart and out into the world is increased and deepened by the many streams of consciousness which flow into it from the great wise loving souls, who like you, are thus through love and loving deeds

The stream of Love

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

glorifying the Father by ministering to His children.

The pathway from earth to heaven is made by the white light of Love. The deliverance from sin, sickness, poverty and death is through the power of Love.

The pathway from earth to heaven

When you become Love's minister you also become the receiver of Love's gifts. The riches and beauty and glory of God's kingdom are poured into your lap. No good thing is withheld from you because you have taken your place as master. You may be as a polar star to many of Life's mariners.

You may be as a polar star

Shine, Beloved, with this wondrous Light that was never on land or sea, yet which lights all worlds through time and eternity.



Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

CHAPTER IV

The Law of Vibration and the Secret of Clairvoyance

"Each being or condition in nature denotes a certain state of vibration."

The body is like a wonderful instrument, capable of responding to every wind of force that may blow upon it, and there are many. These winds of force are called vibrations. In the material realm it is well known that sound is conveyed to the ear by vibrations or waves in the atmosphere.

Light, the wonder worker and illuminator of the whole world, travels upon the finer ether at the rate of 186,000 miles per second; its waves or vibrations reaching the earth atmosphere and the retina of the human eye are immediately translated into what we call light. It is

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

The marvelous sensibility of mind and body

because of this marvelous sensibility of the mind and body, that we are able to make use of the senses and appropriate the information which they are continually reporting.

You are so familiar with the process of seeing, hearing and tasting on the material plane, that it seems very ordinary and commonplace to say that you are able to see or hear sights and sounds immediately around you.

They see, hear, taste or feel in an extraordinary way

There are people and perhaps you may be among them who frequently see, hear, taste, or feel in what seems an extraordinary way. They report the seeing of places, persons or conditions that are not apparent at all, even to the person who sits in the same room. They frequently tell you of events that are taking place at a great distance or they may speak of hearing strange voices in conversation between invisible persons.

The faculty of seeing in this unusual

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

manner is called clairvoyance, of hearing, clairaudience.

These faculties seem marvelous and greatly to be desired, as they very frequently may be of great use to the one possessing them, yet the ability to see and hear in this way, depends wholly upon the sensitive organization and condition of the transmitting instrument, mind and body, consequent upon their responsiveness to the finer ether. In order that you may better understand the process of what I have termed the winds of force or vibrations, and their cause, you must know something of the different conditions prevailing in the material world, all of which are explained according to the law of vibration.

The ability to see and hear in this way

All are explained according to the law of vibration

The body as it appears to your eye is solid and yet it is composed of minute particles or atoms which in their finest analysis can be reduced to what Farraday called spherules of force. As it is

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

with the body so it is with every material thing or object. It appears solid yet in reality there is no solidity about it. The appearance of solidity is caused by the rapid vibration or motion which is continually going on in the ether inherent in these spherules of force.

All changes brought about by the forces continually in motion in the ocean of ether

This accounts for the different appearances in form, also in all changes which take place under your observation; for instance, the converting of steam into water and water into ice. The formation of snow crystals and their disappearance in the vibration of heat, the converting of food into flesh and blood.

All changes, no matter of what kind or into what condition, are brought about by the great force and forces which are in continual motion in the ocean of invisible ether.

The Great Force which includes all forces

It was according to this law that the Great Force which includes all forces,

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

and a name for another aspect of which, is the Supreme Intelligence or God, created the world and all that it contains. He thought of the world, and His thinking produced motion in the vast body of ether which in the Bible language is called "the face of the deep." This vibration finally resulted in the materialization of His thoughts, and it was called creation. Take your Bible and read the first chapter of Genesis and from the second to the ninth verses of the second chapter, and you will have the story and process of creation.

This vibration resulted in creation

This process is going on continually. Every time you put a seed into the ground you put it into the condition whereby it will be moved upon by the vibrations of creative force until its physical condition is completely changed. It even goes through what seems to be a process of death which precedes the new life.

The process of creation going on continually

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

The law that holds the stars in their courses, that causes the life of the seed to manifest in stalk, blossom and fruit, that brings forth the harvest, that weaves for the earth all her beautiful garments, is the same law that creates, preserves and maintains the body. Its origin is the great Mind of God, its process, the unceasing and multitudinous forms of motion, its effects, the universe and all that it contains.

The same law that creates, preserves and maintains the body

In the same way that God created and peopled the world, and according to the same law, *you* are to create and people *your* world. God has delegated to you the power of thinking, He has provided the plastic material upon which your thoughts are to act, and by which you are enabled to change conditions. This is the luminous ether. Your thinking power is not separate from His, indeed, it *is* God's own power, God's own Intelligence which you use in every thought,

You are to create and people your world

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

in every action. You may pervert the Power, you may misapprehend or misuse the Intelligence, yet within you always is the *creative activity.*

Vibrations which make for beauty or ugliness

You cannot think a thought of any kind without sending forth vibrations of creative force which make for beauty or ugliness according to the quality of your own conception, for just as God conceived a perfect idea of a perfect world, and perfect beings, thereby causing them to appear, so you conceive the idea of either perfect or imperfect objects or conditions according to your knowledge, and *your creation becomes visible.*

Every time you think you are sending forth a vibration

Your mental world consists of your thought forms, your memories, your imaginations, your plans, your thought images of love, kindness, friendliness, helpfulness, or of their opposites, hatred, anger, fear, etc.

Remember the law. Beloved, every

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

time *you think,* you are sending forth a vibration that will reach other minds and will create the image of what you are thinking about.

The psychic or intermediate realm of which I spoke in the last chapter is filled with the mental pictures of what people have thought, what they have done, what they *are* thinking and doing. It is the ability to see into this mental and psychic world, which is clairvoyance. If you were born with a sensitive bodily organization you have probably had already the experience of looking into this world of mental forms.

Filled with mental pictures

This means that your organ of sight, the delicate nerve center in the brain as well as the physical eye is so ready to respond to the vibrations in the mental and psychic realm, that a communication is established and waves of ether communicate through the eye, a picture of the conditions you see.

A communication is established

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

You may look upon what has already transpired, but which is there and always will be in this intermediate realm. You may see with this faculty of clairvoyance what will happen in the future; this means merely that you are able to look into the world of cause and see the prophetic picture, just as you look out at the sky at the threatening clouds and predict a storm. There is nothing supernatural or extraordinary about this faculty. It merely signifies that your eye is able to respond to the vibration of the ether which is identical with that of the object which you see.

Able to look into the world of cause and see the prophetic picture

This is the explanation of thought transference, as when you find yourself able to know the thoughts that are in the mind of another person even though that person may be hundreds of miles away from you. When there is a perfect affinity or *rapport* between two persons they are like the transmitter and receiver of the telegraph instrument.

Able to know the thoughts which are in the mind of another person

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

This is even more plainly illustrated by wireless telegraphy which permits communication without any visible or material means for carrying the message from the sender to the receiver.

Positive and definite communication possible under right conditions

So there may be no visible means of communication between you and the person to whom you may send your thought or from whom you may receive a thought. Positive and definite communication *is possible* because your minds respond to the same vibration, and your thoughts are communicated on the connecting current in the ether.

You will see from all this exactly why you must be *so true* to your highest conceptions of life, so just, so honest, so loving in all your thoughts and motives that you will *send forth vibrations that will create corresponding conditions in your body and your world.*

Every word in this lesson of the greatest importance

Every word in this lesson is of the greatest importance. You must not let

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

one sentence or paragraph go, until you have thoroughly studied and can understand it. Paul said, "*The kingdom of God is righteousness, peace, and joy in the Holy Spirit.*"

The result of harmonious consciousness

What can be said that will make this great subject plainer?

You now know that it lies within your power to unite yourself with influences and conditions of goodness, truth and beauty, or the opposite.

"*By thy thought thou shalt be justified or condemned,*" said Jesus, which was only another way of saying, IF YOU THINK GOOD PURE THOUGHTS YOU WILL BE JUSTIFIED BY THE VERY CONDITIONS IN YOUR BODY AND ITS ENVIRONMENTS. IF YOU THINK THOUGHTS OF EVIL, ANGER OR FEAR, YOU WILL BE CONDEMNED IN YOUR BODY AND ITS CONDITIONS.

The quality and influence of your thought

Moreover, by your thinking you are sending vibrations to the minds of those in the world who are open to the quality

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

and influence of your thoughts, whatever they may be.

You well know how careful you are in the presence of great danger to keep your voice calm and send forth no thought of alarm or fear to your loved ones, who without your caution might be dangerously frightened.

In the same way, knowing that there are so many timid and fearful souls all about you, your constant effort must be to keep your own poise of mind and live constantly as though your were God's representative, His ministering angel.

Necessary to keep your poise of mind

By living in a state of sweet, abiding peace you become as a tower of strength to those who feel your silent influence although they may not know its source. In pursuing your daily journey along the highway of life, have *always* as your *one unceasing aim* that of *becoming as a light set upon a hill,* shining afar into the darkness, that those who are lost

Your one unceasing aim

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

and afraid, may find their way safely back to the path.

Put you in touch with the highest vibrations

This holy thinking and living will put you in touch with the highest vibrations and you will then naturally and harmoniously develop the faculty of clairvoyance and clairaudience from the very highest plane. You will be able to use them to some good purpose and they will serve you well in helping you to minister to those who are in deep trouble, who may need your good counsel, your timely warning and above all the nameless, penetrating influence that emanates from your consecrated being.

The nameless penetrating influence that emanates from your consecrated being

Do not let your mind wander into the highways of the curious, but be content to live from day to day as the trustful child, dependent for all things upon its loving parent. You cannot make a better beginning for the development of every gift which God has given you, than this simple childlike, trustful living.

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

There is a verse in the Vedas, the Hindu Scriptures, which says: "We meditate on the glory of that Being who has produced this universe. May He enlighten our minds." Beloved, let this be the mantram or prayer that shall guide you into the true knowledge. Take a certain time every evening before you retire and say, "*I meditate upon the glory of the Being who has produced this universe. May He enlighten my mind.*" Say it until you feel in your very heart of hearts that it is *your prayer.*

"One moment of company with the Holy makes a ship to cross this ocean of life."



Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

CHAPTER V

A Lesson in Clairvoyance

"External sensual perceptions are necessary to see sensual things; the internal sensual perceptions see internal things."

If you have a sensitive organization and a child-like mind, you may cultivate this wonderful faculty of clear seeing, and if you proceed in the right way may do so with marked advantage to yourself and to others, but we warn you, Beloved that you ask for no small thing when you ask for the responsibility of seeing persons and things at a distance or of seeing things and conditions that are ordinarily hidden.

You ask for no small thing

It is a responsibility in which the possession of any power places an individual and much, yes, *everything,* depends upon the honor with which you use it, as

Right or wrong use involves great consequences

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

the right or wrong use involves great consequences to you as well as to those who are concerned with you.

The good you can do is immeasurable

The good that you can do with this gift is immeasurable, because with it you may be able in many cases to know conditions about your friends which are very important for them to understand, and which with your advice may be wisely dealt with. On the psychic or what is sometimes called the astral or the ethereal plane, clairvoyance enables you to perceive the presence of departed friends, or troubled souls who may need a word of comfort or instruction to free them from earth conditions or attachments. This is the kind of work which Jesus called the ministry to the "spirits in prison." On the still more interior and exalted plane where the vibrations are the result of spiritual consciousness, clairvoyance reveals the work, life, and

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

powers of the soul, and is that marvelous faculty of seership which knows both past and future, which perceives and defines spiritual ideas, and which enables him who possesses it, to attain to the superconsciousness of Spirit and to say on every plane of his being, *"I know."*

Faculty of seership

It is to this last and higher plane, Beloved, you should aspire, for once able to look from the heights of spiritual consciousness you will perceive that all beneath, that which is on the lower planes of consciousness, is illumined from this Light above.

The highest only will serve you on all planes

I repeat again and with great emphasis *aim for the highest.* The highest only will serve you on all planes, and enable you to interpret the many mysteries which would otherwise confuse and entangle you.

Many of you who read these pages are already developing this wonderful gift,

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

but you do not know exactly how to interpret your experiences or how to learn from them. In this lesson I will give you a few, simple directions which will be most valuable in helping you to develop in the right way, but remember *at all times* that God your Father is watching you, and gives you strength and knowledge, *moment by moment* if you will turn to Him with the childlike faith that makes you able to receive His care.

A few simple directions

With a pure heart then, set aside a few weeks if you wish, for the development of clairvoyance. Be whole-hearted and sincere. Be careful and prayerful. For that time at least, that you decide to give yourself to this training, make all interests, aims and occupations secondary.

First essentials for clairvoyant training

I do not mean by this, to be any less faithful to your regular duties, but make this so important that no caller, no book, no amusement or trivial

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

circumstance will cause you to deviate from your regular and systematic practice of the directions given.

A healthy body the first consideration

See that all conditions are as favorable as possible. A healthy body, at least, one free from nervous disease, should be of the first consideration. Never undertake any training of this kind if you are nervously exhausted or out of tune.

GENERAL RULES.

What to avoid

Eat simple wholesome food, eat no meat, greasy food or rich pastries. Avoid all stimulants, tobacco, etc., and even refrain from tea and coffee, unless VERY WEAK. Take the magnetic bath morning and night, THINK AND LIVE IN CHASTITY. Do not mingle in social gatherings, do not speak of your being in training for clairvoyance, and do not tell your experiences to any one. Do not argue on any subject. Avoid mental inharmony of all kinds. Do not give way

Avoid mental inharmony of all kinds

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

to extremes of emotion such as anger, fear, worry, grief or disappointment.

This is *particularly important,* because *every emotion or intense thought* connects you with the thought currents made up of all similar thoughts emanating from people everywhere, both in and out of the body. For example, if you indulge in grief you are putting yourself *en rapport* with all other grieving souls.

Connects you with thought currents

This devitalizes and demagnetizes you.

You are thus thrown off your balance and at the mercy of *any influence* stronger than you are. It is as though you have fallen into a swift flowing thought-river in which the current bears you away from yourself until you lose the power of self-control and are borne down under the waters, allowing the current to take you where it will. This means that not only does your negative mood make you subject to all sorts of

Be master of your thoughts and you will keep your balance

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

adverse influences, but empowers you to bring others into the same helpless state.

Avoid extremes of emotion

The vital importance of this knowledge cannot be overestimated. This is why I say avoid extremes of emotion. Equally potent is the injunction, do not begin, unless you intend to go on with this training, at least for the time you have decided upon.

It takes a sensitive mind and body in order to become a clairvoyant.

Most clairvoyants without training are *negative* in their sensitiveness; with the training they may become *positive* in their sensitiveness. To do a little of the training and that half-heartedly might make you sensitive without making you positive. This is why you must follow directions not only as to your exercises, but as to thinking and feeling in order to keep yourself keyed to the purest tone in your keyboard of Being.

Keep yourself keyed to the purest tone in your keyboard of Being

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

BE PRAYERFUL. LIVE CLOSE TO GOD and WITH GOD ASKING HIM TO GUIDE and to protect you *every step of the way.* All this will put you into attune with Him and His work, and you will cause a response that will echo back from the universal atmosphere the sweet tones and qualities that you send forth. In this way you make quality in your vibrations and this determines the quality of the vibrations with which you come in touch, the quality of what you see and know. If you love truth and speak truth you will perceive true relations and exact facts through your clairvoyant faculty. What you see can be relied upon, generally speaking, because *nothing false* will *make connection with your consciousness.*

Will put you into attune with Him

When you are true nothing false will make connection with your consciousness

On the same principle, the person who has the taste for liquor might pass by a dozen saloons a day, yet have no temptation to enter, having nothing

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

within him correspondent to the character of which the saloon is an emblem. Nothing of its quality adheres to his consciousness or finds affinity with his thought. Consider a moment what makes real friendship and you will better understand the law of attraction which enables you to become the magnet which will draw your quality of knowledge. Now we are ready for more specific directions which should be practiced regularly every day.

Consider the law of attraction

Rise early so that you will have no sense of hurry. The first waking thought should be devotional. Praise is like a bugle call to the best in your character and intention and will make your mind a focusing center for the purest quality of thoughts. Praise God for your blessings, your life, your gifts and your opportunities.

Praise is like a bugle call to the best in your character

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

THE MAGNETIC BATH.

A quick cold bath is best, though you may have the water tepid if preferred. When all is ready, stand perfectly nude, letting the air and if possible the morning sunlight strike your body. Raise your arms above your head stretching them as far up as you can, with arms and fingers stiff. The breath having been slowly inhaled with the raising of the arms, hold a few seconds while still stretching, then exhale, letting the hands fall to the side.

Repeat five times. After the last drop of the hands, rub together briskly, put them in the water and then apply to the body. Do not use a cloth, brush or towel, but the hands only, which, being *charged with magnetism* completely vivify the whole body. The application of water and the vigorous rubbing until dry with the naked hands gives a magnetic bath which not only tones up the whole sys-

Natural magnetism is a healing, restorative force

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

tem at the time, but in many cases when continuously used cures most obstinate forms of disease.

This magnetic bath may be taken at night before retiring without the water. It must be taken quickly, the whole process not taking more than five minutes. The rapidity is essential to the taking in and equalizing of the magnetic forces.

Rapidity essential to the taking in and equalizing of the magnetic forces

After the bath, and while you are dressing, audibly repeat these words which give direction and balance to the mind. *"I am in the center of the Life which is perfect and the Intelligence which knows all things. I desire to use all my powers for the glory of God and the benefit of mankind. With this motive I wish to be taught, trained and directed in the use of the faculty of clairvoyance."*

For the glory of God and the benefit of mankind

You will quickly learn this, and during the making of your toilet, be able to

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

repeat it many times. You will see to it that there is a free circulation of air in the room; it would be well for a few moments, to open the windows and let the wind sweep through thoroughly. When all is ready, sit down in a chair facing the east holding your spine erect so that it does not touch the chair. Take several long deep breaths, then either mentally or audibly send forth a thought of love and blessing to all the world, directing it to the east, south, west and north. You will now have put your body, mind and soul into harmony with the universe. Your next step is the definite exercise of your perceptive faculties.

Open the windows and let the wind sweep through

Send forth love and blessing

Body, Mind and Soul in harmony with the universe

Take some small object and place it within a range of five or six feet of your eyes; a glass paper weight or a glass of water is good. Look at it steadily for a few moments, perhaps five, then close your eyes and see it mentally. Do not see anything else and continue looking

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

mentally at this same object for ten minutes.

You may find it difficult at first, but never mind; every time the mind wanders, bring it back and compel it to see the object. Put your undivided will, effort, and attention upon this mental object. When your ten minutes are up your special work is over for the morning. Practice this every day at the same hour, making each sitting a little longer, but never sitting more than twenty minutes.

Your undivided will, effort and attention

Be regular in your time of practice. This is very important. During the day often repeat the visualizing or the recall of the object to your mental view. This will assist the memory, also develop your capacity to concentrate. At night about twilight, if possible go to your room, put yourself in the quiet state and repeat the words of the morning. "*I am in the center, etc.*" Then sit in concen-

Regularity is very important

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

tration as in the morning seeing the one object. After a day or two you can take another object if you wish, but not until you can call up the first object with great distinctness whenever you desire to do so.

Not until you can call up the object with great distinctness

This training is *invaluable* in the *arousing* and developing, not only of your *perceptive powers,* but as a cultivation of accuracy which is absolutely essential in the use of clairvoyance. It is the vague, disconnected, partial view of things which makes untrained clairvoyance so unreliable.

Accuracy in character makes accuracy in vision

AIM FOR DEFINITENESS AND CLEARNESS AS WELL AS QUALITY.

This is your first point of achievement, that you be able to see an object so clearly that you can perfectly reproduce it in your mental vision. This is the beginning of the clear seeing of later development. As the child must be first trained in the recognition of letters and

Perfectly reproduce it in your mental vision

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

words before he can connect them into sentences, so must you be trained in the faculty of seeing on the psychic plane before you can make connected or intelligent interpretation.

You must be trained in the faculty of seeing

In the development of the expression of any gift, method is indispensable, and practice imperative. *Be patient, persevering and faithful.*

Purity of Thought, Motive and Purpose essential to successful clairvoyance

At the end of a week, still continuing the general and specific rules, instead of focusing your attention upon an object in your immediate presence you may enter into a revery which recalls events. This of course, after you have taken your bath, treatment, etc. To mentally recall events, go back in memory and picture forth with every detail outlined, some scene of the past with its attendant persons, surroundings, etc. Choose an event which at the time of its occurrence was vividly impressed upon your mind. Let it be something pleasant, with

Let it be something pleasant

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

details of a particularly happy nature, and linger upon it, until the whole scene and its connections are brought clearly before your mental vision. Repeat the process of recall at a number of sittings, then take other scenes or persons you have seen. Practise the recall frequently through the day. Insist upon *seeing every detail with perfect accuracy.*

Practice frequently

During your sittings you may see flashes of color or stars or symbols of various kinds. This indicates that you are becoming attuned to the etheric vibrations which enable you to see on the psychic plane.

This indicates you are becoming attuned to etheric vibrations

If you have a friend in perfect sympathy with you, try at times to see what he is doing at a stated time, and let him report the fact that would corroborate or refute your experience. In all the exercises be firm but relaxed mentally, having no tension in any way, neither being anxious nor impatient.

Be firm but relaxed

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

Continue the twice daily exercises always before a meal, but never immediately after.

After the usual time spent in concentration upon the object or thought, take ten or fifteen minutes for revery with the mind calmly expectant, awaiting experience. After you have learned to center your forces without becoming intense, you will occasionally see glimpses of scenery, persons or objects, often when you are not thinking of it. Do not be discouraged, even if you see no signs. There is a great difference in people. Some, like flowers, bloom more quickly than others.

Center your forces

Do not be discouraged

After a time you may find yourself becoming unusually sensitive to sights, sounds, smells, conditions or persons. This sensitiveness is a phase of your development. So is your perfect mastery of yourself. Be patient.

Sensitiveness a phase of your development

Continue to realize that God is your

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

Teacher, Guide and Protector. Keep always in prayerful communion with Him. Live calmly and happily with your thought and desire intent upon the best. This is your protection.

Intent upon the best

Consecrate yourself daily and hourly that you may be pure in motive, thought and deed. This is the *only basis* on which you should attempt to develop any phases of this remarkable gift of clairvoyance.

This is the only basis

HERE ARE THREE THINGS TO BE REMEMBERED. FIRST, ALWAYS SIT ALONE. SECOND, ALWAYS BELIEVE IN RESULTS. SAY NOTHING OF WHAT YOU ARE DOING, AND NEVER TELL YOUR EXPERIENCES TO UNSYMPATHETIC PERSONS.

More and more as you go on, covet earnestly the best gifts. Ask for that quality in your character which will make you strong and masterful under all circumstances. Use this clear seeing faculty for the discerning of spiritual

Strong and masterful under all circumstances

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

Never use except for the most exalted purposes

truths or for helpful ministry. Never use it except for the most exalted purposes. Woe unto you if you do.

Beloved, especially do I warn you to refrain from very much discerning of spirits. The reason for this is that when a person lays down his garment of flesh he has been called to another world

There to learn lessons and to enter upon other work

there to learn other lessons and to enter upon other work. If through his affections and the yearning of his friends he is called back to earthly conditions, he is thus prevented from entering upon those other opportunities and learning those other lessons to which he has been called.

If you call him back, you do him an injury, in preventing his progress in the other life. Therefore refrain. Be

He is in God's beautiful world there as here

satisfied to know that he is in God's beautiful world there, as he was here, and that all is well with him. Bid him God-speed and heroically adjust your-

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

self to the loss of communication with him, knowing that it is better so, because it is for his good.

Of course, there may be times when you can feel the breath of his presence and perhaps see the beloved form which comes as a sweet reward, for your unselfish renunciation, but let these times come unsought, and let his visit with you be as the coming of the summer dawn, full of peace and blessing. Be ready to always speak the word of comfort or instruction to the spirits in or out of the flesh, and let your aim ever be the *consecrated use of your gift of clairvoyance.*

Speak the word of comfort or instruction



Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

CHAPTER VI

Symbols and Visions and How to Interpret Them

"Forms are symbols of life or thought. Truth is revealed through forms."

When the sense of clairvoyance begins to develop, you will often see peculiar symbols around a person of whom you are thinking, or when you are not thinking of anyone, there may suddenly flash into your mind the picture of a cross or a circle or a beautiful star. These and similar pictures are called symbols. These I have mentioned particularly, are the figures which have been used through all the ages as signifying principles of truth, and the fact of your seeing them is a proof that you are being thus taught concerning truth.

Signifying principles of truth

The circle is a symbol of eternity

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

which has no beginning and no ending, and when seen in this way would naturally signify some phase of that eternal truth in which you are interested. The five-pointed star is a symbol of the natural man in a state of aspiration, although it has many significations.

With the single point upward it also signifies the operation of the good forces, and therefore indicates harmony with the Divine will, but with the two points pointing upward it is inverted good, and so means evil, or darkness.

The cross is a symbol of crucifixion and of victory. It is the crucifixion of the natural, but the victory of the spiritual.

Turn the light of the Spirit upon these symbols

You must always turn the light of the spirit, which is your Divine wisdom, upon these symbols, or whatever symbols you may happen to see, (all pictures are, in a sense, symbols) and endeavor to get their spiritual meaning.

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

For instance, suppose you were in a state of depression, or despondency; you might see a cross. Now if you only read from the dark, or the negative side, you would say that that meant you would have to suffer, that you had something to bear, but if you look for the other side, you will declare that it means a victory. By your word of faith you bring to pass the reality of what you see.

Declare that it means a victory

In the seeing of any symbol you will notice there are two ways of interpretation. If you are able to interpret from the standpoint of principle, rather than personality, you will see the positive good of the symbol, and so get the good out of it. If you can keep in mind at all times that the Holy Spirit, who is to guide you into all truth is teaching you by means of these symbols or pictures, and will ask for the wisdom of the Holy Spirit to interpret them for you, you

Ask for the wisdom of the Holy Spirit

Teaching you by means of these symbols

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

will never need to fear any confusion, or be undecided as to what they mean.

The Infinite Spirit accommodates itself to your human mind

I have already told you that the Spirit accommodates itself to your finite or human mind and teaches you in *exactly the way* that you can best understand. So it may show you pictures.

The interpretation will come with the seeing

If you are living according to the light of the Spirit and believe in the knowledge of the Spirit to guide you, the interpretation will come with the seeing.

She could still see this light

A certain lady who was in deep trouble, but who was very faithful in following what she believed to be this true Guide, in the midst of her perplexity, sat down to ask for help. While she waited, there suddenly appeared before her mental vision a brilliant light, white and glorious. Even when she opened her eyes she could still see this light. Closing them she waited to see what would come next. Presently out of the dark-

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

ness came a white robed figure. As it drew near to her she recognized the face of Jesus. He came close, and looking at her in a reproachful manner, said: "Did I not say unto thee, '*Lo! I am with thee alway.*' "

Lo! I am with thee alway

Then the light and the figure vanished, but her heart was comforted. Was this not a symbol which appeared to her childlike mind to reassure her of the presence and power of the saving Christ? Because she lived so close to God she had the vision. Because she lived so close, she was able to get the interpretation of it. It pleased and comforted her beyond measure. It gave her courage to go on trying to do her full duty and to see the light on all sides.

All things under the guidance of God

Another time a mother, who was living constantly in the faith that all things were under the guidance of God, and who believed very strongly in the spirit that never dies, was put to the

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

test by the sickness of her only child, a boy of eight years. He had met with an accident and was brought home on a stretcher. She sat down beside him to give him healing treatment and to put him in God's care.

To put him in God's care

Suddenly before her eyes appeared a symbol.

What do you suppose it was? A coffin.

At the same time that she looked upon this, she heard a bell tolling as for a funeral. Instantly she spoke the words that are true always of the spirit. She said, "I, as spirit, see no death. This, therefore, is not a symbol of death. My boy is spirit; he lives, and he *will* live. This is but a symbol of the death of the old conditions; as *such I accept it.* The old conditions are dead and this is the symbol of *a new life.*"

He is spirit; he lives

The more she thought of these words, the more strongly she believed them, and gradually as she spoke these strong,

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

The strong glowing words of the Spirit

glowing words of the spirit, the casket was taken out of her sight, and in its place came beautiful flowers growing fair and lovely as though upon the material earth. These, she interpreted as symbols of the true life. After half an hour of this kind of experience, with her heart reassured and her soul strengthened by her acknowledgement of the spiritual truth, and with the great joy of her victory over fear, she found the boy much better; and that was the beginning of his perfect recovery.

Symbols of the true life

You see now what I mean by turning the light of the Spirit upon these pictures or visions. If you are afraid, or yield yourself to the suggestions of fear when you look upon a dark picture, you will make conditions worse, but if, on the contrary, you begin to speak the words that are true of spirit and speak them until you feel and thrill with the truth of them, you will have conquered both yourself and the condition.

Speak words that are true of spirit

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

The seeing of such pictures as I have described is the faculty of seeing symbols which are thrown into your mentality in order that you may gain some help or lesson from them by keeping yourself in touch with the Holy Spirit believing it will answer you, and that the interpretation will be given.

In order that you may gain some help

With this clairvoyant faculty, therefore, you can see into the psychic realm around and about you and will often see symbols that refer to general events or conditions, or that have some special reference to the persons of whom you are thinking, or with whom you are in contact.

Sometimes you will see a person ensphered in a cloud of different colors. This is a glimpse of his aura, which may be of many colors or of one principal color. You do not need to inquire especially into what it means unless there is some reason for you to know, in

A glimpse of his aura

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

which case ask the Spirit to reveal it to you, *always with the motive in your heart of doing good to the person* and for his or her benefit and to make use of the knowledge given.

Always with the right motive

You will soon learn to interpret the general signs of what you see because you will at once discriminate between the good and the evil.

For example, you may see about a person a storm. This indicates that he is to pass through some kind of a crisis. You can help him to confront it and to make it a benefit instead of a disaster, by declaring *for him and with him the truth;* by saying for him *no storm can affect his spirit, no condition in his environment can make him afraid,* because *he is spirit;* as spirit he is perfect, and therefore able to come out of every experience a conqueror, more than ever *blessed* and *capable of blessing.*

Help him to make it a benefit

Able to come out of the experience a conqueror

You may at times have definite

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

visions of what is to come to you or someone in whom you are interested. Never give yourself to the thought that you *cannot* understand. Never allow yourself to be *carried away by curiosity* or *depressed by fear.* Remember, no matter what you see, your *knowledge of the spirit, your faith in the spirit will enable you to turn the vision to good,* to make *it beneficent,* and not *disastrous.*

Never allow the thought that you cannot understand what you see

I have spoken this about symbols and visions because I know that many are beginning to develop the senses of sight and hearing on the psychic plane exactly as they would on the physical plane.

Beginning to develop sight and hearing

If what you see is good and beautiful, take it as an inspiration, by trying to understand what it means; appropriate what it gives you and then forget it, or just pass it by; *do not meddle with it.*

For no matter how beautiful it is, you

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

cannot afford to delay, or waste your time with it.

Deal with psychic realm exactly as with the physical

In fact you must learn to deal with the psychic realm exactly as you do with the physical. In the physical world you would not think of stopping if you had a pressing duty to perform, no matter what your eyes might see or your ears hear; you would straightway go on your way and do it, enjoying in the meantime the pleasant sights and conditions around you whether the beauty of the landscape, the wonder of the sky or whatever came before you. But you would not stop and wonder what this meant or what that meant, no matter how strange or even fascinating it might be.

You would straightway go on your way

In the same way you are to deal with all these sights and sounds and conditions that you meet on this mental and psychic plane. They are nothing but object lessons, and by looking at their

Nothing but object lessons

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

source, at the same time keeping your mind open to the wisdom of the Spirit in interpreting them, you can quickly discriminate what will be helpful and what not; then you will be able to go on your way, taking the good and leaving the other.

Keeping your mind open

Here, as you are just beginning to develop the understanding of the gifts that God has given you, you must realize that according to your readiness to learn each lesson as it comes to you will be the quickness of your promotion into another class. It is not desirable to linger.

According to your readiness to learn each lesson

For this reason it is well for you to be content, even without clairvoyance, until you are so firmly established in your spiritual life that you will be able to make use of the psychic sight in such a way as to be benefitted by it rather than harmed.

So firmly established in your spiritual life

There are many people in ignorance

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

of the significance of the unseen realm today because they do not understand how to meet and deal with these experiences on the psychic plane. They see symbols and visions but do not know how to interpret them or where to place them.

Very necessary to understand psychic gifts

At present this world is receiving a great impetus in the development of the psychic gifts, and it is *very necessary* to understand how to master them instead of being mastered by them.

It is not safe to dally with psychic experiences

Until you have a strong, firm hold of the spiritual truth and through it can attain unto spiritual living, *it is not safe for you to dally with psychic experiences.* You are too ignorant and too negative.

You can very well understand how it would be to send a little child out into the street where there were all kinds of sights and objects. The child, although having eyes to see, and ears to hear, but

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

not having judgment, would be terrified and in great danger. Just as you would protect your little child, you must protect yourself. The moment you have the beginning of the clairvoyant sight or find yourself seeing visions, that moment you must pray most earnestly for the baptism of the Spirit, which shall give you clear, keen judgment, and the power of discriminating as to what is good and what is not good.

Just as you would protect a little child

You must live *very close to God,* trusting yourself to be guided and informed at every step of the way in this grave matter. Jesus emphasized the importance of this, when He said: *"Seek ye first the Kingdom of God and His righteousness and all else shall be added."*

You must live very close to God

This really is the *only way to come into your inheritance;* when you *truly desire to know God,* and to live as He would have you live, be assured you will be developed and guided in the use of

You will be developed and guided

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

all your great privileges and spiritual gifts.

ONE THING ABOVE ALL OTHERS PRAY FOR; THAT IS SPIRITUAL JUDGMENT. WITH THIS, YOU NEED BE AFRAID OF NOTHING; YOU WILL BE ABLE TO KNOW EXACTLY WHERE TO PLACE EVERY EXPERIENCE AND QUICKLY LEARN THE LESSON WHICH IT BRINGS. IT IS TRUE YOU OUGHT TO DEVELOP EVERY FACULTY AND MAKE USE OF EVERY GIFT GOD HAS GIVEN, YET IT MUST NOT BE BY A HOTBED PROCESS. IT MUST BE THE CALM, DAY BY DAY UNFOLDMENT THAT WE SEE IN THE GROWTH OF THE CHILD. IT MUST BE THE GROWTH WITHOUT STRAINING OR STRIVING, WITHOUT FEARING OR FLINCHING. IN THE FULLNESS OF TIME EVERY GOOD THING WILL FLOWER FORTH IN ITS PERFECTION ON EVERY PLANE OF BEING. THEN THERE WILL BE MATURITY AND THE BLOOMING FORTH OF THE POWERS OF THE SPIRIT.

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

"And like the ocean, day by day receiving
Floods from all lands, which never overflows;
Its boundary-line not leaping, and not leaving,
Fed by the rivers, but unswelled by those;—
So is the perfect one! to his soul's ocean
The world of sense pours streams of witchery;
They leave him as they find, without commotion,
Taking their tribute, but remaining sea."

Herein, Beloved, will you find the hint of that perfection toward which your heart yearns.



Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

CHAPTER VII

Concentration a Means of Mind Training.

"This one thing I do."—Paul.

"Let thine eyes look right on, and let thine eyelids look straight before thee. Turn not to the right hand nor to the left."—Proverbs.

Having discovered the great powers and possibilities stored away in your being, the next question is how to develop and use them. The first step in attaining this end lies in the control of the mind and the direction of thought.

The control of the mind

The ordinary person not knowing or realizing the great power and scope of thought would say that he could not control his thinking, that that is entirely involuntary.

Doubtless you have said this same thing and yet if you will stop and think

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

about it, you will realize that whatever you have done in your life that is worth while has been done as a result of a steady purpose and the right kind of thinking towards its accomplishment. Even in the most trifling matters you know the value of this mental steadiness.

You know the value of mental steadiness

It is as necessary to have a fixed purpose in regard to the use of one's faculties towards a given end as it is to have the end in view.

Your body, your senses, your faculties of mind and soul are the implements with which you are equipped and by which you can build that most wonderful of all structures the mind of man can conceive of—the structure of character.

The implements with which you are equipped

The man or the woman of character is the one who has made something of himself through the use of these implements.

The well rounded and powerful char-

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

acter is an influence in the world, a power going forth and entering into works for the betterment of humanity. It is the crowning glory of God's handiwork and man's achievement, for it is the combination of the Divine and the human. It stands forth in the world as a representative and ambassador from heaven itself.

A power going forth for the betterment of humanity

You, as you are this moment, contain the possibilities of this God-like character. As the offspring of God, you are spirit. The lower or human aspect of Spirit is soul. This is the seat of emotions which, translated into thoughts, are formulated in the mind and expressed through the body. The mind is the connecting link between soul and body and should be the guide and master of the body.

You contain the possibilities of this God-like character

Mind the connecting link

You, spirit—soul, must, therefore, see that the mind not only selects and formulates the right kind of thoughts,

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

but that it *absolutely refuses* to hold or express any other kind. As a beginning in this practice of mind-control you must, therefore, resolutely turn out and shut the door upon any thoughts which are detrimental to the happiness of the soul or the welfare of the body.

Turn out, and shut the door upon detrimental thoughts

The great importance of this was explained in the previous chapter. *Never for one moment must you lose sight of the fact that the forces within and without, be they good or evil, are dependent upon your thoughts for their power.*

Dependent upon your thoughts for their power

The moment you discriminate as to the right kind of thought and decide upon the holding to that kind only, all the angelic forces in your soul are quickened into activity and become magnetically charged to attract their kind of forces from the universal realm.

The angelic forces in your soul

The highest kind of thinking is from

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

the spiritual side of your being. Pause a moment and consider what naturally belongs to the spirit. Is it not all that is true, holy, just, honorable and altogether lovely?

What naturally belongs to the spirit

Nothing that is evil or dark can come from God, and the spirit is the seed of God. Having this seed which is your very being, you have all the attributes of God. When you think about yourself, then, you should think from the standpoint of Spirit which is the standpoint of the Unchangeable, the Unlimited, the Perfect.

The standpoint of the Unchangeable

When you say "I" it should be with the thought of what you are as spirit. As spirit you are already whole, wise and perfect.

That side of your being which I spoke of in the first chapter as your negative or human side is over-shadowed by the earth and earth conditions, and presents very often the most contrary aspects to

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

that of the spirit. You may wonder why then it seems to have so much more power than the spirit. Because, accepting appearances as authority you give it more power. You question *why* you identify the "I" with the body. Simply because your consciousness is attached to the body rather than the spirit.

You give the negative side more power

The consciousness is like a flowing stream, every moment changing and carrying in its current, thoughts which originate in the shadow of the earthly conditions and imperfections, or in the light and truth of the spirit.

It is for you, the real master, to decide whether the consciousness shall cling to the earth, and gather from the earth; or to the spirit and gather from the spirit.

It is for you to decide

This is the object you now have in view; namely, the *control of your thoughts.* One of the methods which is most effectual and which must be practiced faithfully in order to obtain the

Control of your thoughts

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

An intending of all forces to the end desired

best results, is called concentration.

Concentration of purpose is an intending of all forces, faculties and powers to the end desired, and is the underlying motive of the mind. Concentration of attention is an intending or turning of consciousness upon a certain object or idea for a definite or specific time.

You need both

You need both.

The very fact that you decide to make the most of your self will, if you persevere, prove that you have concentrated upon that end. The next step is to decide not only that you *have* time but that you *will take time* to concentrate your attention upon the exercises that will be given you for daily practice.

Take time to concentrate

In this as in every other work you must be faithful if you wish to be successful.

This *is absolutely imperative,* as much so as it is necessary for your child to go to school every day in order

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

to learn his lessons and obtain his education. To go to school at 9 o'clock one day, at 11 o'clock another day, 3 o'clock the next, and then skip two or three days, would insure his failure as a scholar, would it not?

Necessity of regularity and faithfulness

This may give you an idea of the necessity of regularity and faithfulness in this school in which you are starting out to learn the most important of all truths, *i e.*, where you came from, who you are, and what is your destiny. I am, therefore, purposely dwelling upon the necessity of regularity and constancy. I want you to succeed.

A place where you will not be interrupted

If possible have a place,—either your own bedchamber, or better still, a room which you can set apart for this purpose,—a place where you will not be interrupted, and in which you can be at perfect ease. At the time set apart for the purpose, (early morning is the very best time), go there and begin your practice.

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

At first five minutes may be long enough, but gradually lengthen the time until you can spend fifteen minutes or half an hour. In a very few days you *will find your concentration of purpose* and *your power of concentration of attention greatly increased.*

Your power greatly increased

To begin with, take a sheet of white paper about six inches square. On this print in black letters the word *Love* and below it *Aum.* Around these two words draw a circle. Pin the paper upon the wall within easy range of your eyes. Then place a chair about six feet from the paper. Before seating yourself, stand erect and look earnestly at the paper. Exhale and inhale the breath slowly and thoughtfully three times. With each inhalation mentally repeat the word "*Purify*" and with each exhalation the word "*me.*"

Then sit down with your feet squarely on the floor, your hands, palms up, rest-

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

ing easily upon your knees, your spine straight and without touching the back of the chair. Look steadily at the word Love at the same time *realizing that it is the supreme Love in which you are being immersed.* Feel the all-pervading tenderness of the Love which is God. Imagine that it is enfolding you, filling you and blessing you in order that you may bless the world. You can repeat the word aloud a few times until you get into the spirit of it. After two or three minutes of this, let your eyes rest upon the Aum and, still maintaining the same position, slowly repeat this word in a low musical monotone. Begin with the mouth wide open pronouncing the "A" as in Father, then gradually closing the mouth with the "M" dying away in a long-drawn hum-m-m-m. Do this seven times, then rest until you feel at one with the Power.

Realizing that it is the Supreme Love

Repeat the word aloud a few times until you get into the spirit of it

Until you feel at one with the Power

You will soon be able to

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

concentrate your attention so that fifteen, twenty, or even thirty minutes will quickly pass and your exercise be over.

Even though you have to get up half an hour earlier

Do this in the morning, even though you have to get up half an hour earlier, and you will be richly rewarded.

If you can do it half an hour before retiring so much the better, but if you can only do it ten minutes be sure to do that much. Think of it between times when you are walking on the street or in the cars, or in any idle moments.

Regularity most important

The regularity is *most important. Do not miss even one time,* especially in the morning, yet if circumstances occur which make it *absolutely* impossible to conform to this rule, do not spend any time regretting your loss, but do your best and be all the more faithful afterward.

The word Love you will notice, is one

It is that which calls forth your highest quality

of the names for God. It is that which calls forth your highest spiritual quality

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

and when with your *whole heart* you respond to its vibrations, *you will be a focusing center* and *distributor of its power.*

Do not think it is all you can do

"Aum" is the Hindu word for God, and the vibration of each letter, as well as the vibration of the word itself, will put you in touch with the universal vibration, both from the human and Divine side. This exercise can be followed with great benefit for at least a month, or longer, but do not think that it is all that you can do. There will be many words and sentences which, when you hear or read them, will find an answering thrill in your heart. If so, select the word or sentence which is most helpful and concentrate upon it by repeating either mentally or audibly as you walk along the street or attend to your business.

Select the word or sentence which is most helpful

In this way you will soon learn that it is possible to KEEP YOUR MIND OCCUPIED

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

WITH THE KIND OF THOUGHTS THAT YOU SELECT, and by vigilance and persistence you will *train it into the right habits.*

Train your mind into right habits

All this means an increase of mental power and an *organization into working order* of all your dominant faculties. Your will will be strengthened, your perception made keener, your power of judgment more excellent, and in every way you will be gradually molded according to the pattern of your ideal.

I have spoken about the concentration upon one word. But you will soon find that you can take a sentence and simply repeat it either mentally or audibly *until you enter into its quality and feel its vibrations.* Be sure to select the word or sentence that will be *most uplifting, most spiritual.*

Repeat till you enter into its quality and feel its vibrations

The first sentence of the 23rd Psalm is a very good one—"The Lord is my shepherd, I shall not want." Repeat this over and over until you feel its

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

truth, for the feeling or conviction is the proof of its wonderful power.

Whenever you feel lonely or discouraged you can change your vibrations

Whenever you feel downcast or lonely or discouraged you can change your vibrations by taking up this first verse of the 23rd Psalm, or even the whole Psalm. But you will also find many other beautiful texts and sentences which will do the same for you.

The change that comes through the repetition of words or sentences, by producing within you this uplifting and reassurance, indicates that you have struck the keynote that will attune your whole being to its harmony.

You have struck the keynote

Herein lies the secret, not only of your power to control the mind, but to change the condition of the body. I will speak more of this later on.

With a little practice you will quickly learn that the substitution of a right thought for a wrong one, a cheerful one for a discouraged one, is the clue to controlling your thoughts.

The clue to controlling your thoughts

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

Why should you sit down and mope and groan with discouragement when things have gone wrong, when, by half an hour's speaking of a few sentences you can change your whole mood from one of darkness to one of light? Why, indeed!

You can change your whole mood

You will find, with this kind of thinking that you are gradually changing in every way. You regard yourself in a different light. Instead of being a victim of circumstances and a football of fate, you come to realize that you are the master, that it is *you* who arbitrate and govern your affairs, and not your environments. You have a different outlook upon life and its opportunities. You become a radiator of joy and good cheer. Is this not worth while? But remember this, Beloved, *your success depends upon your concentration of purpose as well as your concentration of attention.*

It is you who arbitrate your own affairs

Success depends upon concentration of purpose and attention

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

The moment you begin to recognize yourself as the child of God, pure spirit, you *ally yourself to God and God's Cause.*

You ally yourself to God and God's cause

"If God be for you, who can be against you." This in itself is enough to give you courage to persevere, no matter how many times you seem to fail.

There are many things which I might say and yet I have given you enough to begin with. It is not so important to have *much* knowledge as it is to live faithfully up to the little that you have. IT IS THE LIVING THAT BRINGS THE KNOWING. The essentials in living are, *a pure motive, a closeness to God, a desire for righteousness, and a love that includes every thing in heaven and in earth.*

The living that brings the knowing



Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

CHAPTER VIII

Meditation or How to Enter into the Silence

"Do Thou, O Lord God, Inspirer and Enlightener of all the Prophets, speak unto me; for Thou alone art able perfectly to instruct me."—A' Kempis.

There are two faculties of mind each of which is important in preserving the mental equilibrium and expressing the thoughts and feelings of the soul. Concentration requires the positive or active use of the mind, while meditation is the result of the passive or receptive state.

The two faculties of mind important

In concentration the mind is alert, positive and forceful, although this is particularly applicable to the exercises as given in Chapter VI.

Concentration is necessary as the first step in training the mind because it fo-

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

cuses attention, enlists the will and puts the whole being into an attitude of command. It serves also to shut every avenue through which undesirable suggestions, thoughts or influences may enter. It is a necessary *preliminary to meditation* because it prepares the mind to receive whatever the will and judgment may decree shall be acceptable.

Puts the whole being into an attitude of command

From this you will understand *how necessary* it is to learn how to *concentrate* your attention upon any desired subject even before you are ready to meditate upon that subject.

THE STATE OF MEDITATION IS ONE IN WHICH YOU GATHER KNOWLEDGE. Having turned your mind in any direction upon which you wish to receive light, you will be able after a little practice to cease thinking through the activity of the intellect, and to become conscious of receiving thoughts the same as a picture is thrown upon a screen. In this way you

This state of mind one in which you gather knowledge

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

are able to realize or make as your own, not only the word or statement upon which you concentrate, but many additional words and thoughts which come during your meditation.

Become conscious of receiving thoughts

For example, suppose you wish to enlarge your conception and realization of the truth of the 23rd Psalm. You begin by concentrating on the sentence, "The Lord is my shepherd." You say or sing these words over and over until your attention is fixed upon them and their underlying idea.

Over and over until your attention is fixed

After you have repeated the statement long enough you will find it comparatively easy to stop the active thinking just as you stop the speaking; in fact you do not think at all, your mind is a blank, you are simply waiting for thoughts to come to you, and they will come as though from an entirely different source than your intellect. It may be possible instead of being formulated

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

sentences which slip quietly into your mind, it will be a symbolic picture, something relative to your expressed desire for a deepening and luminous understanding of the sentence, or it may be a happy sense of being cared for—the realization of the words with which you started.

A happy sense of being cared for

You may wonder why a picture should intrude itself before your mental vision. Before answering that question I want you to consider this: *The Infinite would not be Infinite could it not adjust itself to every need of the finite.* Your consciousness is finite because it is limited to finite things. The Infinite Consciousness reveals itself through symbols.

All nature is one vast panorama of symbolic objects. Every thought is expressed in a word symbol or a picture symbol, and just as the child learns language and gathers knowledge through the interpretation of the things and con-

All Nature is one vast panorama

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

Learn to interpret the signs and symbols

ditions of the world, so you must learn in the same way to interpret the signs and symbols that are thrown upon the screen of your mind when you are passive enough to receive them. This is why the picture instead of the thought may come into your mind.

If then, after you have concentrated upon the sentence already suggested, you see a mental picture or become conscious of new thoughts crowding into your mind chamber, you may know that you are truly in a state of meditation.

In the act of concentration, you fixed your attention upon a given subject preparatory to receiving new light upon it. In the state of receiving you are meditating.

Study the two aspects of mind

By carefully studying the two aspects of mind required in these two processes you will see the nature of both the active and the passive, and the necessary relation of each to the other.

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

I want you to understand this thoroughly in order that you may develop both faculties and so keep your mind in a state of balance and power.

Keep your mind in a state of balance and power

Too much concentration without meditation would make you positive, aggressive and argumentative. Too much meditation without concentration would cause you to be too passive and therefore receptive to many influences, any or all of which might be detrimental.

This is to be carefully avoided. *It is imperative that it should be avoided. Many subtle dangers await the one who is not well balanced in both these important and really essential mind powers.*

After a little practice if you are regular as to the time every day, you will find that your mind is acquiring the habit of expecting the exercises. This means that you are making good progress, but *beware of being over-confident* and thus neglectful, even though you may learn in

Beware of being over-confident

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

a very short time to concentrate your mind upon any definite subject or idea and though you may have wonderful realization of truths and principles during your meditation.

You may have wonderful realization of truths

You have by no means reached the goal. No, you are just *beginning,* and for some time the practice will be similar to that of the child who is learning to play the piano. The practice of the scales is very dry and uninteresting, and to the child it seems utterly useless, yet a command of the fingers with all their wonderful capacity for skill and delicacy of touch is being developed so they can produce exquisite music by their performance.

And you, Beloved, by being faithful to the suggestion given you for concentrating or focusing your mind and for opening it for new knowledge, are being prepared for wonderful experiences in the development and exercise of spirit-

By being faithful to the suggestion

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

ual faculties which are as yet scarcely dreamed of.

Able to appropriate from the universal storehouse

When you have learned to control your mind by directing your attention into any desired channel, you will be able to *appropriate from the universal storehouse of ideas* whatever class or kind of knowledge you may need. Then you may at any moment enter into the silence and shut the door upon every earthly thought or consideration that is undesirable.

You have heard much about going into the silence. It simply means *going into the still chamber of your own soul where you may be conscious of communion with God.*

The secret place of the Most High

Jesus called this "*entering into the closet to be with the Father who seeth in secret.*" David beautifully named it "*The secret place of the Most High.*"

This, Beloved, is your refuge from any trouble or sorrow that may come

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

upon you. This is the precious result of your training in overcoming the old habits of worry, or fear, or sadness that have led you so far out into the world and its tumults that you may not even know how to find your way back to the Comforter.

Think what all this means to you as a practical, living truth. In the journey through this world you, as well as all others will have the little trials, annoyances and vexations of soul until you have learned to enter into this silence which is indeed a refuge and a place of Peace. You can easily imagine what it would be to have a quiet room in your house to which you might retire when there was disturbance or confusion. In the same way I want you to think of this silence of the Spirit into which you may enter at any moment, as you surely may, when you truly understand how to do so.

Until you have learned to enter into the silence

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

Next to the importance of prayer are concentration and meditation, for these are the first steps in the control and direction of mind, yet while I have tried to make these methods very plain to you, please do not confine yourself to the words that I have given. You will find as you go on, that you are truly *being taught of the Spirit* and every day the Spirit will give you new food for your spiritual life.

First steps in the control and direction of the mind

You will begin to find many new beauties in the Bible, and your heart will grow warm and tender, for the texts, verses and chapters will be as manna to your soul. In this way you will find a help for every time of need, and be able to realize many helpful and practical truths which you can call up from the storehouse of your memory at any moment of need.

Find a help for every time of need

Base your words or statements during concentration upon the *one overrul-*

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

ing idea that God is your sufficiency for every need.

You can find innumerable texts that will embody this thought and the continuous repetition and meditation upon them will refresh you in soul, mind and body. If you feel weak or discouraged, read the last part of the 40th chapter of Isaiah. In the 29th verse, for instance, you will find a remedy for your weakness. *"He giveth power to the faint, and to them who have no might, He giveth strength."* Say this aloud ten or twelve times and then meditate upon it.

Will refresh you in soul, mind and body

Do you not see how, as a natural result you will begin to appropriate the power and the strength to yourself?

Yes, Beloved, you will find yourself vivified and strengthened and able to do your task because you realize that it is done with the strength of God.

Vivified and strengthened

Suppose again, you have tried very hard to accomplish something and it

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

seems that you have failed; you begin to feel depressed and burdened with fear. Stop a moment, resolve to concentrate your mind upon some good true words. Open your Bible to the 41st chapter and 10th verse of Isaiah. There you will find these inspiring words, *"Fear thou not for I am with thee, be not dismayed for I am thy God. I will strengthen thee, yea, I will help thee, yea, I will uphold thee with the right hand of my righteousness."* Is this not comforting? Does it not revive your courage and make it easy for you to meditate upon the goodness and the tender love of your Father?

Concentrate your mind upon some good words

The moment the tension is lifted from your heart you will find the depression gone. You have conquered it by rising above it; you have withdrawn from it and entered into the secret place where all thoughts of worry and anxiety, fear or discouragement are left behind. You are in the silence, alone, with God.

The moment the tension is lifted from your heart

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

Can you do this day after day, week after week, month after month without finding by your own personal experience that God *is* a present help in time of trouble, and that you can, indeed, enter into His presence and find peace? By TRUE MEDITATION you PROVE that you CAN BE TAUGHT BY THE HOLY SPIRIT.

Enter into His presence

This, Beloved, is the way to live as the child of God. Not to be apart from God, but to dwell with Him so that you may talk with Him, question Him and receive from Him comfort, counsel and help. This, after all, is the simplest yet the highest and truest way to live the life of the spirit.

The secret of happiness

This is the secret of happiness. It is the way of health, and the promise of true and holy success.

Let not a day pass that you do not learn something new, true and beautiful, something that though you may not need at the time, will be like a stone fitly pol-

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

ished and shaped for the building of your wall of defense, for, Beloved, every grand statement of Truth with which you store your mind in your day of joy and peace is to be put into your house that is made without hands.

Every grand statement of truth

This is true consecration. With it cannot fail to come the second birth. Then you will be as a care-free child, living moment by moment in the presence and unto the glory of God.

Be not so eager to *learn* as to *live.* Live not in the past nor in the future, but in the beautiful now. Childlikeness and Godlikeness are very near akin, and you remember the condition that Jesus gave was this: "*Except ye become as a little child, ye can in no wise enter into the Kingdom of Heaven.*"

Live in the beautiful now

Beloved, pray for the peace of Jerusalem. "Peace be within thy walls and prosperity within thy palaces."

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

CHAPTER IX

The Secret of Mystic Power

"That man alone is wise who keeps the mastery of himself."—Bhagavad-gita.

You acquire new powers and forces

When you begin to live the inner or spiritual life you acquire new powers and forces. This in a great measure is an unconscious process, yet the advantage of knowing the law of development lies in the possibility of your making conditions for attaining and using the true mystic power. You must learn in many ways to discipline and teach your lower self, the natural man, so that the spiritual may have full sway to operate through the natural. The untrained natural is full of curiosity; this must be changed into an earnest desire for the Truth. A single-eyed, undeviating purpose, not only to know the truth, but to

A single-eyed, undeviating purpose

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

be the embodiment of it, will cause you to notice the many traits of character which must be lopped off, as it were, in order to allow the spiritual to take majestic command.

Which must be lopped off

Referring again to curiosity. It is a word that relates to the material realm largely, for it is an eagerness to see and know about persons, places or things that attract the attention of the senses.

You can see that the curiosity-filled mind LIVES IN THE EXTERNAL, WHILE THE SPIRITUAL MIND IS WITHDRAWN FROM THE EXTERNAL and centers upon truths and principles which pertain to the interior or spiritual existence. Then if you wish to advance in spiritual power you must restrain every inclination to pry into things that are of no importance.

Centers upon truths and principles

To make a still more practical and personal application, you must school yourself to refrain from asking questions about people or their affairs, or to

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

be interested in things that are of mere passing moment merely for the sake of idle curiosity. Naturally this will lead to the overcoming of any habit of gossip or the tendency to interfere with people's plans or personal matters.

This will lead to the overcoming of any habit

To sit "quiet-eyed and serene" meditating upon the spirit and its many virtues is to become the true mystic; yet I would not have you think for a moment that it is the passive life that is advocated.

Far from it. The ideal life is both passive and active, and it is my desire to lead you into such development of soul, mind and body that you will be enabled in your own individuality to represent and practice both. I say again and for the third time, resolve to conquer your natural curiosity.

Conquer your natural curiosity

I do not mean that you should not be interested in things or persons, but that you should see in them their true

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

spiritual value. You will indeed be more interested than ever before, but it will be from an entirely different standpoint than that of curiosity.

From an entirely different standpoint

To illustrate the difference between the effect of the desire to know about a person as a means of satisfying your curiosity, or to know about him in order to help him to discover and to bring forth his spiritual quality, I will give you an example.

Suppose a person whom you have never seen and yet of whom you have heard many strange things, should be accused of doing something very wrong, your natural curiosity would lead you to ask what he had done and every detail concerning it. Can you not see if you persisted in your questions how far away from the higher, truer life you would be led, by seeking to gratify your morbid and useless desire to know things, that it would be better to forget,

It would be better to forget

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

or better still, to never know? On the contrary, upon hearing some hint of his misdemeanor, could you not help him and yourself also, a thousand fold more if you persistently held in your mind the thought of his spiritual self-hood with all its possibilities for good?

A thousand fold more

By doing this you are not only giving him a positive benefit, but you are developing within yourself A RESERVE POWER WHICH ADDS IMMEASUREABLY TO YOUR SPIRITUAL VALUE.

Another thing you must cultivate is *silence,* not merely the exercise which I have given as a definite mental discipline, but the *silence which keeps you from babbling of useless things.*

The silence which keeps you from babbling of useless things

Emerson said, "Do not spill your soul." These few words so fully convey the reason for this golden silence that I ask you to think about them much and often for while we cannot take them literally knowing the soul itself cannot be

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

spilled, they do indeed give the clue to many wasted forces. Every time you give way to an emotion, an exclamation of anger, worry or grief, you are losing soul force and thereby mystic power.

Give the clue to wasted forces

Lay out for yourself a few little rules for daily practice. Follow them carefully a week or a month, and you will see what a great change has come over you.

I will here give you a few suggestions for the rules:

First, Restrain curiosity.

Second, Practice silence by the abstaining from trivial speech.

Third, Observe all incidents and conditions with the desire to understand their spiritual significance.

Fourth, Restrain your impulses.

Fifth, Decide all questions from a standpoint of principle rather than personality.

Lastly, Live in the spirit and walk in

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

the spirit, in order that you may have the fruits of the spirit.

Write each of these rules upon a slip of paper and pin it upon your wall or some place where your eye will fall upon it easily. Study each sentence; make every possible application to yourself.

Make every possible application to yourself

I have already enlarged upon the control of curiosity. I have spoken of the benefits of silence.

Now as to the third rule which bids you observe all incidents and conditions with the desire to understand their spiritual significance. Suppose you have a cold come suddenly upon you. Why have you taken it? What lesson can you get out of it? What mental or physical conditions made it possible for you to have a cold? These are pertinent questions.

What lesson can you get out of it?

After due observation and experience you will decide as to whether it was a mental or physical door through which

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

the cold entered, and you will be careful to avoid opening that door in the future. You may find that very often it is the mental door that was left open. It may have been through a fit of anger that you brought on the cold, or it may be a disappointment, or possibly it was because you were very tired and allowed yourself to be susceptible to physical conditions.

Very often it is the mental door that is left open

In any event it was a forgetfulness on your part of *who* and *what* you are as spirit which made it possible for you to succumb. Or suppose instead of a physical condition you are led to study a certain occurrence or incident in your family. If unpleasant it has its significance and may have been the cause of your cold.

It has its significance which you may discover

IF YOUR MIND IS OPEN YOU WILL QUICKLY DISCERN THE DIRECT OR INDIRECT CAUSE, AND GAIN THE BENEFIT OF YOUR KNOWLEDGE. Every bit of spiritual knowledge,

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

gives you an intelligent hold upon your spiritual power.

A word about your impulses

Now, a word about your impulses. You see the necessity of training yourself not to express too much feeling or emotion, for every impulsive effervescence robs you of the force which might otherwise keep you firm and strong, both in your mental and physical atmosphere.

Fifth. Decide all questions from a standpoint of principle rather than personality. This is a very important rule and will help you to avoid untold suffering, both for yourself and others when you learn to follow it.

Guide your life by a principle

To guide your life by a principle is to be able to do right for right's sake and not merely because you enjoy doing right, or are afraid of doing wrong. Many things might be easy, but they might not be right and would therefore bring trouble because of their deviation

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

from the right. To a person who does not understand even the simple rules of arithmetic, it is not easy to add figures, and yet in paying or receiving money it is necessary to know exactly how much to give or receive.

When you begin to live the spiritual life consciously, you must live the mathematical life. Everything must be exact, for you must, indeed, reap what you sow.

You must live the mathematical life

In all your relations with the world, with people or with yourself, be true, *absolutely true.* This means, if you are on the street car and the conductor fails to call for your fare you must be true to your principle, as well as to the railway company, and pay your fare, for *just as surely as you withhold that money you will cheat yourself.*

Just as surely as you withhold

You may ask, What has all this to do with the secret of mystic power. It has everything to do with it. *The least tip*

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

of the scales of righteousness towards wrong or injustice robs you of spiritual mystic force.

Help you to increase and conserve the spiritual forces

These rules I have given are to help you in your daily living to *increase* and *conserve* the spiritual forces.

You must learn self-mastery if you would be a true mystic. If you do not live according to the rules, these forces are being continually diffused instead of conserved, and instead of your being masterful, wise and powerful, you are quite the opposite. There is another reason and a very important one why you should cultivate your self-control.

Around about every human being, invisible to the ordinary eye but plainly seen by the clairvoyant, there is an egg-shaped cloud called the aura. It may be compared to the delicate white lining of an egg, that which lies next to the shell. You can understand what would happen to the egg in the shell if the lining were

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

broken. WHENEVER YOU YIELD YOURSELF TO ANY STRONG EMOTION SUCH AS EXTREME JOY, OR GRIEF, OR FEAR, YOUR AURA IS PUNCTURED, AND THE SOUL FORCE ESCAPES. *The soul force escapes* This is why you feel so exhausted or weak physically, after a paroxysm of laughter or grief or anger or any extreme emotion.

Doubtless you have known people to say that they did not dare to give way to their emotions for they were prostrated after it. This because their aura has been invaded by outside forces as well as broken so as to scatter forces within.

In comparing the aura to the lining of the egg I did not mean to imply that it is a substance like that, but that rather it is a protector as the skin is the protector of the soft part of the egg.

The aura in reality is more like a firm, enclosing atmosphere than a substance. *A firm enclosing atmosphere* It is formed by the magnetic and electric

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

vibrations emanating from the thoughts, feelings and qualities of the mind and soul.

Indicates the mood, condition and quality

To the clairvoyant sight this aura is colored and by its color indicates the mood, condition and quality of the person it enspheres.

The one who is living the sensual life has a very gross or low quality of vibration and a dark, muddy or reddish brown, gray, or a peculiar red looking and repellant aura, but the person who is living a life of purity, truth, and noble aspirations has a most beautiful and attractive aura of golden yellow, blue or opaline tints, etc.

A PERSON WITH THESE LATTER COLORINGS IS MAGNETIC; HE IS ABLE TO WIN FOR HIMSELF FRIENDS, OPPORTUNITIES AND PRIVILEGES. His life is a continuous exhalation of the vibrations of love, peace and holiness. It is plain at once that he would be a power for good, even with-

A continuous exhalation

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

out assuming that virtue. He would be able to give wise counsel, to heal the sick and to send forth his word with the power of a master. Can you guess wherein lies his secret?

Able to give wise counsel

Is it not in that self-control, that inward quietude, that spiritual insight, that devotion to the interests of others, that contemplation of the presence of God, (which is the habit always of the true mystic) that makes him the embodiment of the mystic power?

Yes, Beloved, this one is a close follower of the Master whose watchword for all occasions and all conditions was love, whose great commandment was: *"Love the Lord thy God with all thy heart, with all thy soul, with all thy strength, and thy neighbor as thyself."*

Whose watchword for all conditions was love

In obeying this commandment can you do otherwise than live in the spirit?

Beloved, the words of this lesson are

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

as nuts; crack them and eat the kernels. In this you will find verily food for the soul.



Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

CHAPTER X

Mental and Physical Conditions for Health.

"If man were in possession of a perfect knowledge of self he would not need to be sick at all."—Words of a Mystic who lived in the sixteenth century.

In order to obtain and keep good health it is necessary not only to have high spiritual ideals, but to keep the mind and body in good condition. The soul is the seat of emotions which either upbuild or destroy the fair outlook of the mind. Joy, hope, courage and kindred feelings are conducive to the best use of mental as well as physical activities, while their opposites, sorrow, despondency, hopelessness, fear or doubt are like black curtains drawn over the windows of your mind shutting out all that is bright and beautiful.

The soul the seat of emotions

THE MOMENT YOU FEEL THE BURDEN OF

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

FEAR FALLING UPON YOUR HEART YOU SHOULD SUMMON ALL YOUR FAITH, AND ASSURANCE TO BANISH IT.

This you can do by resolutely turning from the thought of it and all that it suggests, to words that will naturally uplift your heart and fill your mind with beautiful instead of ugly mental pictures. It is so easy to fall into the habit of worrying, of constantly looking on the dark side and imagining all kind of evil conditions, but remember, Beloved, any habit can be broken providing all your faculties for establishing a better condition are brought to bear upon the matter.

Words that will uplift your heart

The mind, the natural mind, or as Paul calls it "the mind of the flesh," is prone to the seeing of evil. It is this which leads you into all kinds of mental discords and dissipations, but the "mind of the spirit," to quote again from Paul, "leads to life and peace."

Mind of the spirit

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

The beginning of reform

You can see by this that the beginning of reform in habits of thinking lies in the control of this mind of the flesh. In one sense this mind belonging to the natural man is like a child, and needs discipline and training in order to become obedient to the mind of the spirit which should be the master. Now that you recognize this as your real self you have only to EDUCATE YOUR WILL, JUDGMENT, SENSES, AND EMOTIONS, TO CONFORM TO AND OBEY YOUR HIGHER SELF.

Nothing impossible

Whatever habit you wish to correct, can be corrected if you hold steadily to this thought that *there is nothing impossible* to the Divine Power and Will. All that is good within you can be brought into accord with it. All that is evil can be transmuted or destroyed.

Now for your habits, what are they?

Suppose you have what you call a bad temper; while you have long suffered mentally and physically, yet you say that

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

you have never been able to control it. You can do so now if you will heed the suggestions given you. Remember first, that all progress is according to the wise statement of Isaiah when he said: "*Line upon line and precept upon precept.*"

Heed suggestions given

The first thought you should have in regard to this matter of temper is this—"*The spirit is always calm, wise and unchanging. I am spirit, therefore, I cannot be disturbed by any condition that goes on around me. My thought is of the spirit, and therefore it is filled with peace. I can possess my soul in patience because the soul is subject unto the spirit even as the spirit is subject unto the Father. I am calm, now and always; I am poised, I abide in the center of Peace.*"

Abide in the center of peace

If you will learn these words and repeat them ten or twelve times, the moment you begin to feel impatient or angry, the feeling will soon disappear.

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

You will establish the habit of calmness

By doing this day after day you will finally establish the habit of calmness so that it will be no trouble for you to speak and act accordingly.

This serenity of feeling and thought will help to establish not only your *health* but your *happiness.*

As you learn how to control anger, you will learn how to control all other emotions which lead you into valleys of darkness.

THE REMEDY FOR ALL DISCORD IS HARMONY.

In the spirit you will find harmony. By dwelling in the spirit your consciousness will fall as a limpid stream into your mind and from thence be sent forth as beautiful thoughts to be translated into beneficent activities. You see, therefore, the way to the subjection and control of emotions and thoughts.

Translated into beneficent activities

In regard to health this is very important. You must be optimistic,

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

seeing the bright side of everything, looking hopefully to a happy outcome of all conditions whatever they may be.

Is a life of trust

The life of the spirit is a life of trust. It recognizes God in you, and God without, for is He not the *Father of all, who is above all, through all and in all?*

This is the center and base of all your thought and your habits of living. How can you be otherwise than hopeful even though you can not see the thing hoped for, if you have faith in God and His law?

When you have hope you see in your mind's eye, the desirable condition. Hope then is a great factor in the building of health for it gives to your mind the image of the healthy body. It enables you to live above time, and to count not the period of waiting.

Enables you to live above time

Joy, too, is essential. It helps you to see the beauty in everything. It helps you to be interested in life, in nature

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

and in persons and things. Physically it keeps your blood circulating. It makes you not only lighthearted but lightfooted. It enables you to draw long deep breaths and to renew your strength continually.

Renew your strength continually

We must not underrate courage, for this too is invaluable. It helps you to see beyond obstacles and to overcome them. It makes you fearless in facing duties and conditions that otherwise might seem hard.

All the graces and virtues of the spirit must be put into your daily living for in this way only, Beloved, will you be

ABLE TO KEEP SOUL, MIND AND BODY IN PERFECT ACCORD.

This means health. Should there be at any time a discord between these three phases of your being, there is sure to be a manifestation called disease. Holiness in the soul, harmony in mind, and health in the body are degrees of

This means health

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

the same thing, namely wholeness, perfection. When the three are joined there cannot be otherwise than a healthy, beautiful, sound body.

A sound, beautiful body

You will need only a short period of experience in living these truths I have given you, before you will realize what a wonderful power and scope your thought has. This means you have great responsibilities not only in regard to yourself but in regard to everyone of whom you think with any degree of interest or love.

Have you not noticed how quickly you can detect the mood of another? Very often you can tell of what he is thinking. This is because between minds that are related there is oneness and may be communication of thought or mood. It means even more than this, since time, nor space nor matter offer obstruction to thought. It travels with the speed of lightning to the person or object thought

May be communication of thought or mood

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

about. This I have already referred to in a previous lesson; I wish only to remind you of what a WONDERFUL PRIVILEGE IS YOURS IN CHOOSING AND THINKING THOUGHTS THAT MAY BE SENT FORTH FOR THE HEALTH AND HEALING OF THE ABSENT ONES.

A wonderful privilege

Do you realize what this means? It means that you can send thoughts which are healing vibrations to dear ones or those whom you wish to help, when they are sick. Your good thought is a blessing and by good I mean anything and everything that is beautiful and sympathetic and cheering.

One of the best ways of helping yourself as well as others, is to make a practice every morning and every evening of sending forth your thoughts of love and good will to the world at large. You can put it into a simple statement something like this—"I AM HAPPY AND FULL OF THE JOY OF LIFE. I SEND FORTH MY

Full of the joy of life

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

THOUGHT OF JOY AND GOOD WILL AND PEACE TO ALL THE WORLD."

Repeat this until you really feel in your heart the truth of it. You may know then that you are sending forth rays of influence as the sun sends forth rays of light.

Sending forth rays of influence

Living thus with your mind open to the perceiving and the receiving of all that is fair and beautiful, every function of your body will be performed naturally and healthfully.

Everything has its place

As we believe that everything has its place and should be duly respected and cared for, so the body must be properly fed and properly clothed and cared for. As to food, the main thing is to have an understanding of that which is nourishing and wholesome and then use your judgment as to what you eat.

Plenty of fresh pure water, from two to six pints, says the scientist, the body needs every day. Cereals, milk, eggs,

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

vegetables, whole wheat or graham bread, fruit and nuts, with meat *occasionally* for you who feel the need of it, constitute a large enough variety from which you may choose a satisfying and hygienic list of foods.

I merely mention these matters in order that you may think enough about them to realize that the food question is an important one, and not to be ignored or trifled with. There are many healers of disease who lay the cause of either health or disease to the food that is eaten, but while I feel that it *is important,* it is only one of the many factors to be considered.

Not to be ignored or trifled with

Then there is the question of air. The body requires a great deal of fresh pure air in order that the lungs may do their part in purifying the blood. Exercise is necessary to keep the blood in circulation.

It is *very important* to pay attention

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

Keep the body in as perfect a condition as possible

to all these matters and thereby keep the body in as perfect a condition as possible that it may perform its duties and manifest the beauty and wholeness of the spirit.

There are two words I would like to have you think about earnestly, and they are, *common sense.* This is one of the most wonderful faculties given to the human being. With it as the balance wheel for every thought and action, and the adjuster of all relations, you cannot go very far astray in the understanding of what pertains to a normal healthy life. In another lesson I will give more explicit directions for exercises in reference to health-building, yet I would emphasize again and again the *necessity of living in the spirit in order* to establish in mind and in body that perfect harmony which is manifested in perfect health.

Perfect health

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

CHAPTER XI

The Christ Healing

"The power which enabled the saints to work miracles is still alive, and accessible to all. It is the power of the Holy Ghost, and if you live in God, He will overshadow you with that power, and it will teach you the laws of God and you will be guided like other saints, even as the apostles Peter and Paul."

—Paracelsus

The more you meditate upon the power and presence of God, the more faith you will have in the wonderful works He may do through you. For if you can be a child-like channel, willing to receive, willing to obey, you, too, may say with Jesus: *"It is not I, but the Father who dwelleth in me, He doeth the works."* Through power, concentration, meditation, and the moment-by-mo-

If you can be a child-like channel

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

ment living, as though in His presence, you will become as a clean, straight channel, through which His power may be manifested. You will notice, Beloved, that this thought, fully realized will make you truly humble and child-like. With this thought you will NEVER GROW ARROGANT, PROUD OR SELF-ASSERTIVE, BUT QUITE THE CONTRARY, AND THUS IT WILL COME TO PASS THAT YOUR FAITH WILL GROW DEEPER AND TRUER AS YOU REALIZE THAT ALL THINGS ARE POSSIBLE WITH GOD.

Your faith will grow deeper and truer

Not only is the power of God omnipotent the greatest of all powers in the world, but His wisdom is absolute and all-inclusive, as perfect in its sphere as the perfect love in which there can be no shadow and no failure. To you, His child, God has given the body, mind and material environments, together with all that goes with the human personality, as your plastic material, to mould and fashion after the pattern that

In which there is no failure

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

He, as your inward Teacher, known as the Holy Spirit, gives you.

To make this illustration very plain and very simple, imagine before you a class of Kindergarten children, each child with the soft clay on the molding board before him. He is given a pattern, it may be an apple, a potato, a teacup, a flower or a house. These models are for him to imitate. The teacher to whom he looks for guidance and instruction overlooks his work and helps him in moulding the clay according to the image of the pattern.

He is given a pattern

You, Beloved, have your clay before you, you have also the pattern, that is, the ideal. You have a pattern for health, that is the ideal body. You have in your mind a pattern of a home, that is your ideal. You have a pattern of right conduct, that, too, is your ideal. You have a pattern for harmonious relationships with the people around

You have your clay and your pattern

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

you, that, too, is an ideal, and all these ideals, Beloved, together with many more are the patterns which the Great Teacher furnishes to you and which He helps you to mould and fashion if you will continually regard His instruction and keep your vision so clear of all imperfections that it may see only the perfect patterns.

Helps you to mould and fashion

I have already given you methods by which you may keep yourself so close to the Teacher and so faithfully turned to Him for direction and guidance in everything that you think or say or do, that you cannot fail to grow in grace and favor with Him; this means when you speak to Him concerning what is to be done, relying upon Him to give you wisdom, power and love, your word will be creative, and when it is spoken it will be as though He spoke it. Then that which was discordant and imperfect shall become harmonious and per-

Shall become harmonious and perfect

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

fect. For is there anything, any place, any condition which can be in a state of chaos that His word will not transform?

As to the healing of disease, then, you have only to put the case before your Father and He, through you, will speak the word that shall bring health and peace. Sometimes you may think you have spoken His word, and yet if there is any fear in it, if there is any of your own human anxiety or doubt, it is not His word and it will not bring forth the perfect health.

The word that shall bring health and peace

Only according to your ability to be a perfect channel for Him can He use you as an instrument for His mighty works. You are as the glass globe through which the light passes. The crystal, clear glass will transmit the purest ray of light, the pink glass will send forth a pink radiance, the green, a green radiance, and so on.

As the glass globe through which the light passes

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

So you, Beloved, so long as your heart has fear or doubt or discouragement, so long will the quality of your words and thoughts be clouded, but when your heart is free from the sense of burdens, when you are happy, trusting in God's love, YOUR MIND IS AS A SHINING, DIAMOND WHITE CHANNEL THROUGH WHICH THE RADIANT WHITE LIGHT, THE GLORIOUS SPLENDOR OF GOD'S WORD, MAY PASS ON ITS WAY TO THE PERFORMANCE OF ALL MANNER OF REDEEMING WORKS.

When your heart is free

Attend faithfully, then, to your prayers, to your times for concentration and meditation upon holy things, until you are filled and thrilled with this clean, clear-cut faith in the saving power of the Christ.

Clear-cut faith in the Power of Christ

For know this, Beloved, the working power of God in the human soul is called His Son, the Only Begotten, the Redeemer and Saviour, the Christ. When you have passed through that wonder-

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

ful change which makes you give over all your human faculties and powers, which makes you able even to give your will and your desires, the human in you is born into the new creature in Christ, and in that mystical moment, you, that is, your human personality, will be anointed with the descent of the three-fold power of the God-Head.

Which makes you give over your human faculties

In that mystical moment

IN THAT MOMENT THIS UNCTION WILL MAKE YOU A REPRESENTATIVE OF THE CREATIVE POWER OF THE FATHER, THE MANIFESTING POWER OF THE CHRIST, AND QUICKENING POWER OF THE HOLY SPIRIT.

In the consciousness of this power of the Trinity when you speak a word for healing, the power of the Father will go forth into the image of health, the type of which you perceive to be the ideal body of your patient. Into your word will also be sent the manifesting power of the Christ, and the quickening power of the Spirit, so that the healing will be

The healing will be accomplished

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

accomplished verily in the name of the Father, the Son and the Holy Spirit.

Can you conceive of this wonderful power

Can you conceive of this wonderful power and possibility as belonging to you, Beloved? Can you clothe yourself thus with the divine atttributes by giving yourself wholly, completely and with all your heart and soul to the doing of God's work?

Then BE NOT AFRAID TO SPEAK THE HEALING WORD FOR ALL MANNER OF DISEASES, FOR ALL MANNER OF DISCORDANT AND EVIL CONDITIONS, for they may all be healed.

It is not for you to question if this or that which seems impossible to cure, can be cured; that is not your part; you are the word-speaker, you are the instrument. All that is of the human self must be denied, put away and forgotten. If you can do this, you will be able to follow the footsteps of the Great Healer, even Jesus, who promised that you and the disciples who were to come

You will be able to follow in the footsteps

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

after Him should do even greater works than He did. He meant by this, that the same Christ working in you, as it worked in Him, would redeem the world from its sin, sickness and death. For it is the Christ, Beloved, the Christ of God, who is the manifestor of God and who is to be manifest as God in you.

Now can you not say with Paul, *"I can do all things through Christ which strengtheneth me."* With faith in this truth in your heart and your mind, you can redeem, not only yourself, but, if they will, your family, your friends, your neighbors, your world, from disease of mind or body.

You can redeem yourself and your world

It is not any specific formula that I would give you, but rather is it my heart's desire to awaken in you such absolute truth and faith in God that you will give yourself in the manner I have described to Him for His use.

IN SO DOING YOU WILL BE INSPIRED TO

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

Speak the right word no matter what the need

SPEAK THE RIGHT WORD NO MATTER WHAT THE NEED; YOU WILL BE INSPIRED TO DO THE RIGHT THING NO MATTER WHAT THE CONDITION.

This means if you have one in your home lying sick you will not need to rush hither and thither wondering what word you can speak that will heal him or her; you will go calmly about in the midst of this great white light of His presence doing with your hands that which will make your dear one comfortable, making every outward condition to conform to the ideal or pattern that is given you at the moment, of what is best and right, knowing that in the presence of the Supreme Power, you, like Jesus, can rebuke the fever by giving it no place or power; you, seeing beyond the veil of the flesh to that perfect pattern that God gave will be able to speak to the soul, and say with authority: "I SEE YOU AS GOD MADE YOU, PERFECT AND SOUND

In the midst of the great white light

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

AND WHOLE IN EVERY PART; REJOICE FOR HIS GIFT OF HEALTH, IT IS YOURS NOW."

Sound and whole in every part

Or, if there is one in your circle of dear ones who has long suffered from some disease of mind or body, you, BECAUSE YOU DWELL SO CONTINUALLY IN THE SECRET PLACE, AND LOOK SO FAITHFULLY UPON THE GLORY OF THE PERFECT, will be able to hold in your mind the pattern of this one as he should be; you will carry him in your mind and in your heart tenderly, patiently, knowing that in the fulness of time he, too, will awake in the image and likeness of the Perfect One, and when that time comes, whether it be in the twinkling of an eye or after many years, it will be THE PERFECT MANIFESTATION OF THE PERFECT PATTERN WHICH YOU HAVE SEEN AND SPOKEN INTO EXISTENCE.

Because you dwell continually in the secret place

All this means, Beloved, that you are to be patient, doing what your hands find to do, one thing at a time, knowing

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

Knowing it is God who heals

it is God who heals the sick, who gives power to the faint, who sets the captive free. Let your constant thought be the same as that of the Master, who, reading out of the book, said, *"The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the broken hearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised, to preach the acceptable year of the Lord."*



Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

CHAPTER XII

Passing into the Beyond

"All which is real now remaineth
And fadeth never!
The Hand which upholds thee now sustaineth
The soul forever!"

Beloved, there is one event which is commonly looked upon as the greatest calamity that can come to the human being. It is called death, and because it takes the loved ones out of sight, the heart mourns, and says *they are dead.*

This cannot be. The body dies, but the spirit *lives.*

If you can only remember this

If you can only remember this, you will not so quickly give way to the awfulness of despair.

Look at Nature, Beloved. See how much is there revealed, to prove that

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

darkness, destruction and death are only phases of change in the conditions of the material world.

If you judge according to appearances, you may think death *is* the end of life. But it is not so in the natural world.

There are seasons when the earth is shrouded in mist, when the clouds hang low, when impetuous rain drops beat against the window, and the sun seems lost. The beauty of a day that dawned in roseate glory is completely destroyed, and Nature weeps.

Is it for the light that is gone, is it for the beauty that will never return?

There is a deeper meaning

No. There is a deeper meaning to Nature's sorrow. The light is not gone, the beauty is not lost. Back of the veil is the light that is always shining, the beauty that ever *is*.

See! The tears cease, the veil is lifted. Once more the radiant day shines

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

upon the earth clothed in a greater beauty than ever before. Look at the trees; see their shining leaves glistening with diamonds; see the grass in its new glory of cleanliness and emerald sheen; smell the sweet odors that come from flower and field. Hear the happy chorus of bird music. Imagine the new life starting from the roots of all green and growing things.

Types of yours and mine

Nature's experiences are types of yours and mine, but there may be a vast difference between her attitude and ours in receiving them. In Nature's heart there was no bitterness that the light had fled, that her beauteous child, the day, was lost. There was harmony, not discord, and thus the Law did its perfect work of refreshing, renewing, regenerating.

So it will for you, if you will only cease grieving, and let the thought of life, not death, possess you.

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

Your loved one has not changed

Change, Beloved, is not of the spirit, so your loved one has not changed. Death is but the open door into another mansion of the Father's house.

If you really *know* this to be so, with all the *assurance* of *your heart and soul,* do you think you could mourn and weep and give way to despair?

Ah, no, Beloved; you might be sad for a season, as it is quite natural you should miss and long for the presence of the one so dear, but in thinking of her or him as having gone to new scenes and pleasant work, you would soon *rejoice* instead of grieve, and you would come to look upon death as an OPPORTUNITY FOR CONTINUED PRIVILEGES AND JOYS, rather than as the destroyer of life.

You would soon rejoice

This view of the matter will change your whole conception of and mental attitude towards death, and instead of mourning or wearing garments of dull, cheerless black as a symbol of death,

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

you will want to wear white, or light, joyous colors as token of your belief in *life*—the life everlasting.

You will want to wear white, or light joyous colors as token of your belief in life everlasting

I know, oh, so well! how the heart yearns, how the days drag, how the nights torture, when one gives way to the despair of death, but I also know, dear friends, how a mind DETERMINED TO LOOK AT LIFE and not death, at reality not seeming, CAN BE THE CONQUEROR, not the conquered.

Determined to look at life

I know, too, how hard it is to break away from thoughts, brooding and tender, of the loved one, yet it MUST BE DONE, if you would win the victory, and be the brave helpmeet of God that you should be.

For when you can carry out in your faith and life God's *great intention* concerning the BENEFICENCE OF DEATH YOU will indeed be as a "light set upon a hill" not only to those who are still walking in the valley of the shadow of death

The beneficence of death

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

without His rod and staff, but you will be the means of UNTOLD HELP AND BLESSING to your dear departed.

Do you wonder how this can be, Beloved?

Because every selfish grief-burdened thought of yours holds your dear one down to earth. For his (or her) sake you MUST NOT GRIEVE. You must be cheerful, and joyous and think of his (or her) new and beautiful experiences, rather than yield yourself to dark pictures of your own despair.

You must be cheerful and think of your loved one, not of yourself

A lady who had lost a darling child mourned deeply over her loss, until one night she had a dream. She dreamed that she was in heaven and that she saw a procession of little children carrying flowers, and singing as they went joyfully along the beautiful flower-bordered path.

Eagerly she looked for her child, but for a long time she looked in vain. At

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

last she saw the little one at the very end of the procession, but instead of bearing flowers with happy song, the child was in tears. She was carrying a pitcher filled with something so heavy she could scarcely bear up with the weight of it.

Instantly the mother's eyes filled and tears fell fast, yet though she would gladly have gone forward to help her darling, she was unable to do so, not even though the burden seemed growing every moment heavier, for the overburdened child.

The burden seemed growing heavier

When the procession had passed the grieving mother turned to a messenger standing near, and in anguish asked the reason her child had the heavy pitcher to carry instead of beautiful flowers as the others.

"The pitcher is filled with your tears, and the more you weep, the heavier it becomes," replied the angel, "and the

The more you weep the heavier it becomes

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

heart of the child is sad, because it is still bound to yours. She weeps because you weep, and she can never be happy or do her part with the others, until you cease from grieving and can *rejoice for her,* and *with* her."

Then the mother awoke and from that time put away her mourning and ceased from her weeping.

Can you not see the truth of this teaching that was given her in a dream?

Heed it, dear ones, for it is for *you* and all who believe in death rather than life.

The body dies, but the spirit lives.

To THE SPIRIT THERE IS NO DEATH!

Rejoice, dear heart! Take in the larger
view
And know the larger life. Through a
jeweled
Door hath thy loved one entered into
rarer
Privilege and surer joy.
Fret not against thy loneliness, but lose

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

Thyself in that great Love in which a perfect
Trust unites thee with the One unseen.
In this true Love when grief hath faded out
As night 'fore day, there is the interchange
Of thought, the mingling of a common joy,
The working out of every aspiration,
In the wondrous endlessness we call
Eternal life.
Perchance there may be times when thy heart is lonely
As when the form was lost to sight, but the change
Is in thy consciousness, thy view of life,
Thy oneness with the outer world, rather
Than the inner Light; or, there may be periods
Of silence, but e'en in this, if thou but hold
The Light, thy heart remaineth glad, and Faith and Love—
Twin angels—lift thee on their wings, and carry
Thee above all clouds of anguished grieving.

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

CHAPTER XIII

The Law of Prosperity

"And in every work that he began in the service of the house of God and in the Law, and in the commandments to seek his God, he did it with all his heart, and prospered."—II. Chron. xxxi, 21.

When you really know

You ought to be prosperous, Beloved, and when you really know that it is the same law that has brought all your other gifts, you will be. It is this Law that has given you your soul, mind, body, that has provided you with all your wonderful faculties for use and enjoyment. It can provide you with an *abundance of all things.* You must, therefore, believe that *it is possible for you to be prosperous,* that *it is possible for you to appropriate from the universal store-house,* for there is an *abundance of supply.*

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

The earth and all that it contains is filled with the riches God has provided for His children. So *you must believe* that there is *plenty,* not *poverty* for *you.*

There is plenty for you

The question is how will you appropriate it? Yes, this is *the question.*

I have already told you how to appropriate health, I have explained the necessity of recognizing the strength, the life and all that makes for health as being *already yours.*

The seed of God within you which is your higher self is whole and it can never know sickness. I have told you that by acknowledging this higher self, you begin to attract conditions from the outer world which correspond to that inner reality. You have learned, therefore, that the ESSENCE OF GOD WITHIN IS THE SECRET ATTRACTING POWER THAT WEAVES THE GARMENT OF HEALTH.

In the same way this same seed of God, your higher self may attract its environments. You ask how?

May attract its environments

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

Listen! Beloved, you remember the Master said, "*Thou hast been faithful over a few things, I will make thee ruler over many things.*" He is saying that to *you.*

What does he mean by a "few things?" Does he not mean human weaknesses which beset you,—your fears, your doubts, your tempers? Yes, he has given you charge over these things. When you have learned to rule over them you will be given the larger kingdom. Can you see the law?

Conquer yourself and you may win your kingdom

It is this. When you have learned to conquer your fears, you will be strong, you will be hopeful, you will have knowledge, courage and judgment, and the result will be that FROM YOUR PERSONALITY THERE WILL EMANATE THE VIBRATION THAT WILL INSPIRE CONFIDENCE IN EVERYONE WHO SEES YOU.

Your brow will not be wrinkled with care; it will be placid, open and pleas-

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

ant, your eye will beam with brightness and courage. Whatever you do will be tinctured with your quality and strength.

Whatever you do tinctured with your quality

Do you not see how this will make you attractive if you are a worker, and need work? Will not those who employ workers see you and want you to work for them? This is the *beginning of your success.* If you have the qualities within, so plainly written on your face and form, so plainly shown in your conversation, YOU CANNOT BE OTHERWISE THAN A GREAT HUMAN MAGNET.

A great human magnet

How easy to see the fulfillment of the promise that you will be made ruler over many things, because with all these splendid mental and spiritual virtues you will show an exact sense of justice in dealing with your fellow men. You will be known as one who does things according to the Golden Rule.

All this means that you will be continually sowing seed and that you will

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

be reaping harvests, some thirty, sixty, and an hundred fold, for as you sow, you will reap. *This is the eternal law.*

Can you not see now, how you can deliberately place yourself in the way of being prosperous? But you must remember that it is not in small things only, that you can prove this law, *it is in all ways.*

You must prove the law in all ways

You should not only have enough money to supply your crying necessities, but you should have enough to provide even luxuries if you want them. You SHOULD BE ABLE TO COMMAND AND USE ALL THE RESOURCES THAT YOU DESIRE IN THE MATERIAL, AS WELL AS THE SPIRITUAL AND MENTAL, WORLD.

I have already told you how to begin, but remember that you are only the seed sower. It is God who giveth the increase. If you sow thoughts or acts which are selfish, you will *just as surely have to be shut out of some of the privi-*

It is God who giveth the increase

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

leges and possessions in the world, as you have shut others out of privileges which you claimed for yourself.

If your thought is loving, you cannot help giving. If you give, you will receive, but if your thought is selfish, keeping what you have and enjoy, shut up within yourself, you will shut the door against the gifts which otherwise might flow your way. You see again this is the law of attraction.

The law of attraction

Whatever is unpleasant without, is the correspondence of something or some quality within yourself.

Perhaps you have long feared poverty. That has made you afraid to spend the money you have. It has made you small and petty and fretful; it has made you brood over the possibility of even being without the necessities of life. The natural result of this kind of thinking would be poverty, extreme privations.

The natural result

Now let us see if we can trace this

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

thought of poverty to its beginning.

Here it is. Away back in the beginning when Adam and Eve were driven out of Paradise, they were told that they would henceforth have to earn their food by the sweat of their brow. This was the result of their disobedience.

In the Garden of Eden they had all things. Nothing was lacking. They walked and talked with God. They knew God was the Source of all, the Provider of all, but when they were driven out they lost this communion with God, and they *lost memory of the bounteous supply.*

They lost memory of the bounteous supply

That sense of separation from God is the heritage of the natural man today, as it has been through all the ages.

One way to change this sense of separation

There is only one way to change this sense of separation and that is by *the word of reconciliation.*

Jesus came to speak it and to teach

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

you and all men to speak it. It is the word of Love, the word of Faith, the word acknowledging God as being still the Father. By the power of that word the first man Adam was changed into the last Adam, a quickening spirit, the Redeemer.

The power of the word

THE CHANGE IN YOU FROM THE FIRST TO THE LAST ADAM, MEANS THE REDEMPTION FROM EVERY ILL OF HUMANITY.

Now, Beloved, the story of Adam is your story. You talk poverty, disease and failure because you have been living the part of the first Adam. You have inherited the belief that comes from mortality, the belief that you have inherited poverty, disease and death, but THROUGH THE GOSPEL OF CHRIST, THE ONLY BEGOTTEN SON, YOU MAY FIND THE WAY BACK TO EDEN, THE PLACE OF PLENTY, PEACE AND BEAUTY; THE PLACE WHERE YOU MAY TALK WITH GOD AND BE HEIR TO ALL THE RICHES OF HIS KINGDOM!

You may find the way back to Eden

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

Study carefully the Christ-Gospel, live the Christ life, let the same mind be in you that was in Christ Jesus, and *no good thing will be withheld from you.* This is not mere religious talk, it is the LIVING TRUTH, and only the TRUTH will save you, but YOU MUST ACCEPT AND PRACTICE IT.

You must accept and practice it

I have told you throughout all these lessons that you must turn to God and acknowledge Him as the Friend who will never fail, as the Helper who will always help. I mean this literally. I mean that *whenever* you have a need for money, instead of getting worried and distressed, because you see no way to get what you need, GO TO GOD IN PRAYER; ask Him to open the way for you.

Whenever you need money

Place yourself wholly upon His care at the same time holding yourself ready to receive His counsel. This may come to you directly after you have prayed, or it may not come to you until some other

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

time, in the middle of the night, or in the morning as you are going to your work, or even later.

YOUR PART IS TO REMAIN CALM, EXPECTANT, AND HAPPY. You are to do what your hands find to do whatever that may be, but you are *at all times to keep your mind towards God.*

It is this attitude of mind that will remove from you the veil of separation. It is this constant thinking and living in joyous faith that will enable you to enter into the secret place and to refrain from judging according to appearances.

Remove from you the veil of separation

What if your supply *is* exhausted? Your magnificent faith will bring relief the *moment you really need it.*

This has been proven over and over again. Not only have persons who are living the faith life proven this, but many grand works have been done.

George Muller on his bare faith built and established a home for orphans in

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

England. The Rev. Cullis established the Consumptives' Home in Boston solely through the prayers of faith.

Solely through the prayers of faith

THERE ARE MANY AND COUNTLESS FAITH-FILLED SOULS WHO HAVE PROVEN GOD AS THE KEEPER OF PROMISES, THE GIVER OF ALL GOOD GIFTS.

Read carefully and prayerfully the eleventh chapter of Hebrews, and then begin to practice all these things for yourself, for the law is just the same now as it has ever been, and as it ever will be.

Every day, Beloved, living this faith-filled life will bring you new proofs of the *great abundance which is yours,* if you will lay hold upon it, not only by prayer, by *acts,* and *faith,* but by the *large expectancy* which your knowledge of the law will give you.

By prayer, by acts and the large expectancy

You have never a doubt but that you may have your portion of air which is circulating throughout the earth, and

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

which is for you to appropriate to any extent that you wish. You have never a doubt of the sunlight that will fall upon your house and through your windows, for you know there is sunshine for all houses that may ever be built. There is a sufficient supply of all things for all people. The earth is filled with riches. Appropriate your share and you will demonstrate the law of prosperity according to the measure of your faith and your works.

There is a sufficient supply for all people

THE WAY TO INVITE PROSPERITY.

(*By one who has tried and tested this law in the commercial world.*)

Believe in it! Look for it! See it! Practice it! Sing it! *That which you give your attention to, multiplies.* As a man thinketh in his heart, so is he, applies to the material things that come to him as much as to the conditions that come to his body as the result of his thinking. Think continually then of the

Applies to the material things

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

The great arterial system

supply of money, for money in the material world corresponds to the blood in the physical body.

Did you ever think of the great arterial system in the body through which the rich red blood is pumped, supplying the most minute cells with the necessary amount of life-giving nourishment?

This flow of blood is greatly influenced by the mental action. A person turns pale or red according as a circumstance affects him mentally. Also when the mind is concentrated upon any particular part of the body there is instantly a quickened circulation carrying the blood toward that point. There have been many cases reported where it was possible to *consciously* distribute the blood throughout the body. I state this simply as an illustration of how you can go to work to *consciously attract* and distribute this other fluid (money) as I will call it for the moment.

How you can go to work

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

Man has built for himself a gigantic arterial system through which flows a constant stream of this great commodity and necessity called MONEY. It brings to us food, clothing, shelter and the means, not only to supply our own needs, but also to reach out and help others who are destitute and suffering.

A constant stream of this great commodity

Humanity is the great body, commerce is the avenue, the veins, through which the vital fluid flows and all we have to do is to recognize that while man has built up the system, GOD IS THE STOREHOUSE AND SOURCE OF SUPPLY.

God is the storehouse and source of supply

The earth with all its boundless riches, its hidden treasures, its fruitful territories of grain and fruits, all, *all are the Lord's.* Freely has He provided for His people, but each one must make his connection with the Source in order to draw his supply. Each person corresponds to one of the cells of this great body and must ever be open to receive

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

the inflow and also to be in turn the channel through which the life-giving properties of its nature may pass on.

Connect yourself consciously with the source

THEREFORE, CONNECT YOURSELF CONSCIOUSLY WITH THE SOURCE! CLAIM YOUR SUPPLY NOW. KEEP YOUR CHANNEL OPEN BY GIVING FREELY FROM YOUR OWN STOREHOUSE, YOUR PRESENT SUPPLY.

You will have to give "value received," for remember, commerce is the artery, and even though your work may seem to you far removed from your idea of commercial life, yet it is all important in its own place. Do gladly, willingly, the task at hand and thus keep your circulation free and clear.

There may be testing times when you will almost despair and wonder if there is any truth in this universal supply.

The signs of your great opportunity

These tests are the signs of your great opportunity; they are the preparation for great success, for if YOU STAND FIRM AND CONCENTRATE UPON THE SOURCE, YOU

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

WILL OPEN THE GATES TO SUCH A FLOOD OF THE CIRCULATING FLUID THAT YOUR HEART WILL OVERFLOW WITH JOY.

It may not always come in the form of money, but it will be the things that money buys, and that will serve just as well as the money itself.

Claim your birthright

Come! Claim your birthright to an inlet to God's bounty! It is already awaiting you. You never really needed a thing that was not ready and waiting for you to reach out and take. The trouble lies in the fact that you did not know it, and so wrapped yourself up in a cloud of despair and felt that you were cut off.

If you take the right attitude in this matter

Do not think that you have to *labor* for your share. No, the Father has imposed no such burden upon you. If you take the right attitude in this matter you will find that you have plenty of time to not only do your appointed tasks, but time for recreation, study and devotion.

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

To give you a few definite words for concentration for prosperity I suggest that you follow the general directions given for the various treatments and use the keynote on the opposite page for your first practice, and as you get more fully into the spirit of this method, you will find many rich, helpful texts that you can use at various times. Regularity is essential in this as on all the other practices if you would keep the connection full and perfect.



Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

Praise ye the Lord. Blessed is the man that feareth the Lord, that delighteth greatly in His Commandments.

His seed shall be mighty upon earth; the generation of the upright shall be blessed.

Wealth and riches shall be in his house, and his righteousness endureth forever.

Psalm CXII. 1-2-3.

Keynote for Daily Treatment for Prosperity:

I will praise the Lord for my privilege of using and increasing the abundance of His riches; NOW, TO-DAY *am I blessed with plenty.*

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

I dwell in the Secret
Place of the Most High.

Digitized by
INTERNET ARCHIVE
Original from
UNIVERSITY OF CALIFORNIA

Keynote on opposite page

No. I

Treatment to Cut Off Undesirable Influences

This treatment is intended for those who are sensitive to undesirable influences in the Seen or Unseen Realms. To be practised at least three times a day and oftener if necessary.

Stand erect, facing the east and declare in a positive tone: I AM ONE WITH THE INFINITE FATHER. IN HIM I LIVE, I MOVE, I HAVE MY BEING. I HAVE THE FREEDOM OF THE SONS OF GOD.

Breathe deeply and as you inhale, think the word "I," as you exhale, think the word "AM." Do this five times; then say earnestly and reverently: *I AM SPIRIT. As spirit I am wise, strong, intelligent, holy. As spirit I am individualized force, the master over emotions, thoughts, conditions. I am like the light which cannot be touched by darkness. I am strong to withstand any, all, conditions that are undesirable. I am not influenced by the thoughts and feelings in the*

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

atmosphere around me. As spirit, I cannot be influenced by the thoughts or conditions from the unseen realm. I am now insulated, environed by the protecting light of the Spirit.

Pushing the hands outward in a repelling gesture to the east say: *I now put away from me any thoughts or influences that may come to me from any source whatever.* Then turn to the south and say the same, then to the west, then to the north. Repeat these words three times in each direction. After you have once more faced the east still standing erect and positive, declare: *I am now free from magnetic, mental, or psychic attractions; I live and move above the realm of negative conditions and hence can feel, know and express in all my Being the direct harmony and perfection which belongs to pure Spirit.*

I say these words in reverence and faith that my Father has endowed me with the individuality which permits me thus to express my mastership.



Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

It is not only a privilege for you to send out your helpful thought for the benefit of those who need help, but it is one of the great means by which you may find, and increase your talents.

You may have a *special* gift for speaking the healing, comforting, or renewing word. Be a channel for the Power of righteousness to work through and scatter blessings everywhere.

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

In Thy Strength, I am Strong. *Now*, To-day, I am FREE.

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

Keynote on opposite page

No. II

For Overcoming Secret or Vicious Habits

Back of every sense desire is a spiritual force. When you are craving stimulants of any kind such as alcohol, morphine, tobacco and things of like nature you must not condemn, but *interpret the desire.* If you trace it back you will find that before you desired these things you desired happiness or pleasure. This was the spiritual force back of the desire.

The nerves, which are the connecting links between soul and body having been falsely educated to respond to sensations induced through a gratification of the senses, deluded you into thinking that your happiness could be obtained by yielding to the demand of the senses.

This was the beginning of your habit of indulgence. In order to correct the habit let your mind consider again the desire for happiness and you will see that after all, it is not the momentary pleasure which can be produced through the

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

senses that is happiness, but *that which lies far deeper.*

The satisfaction to the spirit when you have done well, when you have been TRUE TO THE HIGHEST PRINCIPLES OF RIGHT, JUSTICE AND TRUTH—THIS IS REAL HAPPINESS.

To abide in this state is to be *free* from the delusions concerning the deceitful and deceiving pleasures that come through the senses. When you can see this clearly, you will be able to realize that it is a deep hungering of your soul rather than a bodily craving which, because perverted and misunderstood, has caused and continues to cause your temptations and falls.

If then, you are ready to honestly undertake the overcoming of your vicious habits you will see yourself as God made you and as you are in your true being.

The method of overcoming is that of acknowledging your higher self and its relation to the Father. On this basis I give you the following words to be learned and repeated faithfully at least twenty times in the morning, twenty times at noon and fifty times before retiring.

WORD TREATMENT.—*"Oh, my Father, I am Thy*

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

child. I hunger for the food of Thy word in my soul. I thirst for communion with Thee; feed me that I shall be satisfied. Hold me in the palm of Thy hand that I may be protected from all evil, yet give unto me strength to be the master of my body, of my mind, of all conditions in my world. Let me go forth to my duties with this sense of mastership ringing in my soul so that I may eat and drink, walk and work in the happiness of the spiritual life. I know that as spirit I am free from every desire of the flesh, as spirit I am satisfied; as spirit I am wise, I am strong, and because thou hast made me in Thy image and Thy likeness, I am free every moment of every day and of every night. In this freedom from all habits of thought or action which are contrary to Thy thought or will, I now declare that I AM WILLING TO PROVE MYSELF MY OWN MASTER AND THY OBEDIENT CHILD. *In Thy strength* I AM STRONG, *in Thy life,* I AM TRULY ALIVE *and live according to the pattern of holiness which Thou hast put into my heart. Amen.*"



Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

Digitized by
INTERNET ARCHIVE

In God I live, move
and have my being.

Sun Health

Original from
UNIVERSITY OF CALIFORNIA

Keynote on opposite page.

No. III

Treatment for Catarrh, Throat and Lung Trouble

PREPARATION.—Imagine a point at the center of your being (spirit) where the Light is never dim. Center your thought upon a definite spot at the base of the lungs of the physical body until you have learned to concentrate your mind without this aid. As you look out at the sunlight which is giving your body warmth and strength every day, try to realize that the same Power back of this mighty flood of sunlight is the Power which dwells at the center of your being. As the sun animates and sends the life forces pulsing through the earth, so this Light within you, sends throbbing vibrations of health through every cell of your body.

WORD TREATMENT.—*With reverent recognition of my birthright, I claim my sonship with the Almighty. I am spirit, created in the image and likeness of God, and endowed with divine perfec-*

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

tion. My body is the instrument given me by the Father through which I express to the world my divine character. At the center of my being, I dwell in harmony with God, my loving Father.

EXERCISE.—Go to an open window, if possible, facing the east, or if this is not convenient, stand with your face turned toward the east. Let your arms hang loosely at your sides. Slowly inhale, raising the arms gradually until you have drawn in all the pure fresh air that your lungs will hold. As you inhale *think* the word "Life," and try to realize that you are breathing in the very essence of health. Then slowly exhale, keeping full control of the breath and letting the arms gently descend to the first position as the lungs are emptied of air. Hold the word "Love," in thought and send forth a blessing to the whole world. Repeat this seven times at each treatment and give yourself a treatment early in the morning, at sunrise, if possible, at noon, and at sunset. All through the day let this be the undercurrent of your thought and consciousness: *God is my Life. God is my Health. In Him I live, I move, I have my Being.*

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

Sing these words to yourself, repeat them many times and rejoice with a heart full of thanksgiving and praise.



Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

PEACE.

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

Keynote on opposite page.

No. IV

Treatment for Nervousness and Self-Consciousness

Texts to be held:

"Blessed are the Peacemakers (they who make peace) *for they shall be called the children of God."*

"Peace unto him who is near and to him who is afar off and I will heal him," saith the Lord.

Let your first thought on awakening be a thanksgiving for your life, your privileges, your possibilities.

Take long deep breaths while dressing, then when you are ready to leave your room, before doing so, give yourself five full minutes in which to say with all your mind and heart: *"I will live on the highest plane to-day, the plane of spirit. As I am spirit, I am free from all inharmony and irritation. I am above nerves and nervousness, for I, the spirit, control the flesh and flesh conditions. As spirit, I am sensitive to high, holy thoughts and influences. Neither my mind nor*

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

my nervous system will register or report any discords, for I breathe in the vital forces of God's whole universe and transmute them into strength and health. I am at one and in harmony with the best of every soul, therefore only the best touches me. I can change every word or tone of discord to harmony. I am loving to all, at peace with all, and am free, happy, strong, and filled with God's own peace.'' Amen.



Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

I will sing unto the Lord as long as I live; I will sing praise to my God while I have my being. My meditation of Him shall be sweet; I will be glad in the Lord.

Psalms CIV-33-34

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

I am Fearless and Free.

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

Keynote on opposite page.

No. V

Treatment for Indigestion and Constipation

When you are troubled with indigestion you must realize that there is a mental as well as a physical cause for the trouble. It may be a chronic state of worry concerning some particular thing or things in general. People who have a secret cause for worry, who are mentally rejecting some circumstance or condition in life are apt to have indigestion and constipation. Think over this carefully and see if your mind is clouded or troubled. If it is you must have recourse to the spirit. You must lift your consciousness above the mental and physical conditions by realizing that in the spirit you are free, because in the spirit there are no clouds, no troubles, no diseases. Your preliminary meditation may be something like this:—

"From this moment I decide to see only that which is good and true and beautiful. I resolve to cultivate the habit of looking for the good in

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

every circumstance and condition of my life. Whatever seems hard or dark or undesirable to me, I will take unto the Lord and leave Him to deal with it. Everything that is helpful and good and true I will appropriate to myself, assimilate into my life and thought. By so doing I realize that my stomach which is the organ that performs the same office for the physical that my mind performs for my intellectual and moral being, will be put into a harmonious condition so that it can perform its work properly and well. Knowing that every cell in the body has its degree of consciousness, I speak to the cells of my stomach and tell them that they are able to do their work, that each cell is willing to work in harmony with its neighbor, and thus enable the stomach *to digest the food that it is given.* I declare that harmony reigns in my whole physical being, that every organ is perfect and that it is willing to accept whatsoever work it is given to perform.

Word Treatment.—*With a happy mind I will sit down to every meal believing that in the same happy receptive state, my stomach will receive and take care of the material which is to make good healthy flesh and blood. Every morning*

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

I will say, This is to be my happy day, my day of accepting and assimilating both mentally and physically whatever comes to me. Every night I will speak in praise and appreciation of the good work that has been done in my body, and I will go to sleep in the happy expectation that whatever needs to be strengthened or healed will be perfectly strengthened and healed, during the night so that I may again arise to another day of happiness and health. I speak these words knowing that my Father worketh in me to the accomplishment of His perfect work in my soul, mind and body.

In addition to this see that your food is simple, wholesome and nourishing. Do not eat too many things at one meal. Milk, fruit, nuts, cereals, eggs and whole wheat or graham bread should be the main diet. Drink plenty of water, taking one or two glasses in the morning and same at night before retiring. Also several during the day.

By observing these rules there is no reason why you should not be *perfectly cured of indigestion and constipation.* HAVE FAITH! HAVE ENTHUSIASM!

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

I am now filled with the Light of Thy Presence.

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

Keynote on opposite page.

No. VI

Treatment for Failing Eyesight

GENERAL DIRECTIONS.—Recognize your sight as spiritual, not material, even though you may wear glasses, do not wear them with condemnation; that is, do not continually regret that you are obliged to wear them or deplore the condition of your eyes. On the contrary, keep steadily before your mind the picture of your perfect eyes and the idea that the sight is of the spirit. That there is no age in the spirit, therefore yours can make no difference to the spirit. Every night before you retire and every morning when you awake for five or ten minutes speak these words:—

WORD TREATMENT.—*"I thank thee, Father, that thou hast given me the gift of perfect sight. I know that in the spirit there can be no loss of the sense of sight and that to the spirit there are no conditions. I declare that I see through the power of the spirit. That I am able also to observe spiritual truths clearly. The physical*

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

correspondence to spiritual perception is physical sight. I praise Thee and thank Thee for giving me perception and the organs of vision. I will endeavor at all times to be single-eyed to the pure and whole truth in myself, in my neighbors, in Thy beautiful world. I will seek to always look for the perfect, the beautiful and the true. Thy words are a continuous renewing. They bring me vitality and strength and youth. I live in Thee; in Thee I am perfect and therefore I see perfectly Thy perfect world. Amen.''

A PHYSICAL EXERCISE TO BE PRACTICED TWO OR THREE TIMES A DAY.

Sit down in a chair and look at some point you decide upon on a range with your eyes. It may be the door knob or it may be the pattern in the wall paper. Look at this object, without moving your head, roll your eyes upward as far as possible; return to the point. Roll to the extreme right as far as possible (without turning the head); return to the point. Roll to the extreme left as far as possible; return to the point. Roll to the oblique right as far as possible; return to the point. Roll to the oblique left; return to the point.

Do this three or four times. It is a splendid exercise and will tend to strengthen all the mus-

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

cles and give the eye the roundness of youth. If you will be faithful to this practice in connection with the mental suggestion already given, you will have wonderful results.

In addition to this frequently bathe your eyes night and morning with a solution of salt and water. You can put a little in the palm of your hand or in a tea spoon and laying your eye upon it, wink so that the fluid will get into the eye. You will find this very refreshing and healthful. Be careful not to read lying down. Be sure to have the right light when you read. All of these things are important.



Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

I breathe, eat, drink and move, with the constant thought of Perfect Life, Vitality, Health.

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

Keynote on opposite page.

No. VII

Treatment for Rheumatism

General Directions.—In the first place try to have your clothing warm and yet light in weight, so that there will be a free circulation of the air through your clothing. Get as much sunshine and fresh air as possible, and see that there is a good circulation of air in your sleeping-room. Cover yourself up well, even the top of your head if you feel a draught, but have the nostrils free from all covering, so that you can breathe in the pure fresh air while sleeping. Drink plenty of cold water, one glass before breakfast and two during the morning, also during the afternoon and at least two glasses of water before you go to sleep at night. Avoid starchy foods and acids. Eat plenty of fresh vegetables and drink very little of any kind of stimulating drinks, such as tea, coffee or liquors of any kind.

Special Exercise.—The first thing in the morning stand erect and if the weather is warm enough,

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

lay aside all of your night clothing and stretch your arms up as far as you can reach, stiffening each finger up to its full length, then slowly drop the arms to a horizontal position and stretch them out in this position, then drop them straight down at the sides, alternating from a tense to a relaxed condition of the muscles during all this time. Repeat this at least seven times, then lift the right foot slowly up until the knee is well bent, and repeat this seven times. The same with the left foot. Then bend your whole body forward, then straighten it up again; bend it sideways toward the right, and then toward the left. During all this time breathe as evenly as possible, taking in the fresh air and exhaling all that is impure from the lungs. After taking this practice, start in and take a light, sponge bath, but instead of using a towel or cloth to dry the body rub it dry with the palms of the hands, commencing at the neck and working all the way down to your feet. Keep up a brisk rubbing until your whole body is in a glow. If you are sensitive to draughts at the beginning of this practice, keep a light covering over whatever part of your body you are not rubbing; thus you can gradually ad-

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

just the cover as you go on with the friction, and this will prevent you from taking cold. This is what is called a magnetic bath and it will bring such a sense of vigor and vitality into your body, that it will stimulate the flow of blood to every part and each cell will be revivified.

WORD TREATMENT.—*"I am at one with the Great Magnetic Center of the Universe. The vibrations of the eternal living forces flow into my body. I am bathed in a strong, electric current; I am filled with vibrations of health. Around and about me is drawn an aura of health and I am strong, vigorous, bright, healthy, joyous; life, eternal, everlasting life, fills and thrills me through and through. I praise God with all my heart, with all my soul, with all my mind, and thank Him for my health and strength. Amen."*

This treament can be repeated at night before going to sleep and if desirable omit the cold water in taking the magnetic bath. Just rub yourself briskly with your hands, and then go to rest, knowing that the Omnipotent forces are working for your healing.

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

I see in my mind a picture of you as God intended you should be. *You are His good Child.*

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

Keynote on opposite page.

No. VIII

Treatment for Those Addicted to Evil Habits

Sometimes you have one very near and dear to you who is addicted to drinking, or morphine or some other vice. Your heart yearns to help him, yet you are very apt to spend time in anxiety and tears, when you think of him.

Beloved, in this way you are harming, rather than helping him. Your constant thought of his weakness and shortcomings even though it be a kindly pitying thought creates an atmosphere of darkness which oppresses and enfolds him like a heavy fog.

As you want to help him, *by all means* change your attitude of mind towards him. Stop thinking these things which though they are true as to the flesh, MAY BE CHANGED BY THE POWER OF THE SPIRIT. Try to look through the veil of his failure to that divine spark of Light which is his true self. Think of that as being ALWAYS PERFECT. While you are in your room, send to him earnestly every

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

night when you think he has gone to sleep and every morning before he awakens words like these:—

"Dear (John or Mary or whatever his name may be) I am now thinking of you as you are in your spirit. In the spirit you are strong. In the spirit you are pure. You are satisfied with the great gifts God has given you, and because you are satisfied, you are not seeking for the pleasure which destroys, but for the peace and the joy which builds up mind and body.—God is your strength in every moment of temptation. In the spirit you are not tempted for you are awake to all your possibilities and wonderful powers.

"As you go forth to your work and walk along the street you are attracted to only that which is good and beautiful and healthful. There is nothing in you that can answer to any temptation. You do not want liquor or morphine or tobacco or anything which is not natural and good. By speaking this way to you and about you I can see in my mind a picture of you as God intended you should be. I see you with a strong pure mind; with a beautiful healthy body. This is the picture that I am going to see every time I think of

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

you, and no matter what you may appear, dear (John or Mary) I shall endeavor at all times to keep this picture of you before me. I love you and trust you and I leave you now in the care and protection of God, who is able to do all things that are for His glory, in you. I leave you in His care now and always. Amen."

If you will learn these words and say them ten minutes night and morning as I have directed, you will be a great comfort and blessing to your dear one. Indeed you may lead him straight into the path of right doing. In addition to this try to make everything pleasant in the home. See that he has plenty of nourishing food. Study to make everything in his room and about the home particularly attractive, for all this will help you to remove the awful cloud that your worry and fear have woven about him. Above all else realize that he is in God's care. Leave him there.



Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

You are God's happy, healthy Child.

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

Keynote on opposite page.

No. IX

Treatment for Managing Children and Keeping Them Healthy

In the first place study the temperaments of your children. What may do as a method for one may not always be the best for another. Children who are nervous, active and restless, need very different tactics than those who are quiet, slow and easily contented.

The restless child should have a nap once or twice a day. Should always receive immediate attention for any need that he may have. At all times should be treated gently. Out of the abundance of the real and abiding love in your heart should be born the wisdom with which you may guide your children.

See that they have simple nourishing food. That they eat regularly and go to bed early. Many times a child is irritable because it is overtired, because it has not been properly fed.

Besides the good, physical care, see that you

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

also give your children the kind which will be as food to the soul.

Let each child have a little time during the day or in the evening before going to bed for a SPECIAL HEART TO HEART TALK WITH YOU. Encourage the telling of whatever may be of interest whether it be about the play or about something that has happened during the day. Whatever the child wants to tell you at the confidence hour, let him feel free to tell. Show your interest and sympathy in all his little plans and his play, and in everything that concerns him.

Even at a very young age, yes, as soon as he understands any language, you can begin teaching him how to choose the good thought and good action. Treat him as an individual. Show him that *he* can choose how to act, and that he knows the difference between the good and bad. Trust him.

Let him feel that he is a co-worker and co-partner in the home.

Every night let him say some little prayer that will turn his thoughts into an aspiration to be good. After he has gone to bed or even while he is going to sleep speak in a low, monotonous, soothing tone and tell him something like this:

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

WORD TREATMENT.—*"Darling, you want to be good. Your little heart is full of love for every one. You want to be kind to sister and to your little brother. You want to learn to think beautiful thoughts so that you will grow up to be a good (man or woman). You feel well and happy. I am giving you these thoughts now, so that you will sleep sweetly and know how true it is that you are God's own, good, happy child. This will make you well and strong. It will make your body able to do whatever it should do, to grow strong and beautiful. Good night, darling; you will sleep with the angels watching over you, and with mother's love around you like warm, soft arms. I leave you now in God's care. It will heal and bless you and make you good."*



Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

Harmony reigns in our Home.

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

Keynote on opposite page.

No. X

A Treatment for Harmonizing Home Relations

The home should be an emblem of perfection. It is an organization composed of different members. There should be perfect harmony and sympathy between all the members, in order to have the perfect home.

You as a member of the home must do your part. It may be that you understand better the law of harmony, and can therefore not only maintain your own part but help others to do theirs. The first thing is to recognize that *every one is an individual* and has rights and liberties as an individual.

Given the freedom whereby each member may follow out, to a reasonable extent, his tastes and desires, there will naturally be a feeling of sympathy and harmony among all members.

This is what should be. Your ATTITUDE OF MIND SHOULD BE ONE OF JUSTICE AND LOVE AND SYMPATHY. This means of course that you banish every

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

thought of criticism or selfishness. When you are sure you have within yourself that real harmony, you will EMANATE HARMONY, YOU WILL CREATE AN ATMOSPHERE OF HARMONY. You will be as it were, LIKE THE SUN, RADIATING LIGHT IN ALL DIRECTIONS and making of your home an ideal spot, and a place of peace and happiness. All members will feel this.

The first essential in doing this kind of work is to *deal with yourself.* This means you are to *keep* an atmosphere of harmony. You already know how to put away all thoughts excepting those which are kind and loving.

Now if you have a member of the home who is discordant, or unhappy, let your thoughts go to him in an endeavor to turn the light of your inward happiness and joy upon him. Think of him in this way!

WORD TREATMENT.—*"Dear ——— there is no thought of criticism in my heart toward you. Indeed I can think only loving thoughts. I feel because of this that I understand you. I know that very often when you come home irritable and impatient it is merely because you are for the time being overtired. I will therefore have pa-*

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

tience with you. It is my aim and intention at all times to be true and just in every word that I say to you, and this moment I am sending to you a full and flowing stream of loving thoughts which will convey to you my confidence and esteem. In this way I pray that I may turn your thought to the High Source of all love and harmony that you may receive and enjoy as I do, that inflow of strength and love from our Father which makes it possible for us to be harmonious and happy. May God's love brood over you always, and may I be ever willing and able to help you to live up to your highest and best at all times, and under all circumstances. Now may love do its perfect work with you, with me, with all members of our beloved home. Amen."



Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

One moment at a time and that moment my best, is the key to the powers and gifts of my soul.

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

Keynote on opposite page.

No. XI

How to find your Talents.

Just so surely as every creature is born with instincts, every human being is born with talents —faculties. *You have* THEM. How many, or what they are, you can only know when you begin to use them.

Perhaps you have thought yourself wholly lacking in the possession of these. Perhaps you have pitied yourself and cried in secret because you could not do or become what others have, or perhaps you have flung yourself in petulance away from opportunities, because they set tasks before you that you did not like.

If you have done any or all of these things, stop, and put away even the memory of your thought or action concerning the gifts God has given you.

Begin now, and believe that YOU *have talents.* This will be an open door to hope, courage, VICTORY.

See how warm your heart grows at thought of it, how many bright dreams crowd into your mind, how eager you are to *do* something!

These are signs of the talents that have been

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

folded away in the napkin of your ignorance. Unwrap them! Bring them forth! Use and increase them! For you can do wonders when you know the implements you have to do with!

These implements are the powers of your mind, your will, your judgment, your body!

You have been using these all your life, in a way, but now use them with the *joy* of use! Be glad, be thankful, be cheerful, be joyous that you *can do,* even the homely every day duties with a new light thrown upon them. This will be the beginning of expansion in your faith and outlook as to *what* you can do. Keep ever before you the thought "I can *achieve,* as well as *appreciate.*"

Then go about every task, thinking; *I can do this,* WELL, *superbly, I love to do it, I will put every thing I am into everything I do. All my taste, my skill, my originality I will put into the work of each moment, for each moment I must express myself, I will not imitate, but originate. I will be so open to the realms of use and beauty that I will catch new ideas and express them in the grandest way.* This will be doing the thing, and so getting the power.

ONE MOMENT AT A TIME, AND THAT MOMENT MY BEST *shall be my motto for finding every talent that may now be folded away in the napkins of indifference, ignorance or idleness.*

I pray that my every talent may be increased, and I myself established, with my neighbors, my brothers, my sisters and children in the Kingdom of God.

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

THE NINETY-FIRST PSALM.

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

I will say of the Lord, He is my refuge, and my fortress: my God; in Him will I trust.

Surely He shall deliver thee from the snare of the fowler, and from the noisome pestilence.

He shall cover thee with His feathers, and under His wings shalt thou trust: His truth shall be thy shield and buckler.

Thou shalt not be afraid for the terror by night, nor for the arrow that flieth by day.

Nor for the pestilence that walketh in darkness, nor for the destruction that wasteth at noonday.

A thousand shall fall at thy side, and ten thousand at thy right hand; but it shall not come nigh thee.

Only with thine eyes shalt thou behold, and see the reward of the wicked.

Because thou hast made the Lord, which is my refuge, even the Most High, thy habitation.

There shall no evil befall thee, neither shall any plague come nigh thy dwelling.

For He shall give His angels charge over thee, to keep thee in all thy ways.

They shall bear thee up in their hands, lest thou dash thy foot against a stone.

Thou shalt tread upon the lion and adder; the young lion and the dragon shalt thou trample under feet.

Because he hath set his love upon me, therefore will I deliver him: I will set him on high, because he hath known My name.

He shall call upon Me, and I will answer him: I will be with him in trouble; I will deliver him, and honour him.

With long life will I satisfy him, and shew him my salvation.

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

THE NEW YORK MAGAZINE
OF MYSTERIES

A CHEER UP MAGAZINE

of HEALTH
HAPPINESS
and PROSPERITY

Twelve numbers of OUR MAGAZINE are equal to a *whole library* of Good Books. More than that, each number contains *life giving food* for *mind and soul.*

The New York Magazine
OF MYSTERIES
is your Friend, your Teacher, your Companion and Comforter. It brings Courage and Cheer that are invaluable.

Send for a sample copy, or better still, $1.00 for a year's subscription.

ADDRESS

The New York Magazine
OF MYSTERIES
22 North William Street, New York City, N. Y.

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

The Mystic Success Club

In Connection With

THE NEW YORK MAGAZINE
OF MYSTERIES

AN organization of over 13,000 members, founded for the purpose of developing your best powers, capacities and gifts through a *practical*, *living*, *active* faith in God.

Whoever you are, be your name, race, sect or religion one thing or another, we gladly welcome you among the Success Workers. We emphasize oneness of family because there is oneness in all humankind, of nature, life, interests and possibilities. The One Father is over all and in all. The One Love will work through all. The perfect recognition of the One Father, the One Love and the One Life makes perfect unity. This means co-operation. Co-operation with God and man brings success in its fullest sense.

Forget differences. Remember unities, and be strong, fearless and free.

Come into the Success Circle where you can find teaching, encouragement, fellowship and real brotherly help to live your highest and best. The Path is before you. The Light shines for all.

TERMS FOR MEMBERSHIP

Three one year subscriptions to the NEW YORK MAGAZINE besides your own, or $4.00. This entitles you to Life Membership.

Send for the Success Booklet which will tell you what *has been* and *is being* accomplished.

The enthusiastic letters speak for themselves.

Address

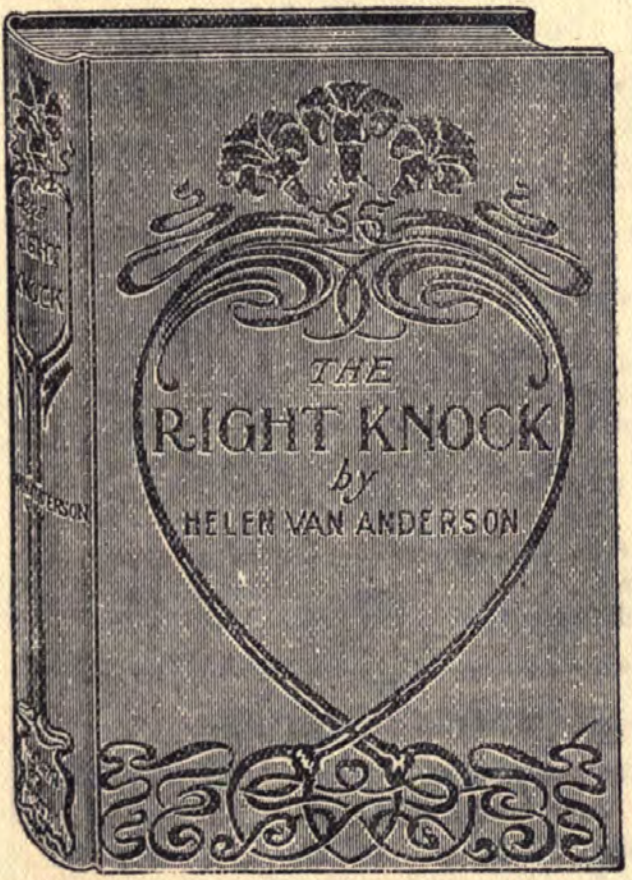
THE NEW YORK MAGAZINE
OF MYSTERIES
22 NORTH WILLIAM STREET, NEW YORK, N.Y.

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

THE RIGHT KNOCK —— By —— Rev. Helen Van-Anderson

Will open the door of Health if you will follow its teachings. It is a **BOOK FOR EVERYBODY.**

It contains **TWELVE LESSONS ON CHRISTIAN HEALING,** with questions, answers and comments that bring the subject down to the comprehension of even a child. Twelve lessons which are full of the meat of truth. They contain the statement of Principles, and full instructions as to how to apply the power of Healing to yourself or others.



A mere reading of the book in many cases has worked wonders in the restoration to health. Naturally you question, **HOW IS THIS?**

It is simply because the book is an A. B. C. Exposition of the law and method of Christian Healing, as taught and practiced by the Master.

There is nothing strange or supernatural about it. **THE RIGHT KNOCK** is simple and filled with a spirit of devotion and religious faith, which is contagious and this fact in addition to the many instances of **true healing,** which are **vouched for** by the author, makes the book, one of the **very best** text books on health that was **ever written.**

Here are a few of the good words said about **THE RIGHT KNOCK.**

"I have now read with infinite pleasure and profit, **THE RIGHT KNOCK,** a book I have long wanted and needed. It very clearly sets forth the first principles of Christian Healing, stripped of Metaphysics," writes one of our students from England.

"It's the plainest book I ever read on this subject of Healing. I have done wonders with it in my family. We never think of taking medicine any more."
Eva R. C., Portland, Oregon

"I went into the kitchen not long ago, and found the cook, **THE RIGHT KNOCK** propped open before her, studying it, as she kneaded the bread. She says, she has already learned to heal herself of headache." Mrs. J. M. B., Lima, O.

317 pages, beautifully bound, in Cloth, **PRICE $1.00** Address

NEW YORK MAGAZINE

22 N. WILLIAM ST. **OF MYSTERIES** **NEW YORK, N. Y.**

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

CARROL'S CONVERSION

—— Is Another Book by ——

Rev. HELEN VAN-ANDERSON

This is a Companion Volume to THE RIGHT KNOCK

You need such a book as **CARROL'S CONVERSION** to show how a life may be completely changed from darkness to light. **Courage, sympathy** and **understanding** with which to help others are what we all need. These are inspired by reading this story from life.



It is a story that sets a picture before you—the picture of a lonely child who was unhappy and misunderstood because she was afraid of God, and could not find the way to Him until she at last learned the secret. The great change that came to her, the new life, the grand work for the friendless, and the many beautiful glimpses of what may come to **everybody** is the theme of

CARROL'S CONVERSION.

"I am so pleased with **CARROL'S CONVERSION.** That idea in it of the **Voluntary Help Society** is carried out so beautifully, it makes one long for an opportunity to do likewise."

Another says: "It is the dearest book I ever read. Every home should have a copy, for it is bread and meat to the soul."

M. P. D., No. Madison, Ind.

"Every subscriber to our beautiful New York Magazine should have **CARROL'S CONVERSION.** It is lovely."

N. H. W., Harris, Cal.

"It is the most helpful and soul inspiring book I have ever read. The author has found the true secret of joyous, healthy living, and I trust that thousands may read the story and thereby gain a larger, higher and truer ideal of life, and put it into practical living use," says another reader.

Library Edition similar to **THE RIGHT KNOCK. Price $1.00**

Address

NEW YORK MAGAZINE

22 N. WILLIAM ST. **OF MYSTERIES** **NEW YORK, N. Y.**

Digitized by INTERNET ARCHIVE
Original from UNIVERSITY OF CALIFORNIA

MRS. VAN ANDERSON'S

BOOK *for* CHILDREN

This is JUST THE BOOK YOU HAVE WANTED ! There are few books as attractive and effective in presenting life truths for children, as this delightful

Story *of* Teddy

. . . Teddy is a *real* boy, and occasionally, like a real boy, has to be "helped to remember" (which is another way of saying, punished for *not* remembering) some things he is apt to forget.

Just what his mother did with Teddy when he "forgot" and how she taught him a lovely way to live like a *new boy* is the beginning.

What Teddy, Jack, Arthur and Pry and a group of little folks did, and the way in which they all became *Crystal Truth Seekers*, is all very interesting.

The Story of Teddy

Ready for Christmas

PRICE, 75 CENTS

Address . . . NEW YORK MAGAZINE, New York, N. Y.

OF MYSTERIES

The Hindu Book *of* Astrology

. . . For those who are interested in the signs of the Zodiac, and desire astrological interpretation of character, talents and temperament, we have a new edition of BHAKTI SEVA'S

Hindu Book *of* Astrology

It is simple, clear and interesting, and will give you many valuable hints about yourself and your possibilities.

PRICE 50c.

Address . . . NEW YORK MAGAZINE, New York, N. Y.

OF MYSTERIES

Digitized by INTERNET ARCHIVE

Original from UNIVERSITY OF CALIFORNIA