

CONSTRUCTIVE THOUGHT

OR HOW TO OBTAIN WHAT
YOU DESIRE

BENJAMIN JOHNSON
"



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PURDY PUBLISHING COMPANY

5 South Wabash Avenue
CHICAGO, ILLINOIS

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¶ *The secret of attainment is the vital spark hidden in each one of us, but only fanned into the flame of effort by desire. ¶ The tiniest spark, kindling the smallest flame, may be kept alive by faith and so fed by resolution that every obstacle to advancement will be destroyed and the path to success made clear as day.*

MAY 29 1915

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Foreword

The possibilities of constructive thought are so fascinating, its daily use so practical, that the demand for its better understanding is constantly growing.

The thoughts here presented belong to whom? I wish I might tell you, but truly, I do not know.

Aside from the many quotations I have given, thought after thought has appeared, fairly insisting that it be used. As each thought came, I wrote it down for the purpose of putting in concise form the information by so many desired.

If there be such things as original thoughts, some of these may be so named.

But how can one be sure?

With my mind equipped with a New Thought wireless, I may have caught and appropriated ideas that someone else was sending; or, from the reading of Epictetus, Emerson, Allen, Brown, Huckel, Hudson, Fletcher, Militz; Mulford, Marden, Towne, Larson, Randall, Sears and others, my subconscious mind may have absorbed and given back to me the thoughts of these good writers and able teachers.

At any rate should I find that I am a mental pirate, I shall not grieve, for I will know that only because I desired so intensely to help others, that which I needed came to me as a proof of the law.

With all these great minds aiding me, I am certain one will find in this book the help one needs; and I believe it can be referred to, from time to time, with benefit.

I feel positive it may be used to help others, as I have endeavored to help, in the work of replacing instead of repressing; of changing the old form of pessimistic thought for the new one of health, prosperity and happiness.

BENJAMIN JOHNSON.

March 16th, 1915.

Breathing

I.

Your character represents the result of the habits you have formed. Your habits show your manner of thought. Your manner of thought is in turn affected by your method of breathing. Would you succeed? Then breathe systematically, intelligently and happily. The air is filled with life-giving oxygen ready for you to use. It is already yours, but *you* must give it space in which to do its work.

Unless you have the force of will necessary to breathe correctly not only once but many times a day, you have not sufficient will to develop your mental faculties to their greatest capacity; hence your thinking will be limited.

You have probably, like many other people, considered breathing as a natural process not worth bothering about, and so in common with many others, you have starved certain organs of your body, impoverished your brain, and then sought for some remedy to act as a tonic. All the time the real remedy has been within your reach, but you have wilfully refused to acknowledge it or use it.

You surely desire to succeed,—then begin your work for success, and for thought building, by realizing to the utmost your need of giving to the lungs the greatest natural tonic and purifying agent for the blood known—oxygen.

In order to take in the greatest amount of oxygen, all breathing exercises should be practiced in the open air, or by an open window. Deep, full breaths should be inhaled through the nostrils, held for a few moments in order to purify the air that remains in the lungs from former inhalations, and then should be exhaled through the mouth.

Ordinarily, about one-half pint of oxygen is taken in in an average breath. When the effort is made to breathe from the abdomen, throwing back the shoulders and taking in all that the lungs will hold, this amount is tremendously increased. And, when one realizes that in one person's lungs there are between seven hundred and twenty-five and eight hundred million air cells, not half of which are ever used

by the person who takes only the average breath, it readily can be seen that a great many pints of oxygen would be needed to stimulate all these air cells to action.

The blood passes through the lungs about three times a minute, carrying the carbon dioxide that should be given off, and searching for the oxygen to be inhaled for the purpose of purifying and revitalizing. If the blood fails to receive the supply of oxygen it needs, the entire system immediately shows the result of this deficiency by weak tissues, inefficient digestive juices and a low vitality.

The amount of blood in the body of a person is estimated to be about one-sixteenth of the body weight. This blood has fully two thousand miles of tubing through which to circulate. For every heart beat nearly three ounces of blood will be forced along through this tubing, so that in twenty-four hours fully *eight tons* of blood passes through the lungs, giving off carbon dioxide and taking in oxygen.

If the breathing apparatus is not in perfect working order, or if the ventilation is not good and the person is breathing air that is impure, but little of the carbon dioxide can be given off and the accumulated poison shows its presence by a sensation of weariness; or by weakness.

The great pumping organ, the heart, is one of the first to suffer from the deficiency of oxygen. One would not expect an automobile to operate without gasoline. It would, however, be just as sensible, as to expect good work from a heart when the blood is not being fully supplied with oxygen. The carbon dioxide can only get *out* of the lungs as the oxygen gets *in*, so the other organs of excretion will accordingly have more work thrown on them, and the skin and kidneys will in turn suffer.

It is also estimated that fully two pounds of oxygen are needed for every pound of food in the blood to maintain the body in a healthful condition.

Men, in ordinary walks of life, are said to take in about one-half the oxygen really needed. Women take in about one-fourth of the amount necessary for perfect health. Shallow breathers never take in enough to give the body what is demanded.

"Breathed air" in any room is always deadly and can rightfully be accused of causing all sorts of physical disturbances. Frequent breathing exercises are necessary, because oxygen is unlike food in that it cannot be stored up, it must be taken in often.

As an example of the instant effect of bad air, take any one accustomed to out-of-door life. Place this person in the ordinary office. In nearly every instance a violent headache, a feeling of weariness, and a general depression, will result. Continue this seclusion for a time and the eyes lose their lustre, the cheeks become colorless and the vitality is lowered.

True, many people always have and always will exist under such conditions, but to truly *live*, in the broadest sense of the word, something else is necessary; and that something is the opportunity for drinking in Nature's best tonic—oxygen—at frequent intervals.

A very simple plan is to practice deep, rhythmic breathing on your way to the office in the morning, when going to, and coming from, luncheon in the afternoon, and before retiring. If you feel tired mentally during the day, go to the window, throw back your shoulders, and take several deep breaths.

Does your head ache; are you weary, dull, depressed? Nature's remedy is yours, for the mere taking.

Naturally, too, if the various organs of the body are affected by the amount of oxygen received, the entire nervous system becomes in turn either efficient or inefficient, and if the supply of oxygen is not great enough, the brain cannot properly generate, store and transmit the nerve current.

Another feature of the deep breath, and one not usually considered, is, that by such an inhalation, the diaphragm, Nature's principal aid for exercising the internal organs, contracts during inhalation and exerts a gentle pressure upon the liver, stomach and large intestines, thus performing a gentle internal massage.

For the reduction of superfluous flesh, deep breathing exercises are especially beneficial, as by this means much of the extra fatty material can be consumed.

Breathing, therefore, can be shown to affect every organ of the body, either for good or ill; though ordinarily it is considered an act of but little importance.

The effect on the mind of breathing is easily understood when one understands just what oxygen does; but there is still another point to consider, and that is the effect of the mind on breathing.

Anger, fear, suspense are all indicated by short, rapid breathing. People who are always sad and despondent are invariably shallow

breathers. On the other hand, contented, well poised, calm natures breathe deeply and systematically, as a matter of course.

Knowing that the state of mind affects the breathing and the manner of breathing in turn affects the bodily health, one feels a combination of will and action especially desirable. Therefore, before commencing any breathing exercise, the mind should be calm, free from worry or any disturbing emotion, and the will used to breathe deeply for the purpose of taking in an especially large supply of oxygen.

To begin with, *prove* that you are breathing deeply, by placing your hand lightly over the diaphragm and watching the effect on the muscles. If the muscles are not affected, try and try again until you know they are being exercised.

Then, standing erect, empty the lungs and slowly breathe until the lower parts of the lungs have been filled. Then fill the middle parts, and then the upper lungs. Hold the breath for an instant and exhale through the nostrils. Repeat and hold the breath while you count five, in the meantime pressing your shoulders back so you will increase the breathing space. Then exhale, counting the same number.

Do not make this a difficult task by closing your teeth, and forcing the breath, but work easily, endeavoring to breathe rhythmically, increasing the time of holding the breath until you count ten.

Always practice in the open air, or before an open window.

Another simple, though excellent method to practice breathing, is to stand erect and then empty the lungs, as you bring the hands together directly in front of the body. Then clench the hands, commence the work of inhalation and as you inhale bring the clenched hands back to the sides of the body, throwing the shoulders back at the same time. With a very little practice a good lung expansion can be developed in this way.

It is, of course, understood that in all deep breathing exercises, the breath must be taken in through the nostrils with the mouth kept tightly closed, but in exhaling the lips may be parted and the breath allowed to go out through the mouth.

Many people who have suffered for years from insomnia have been able to cure this trouble by practicing breathing exercises after retiring, insisting with every breath, "I am sleepy," until finally sleep comes.

Women troubled by despondency have also been cured by practicing breathing exercises before a mirror, smiling back at their reflections and declaring, "I am happy," until at least twenty-five deep breaths have been taken.

One woman, who was cured by this process, declared that she felt like such a fool when she was practicing this exercise, that she laughed every time she thought of it, and believed that this in itself had much to do with her recovery. Whether she was foolish or not, the fact remains that she was changed from a melancholy, emaciated, nervous wreck, with suicidal tendencies, to a normal being in a very short time.

So, before going on to the bigger things that seem so necessary to our dream of accomplishment, we should all of us be possessed of sufficient determination to breathe properly and for health, every time we have the opportunity—and that will mean several times a day.

Many exponents of thought-building insist that their students make every breathing exercise a thought exercise in the following manner.

As you inhale the first five breaths, say "I am breathing in oxygen, the greatest known purifying agent; and thus helping every organ of the body." As you exhale these breaths, say "I am thrusting out of the lungs the impure air; thus assisting in the work of elimination."

With the next five breaths, assert "As I take in the purifying oxygen, I am also breathing in the elements of success from the universal supply." As you exhale, declare, "I am casting out every destructive thought with as much ease as I eliminate this breath."

Try this exercise four times a day, and by the end of the third day you will be a convert. By the end of the week you will feel a new ambition, and in a month you will be positively hungry for an opportunity to practice on more difficult exercises, while you still use the breathing exercise as a pleasant daily task.

References

Thinking

II.

“Some people study all their lives and at their deaths have learned everything excepting how to think.”

Once the attention has been called to the very simple act of breathing, it becomes evident to every intelligent mind that this act must be performed well if the body is to be kept in good condition. Breathing is, of course, a physical process, just as thought is a mental process. But, for the one person who is careless about breathing, we shall find one hundred who are admittedly and unreservedly careless in thinking.

One often hears it said: “I wouldn’t have hurt her feelings for the world, but the thought popped into my mind and I blurted it out;” or “I do try, but I can’t help thinking of all the trouble I have been through;” or, “I just can’t help it when these thoughts come to me.”

All excuses are poor ones. No one can *make* you think anything, unless you choose to do so. No one can influence your thought unless you allow it. No thought of past happiness, nor of present misery, hate, revenge, and anger can possibly exist in your mind unless you allow your mind to become the worthless meeting place for your own destructive thoughts, as well as for those expressed by other people.

You desire to do much in this world, to become known, praised, appreciated; then, first of all, learn to think constructively. It means the beginning of everything.

True, you may mention instance after instance where men and women of evil minds, worse acts and bad influences have apparently been well, happy and prosperous. I say *apparently*, but that is all.

Emerson says,—“Always pay; for first or last you must pay your entire debt. Persons and events may stand for a time between you and justice, but it is only a postponement. You must pay at last your own debt.”

The price of health, wealth and happiness, three qualities all desire, must be paid for by right thinking.

Dr. Charles Gilbert Davis, after years of observation, asserts emphatically:

“If a thought can in an instant of time dilate or contract a blood vessel; if it can increase or decrease the secretion of a gland; if it can hasten or retard the action of the heart; if it can turn the hair gray in a single night; if it can force tears from the eyes; if it can in an instant produce great bodily weakness; if it can produce insomnia; if, as has often occurred, it can bring instantaneous death;—then is it not natural for us to conclude, without further argument, that it may bring about a more or less continuous derangement of the physical organism that we call disease?”

“I have seen the most wonderful effects follow a fit of anger. After an outburst of passion the function of every gland in the body is impaired. Time and time again, I have observed acute illness in an infant when it was permitted to nurse immediately after the mother had engaged in a quarrel, and on more than one occasion, I have seen death follow in a few hours.

“The standing army of the human body is the corpuscles of the blood. Upon them we depend to heal the wounds, build new tissue and attack the poisonous bacilli that may attempt to enter our systems.

“Thought produces disease because of its action on the corpuscles of the blood. These corpuscles are wonderfully influenced by the mind. An outraged conscience; hate, envy, anger, and fear crush the vitality out of them and leave the citadel of life exposed. But faith, hope, happiness and love create them and send them swarming through the body till every fibre and tissue throbs with life. This is demonstrated by the microscope.”

Elmer Gates, a noted authority, speaking of the fact that so many people endeavor to consider brains as accidents, and thoughts something over which they have no control, writes as follows:

“Anybody may go into the business of building his own mind. The thinking organ undergoes perpetual changes in cell construction and is never finished.

“Even in old age it is not too late.”

“Let the mind-builder systematically devote an hour each day to calling up pleasant memories and ideas. Let him summon the finer feelings of benevolence and unselfishness which are called up only now and then. Let him take his regular exercise like the swinging of dumb bells. Let him gradually increase the time devoted to the physical gymnastics, giving them sixty or ninety per diem.

“At the end of a month he will find the change in himself surprising. The alteration will be apparent in his actions and thoughts.

“It will have been registered in the cell structure of his brain. Cells useful for good thinking will have been well developed, while others productive of evil will have shrunk. Morally speaking, the man will be a great improvement on his former self.”

So authority after authority might be quoted, and all of them be found to agree on these main points.

Scientists have proved that the only difference in the various forms of substance is in the degree of motion or vibration of the particles composing this substance.

In man, as a result of thought and will, the tiny atoms are formed into molecules and the molecules into electrons, the rapidity with which they are formed being in proportion to the intensity of the desire and the strength of will exerted to keep this desire constantly before one.

On this theory that “like attracts like,” man thus has it within his power by the continuous use of right thought to attract to himself that which is needed for further development, by the law of magnetic attraction.

Evil thinking can be, and is, equally productive—the system of development being the same—only, in the latter case, destructive thought is indulged in, and sooner or later the penalty for such indulgence must be paid. In connection with this idea, it will be seen that the quality of thought developed has also a beneficial or detrimental effect upon those to whom it is expressed.

In every neighborhood, examples will be seen of this, if one recalls the effect produced by noble characters, and by the words of encouragement they utter; or by the brilliant yet dissipated people and their

effect on weaker natures, by reason of their witty though possibly obscene remarks.

One of the great reformers, who has done much in the way of teaching the power of thought, declares that the great reason it is so hard to help the unfortunate, is not because they are such great sinners and lack will power, but because their minds are so filled with the thoughts of self-condemnation and self-pity that there is not left room for faith or hope.

The woman who would grow and develop, therefore, must consider her mind as a garden, which she has the opportunity to plant with beautiful flowers, that will shed their fragrance on those who come that way, or with noxious weeds that exhale their poisonous fumes on all the passersby.

It is simply a matter of choice.

Which course have you decided to pursue?

Thinking Cheerfully

III.

“When all the world’s cold and drear,
Jes’ smile!
An’ yer losin’ all thet’s dear,
Jes’ smile!
Fer everything thet goes today,
Will return again some other way,
Bringin’ with it four-fold pay—
Jes’ smile!

When yer feelin’ kind of blue,
Jes’ smile!
An’ when yer yearly interest’s due,
Jes’ smile!
There’s nary a thing in all the land,
From a mountain to a grain of sand,
But ’s yours fer the askin’, so feel grand,
An’ smile.”

—Sam Exton Foulds.

A physician says: “In the maintenance of health and the cure of disease, cheerfulness is a most important factor. Its power to do good, like a medicine, is not an artificial stimulation, to be followed by reaction and greater waste; but the effect of cheerfulness is an actual life-giving influence through a normal channel, the results of which reach every part of the system. It brightens the eye, makes ruddy the complexion, brings elasticity to the step, and promotes all the inner force by which life is sustained. The blood circulates more freely, the oxygen comes to its home in these tissues, health is promoted and disease is banished.”

Why studious, thoughtful and particularly good people have in the past felt it their duty to go about with care and responsibility written over their faces, and every expression that even looked like a smile tucked out of sight, has always been a mystery to me.

Why business men of large affairs feel that the wrinkled effect is the proper thing for their foreheads, and that lips drawn tightly together show determination, is also perplexing.

Why good looking, attractive women persist in cultivating repose to such an extent that their faces are as expressionless as a mummy's is another surprise.

Just the mere act of smiling relaxes the muscles of the face, makes the eyes brighter and changes the entire atmosphere about one.

Of course, it goes without saying that well bred people never parade their troubles, their ailments, or their disappointments; but that is no reason why they should tuck them away and repress them till their faces are an index to their mental condition.

Whether in the pulpit, or on the stage, in political, business, or social life, a magnetic personality and a winning smile that seems to indicate a true desire to be friendly, will do more to attract and hold popularity than any other one attribute.

In one of the largest stores in Chicago there is a floor-walker, who is always surrounded by questioners. No matter what department people want to visit, they like to question this man because he answers in a manner so sincere that each person feels his interest. His popularity with his fellow-workers is equally great, and his being there is an asset to the store. He will be promoted certainly—for his smile and his manner have brought him from a ragged urchin who peddled papers to errand and parcel boy, then to clerk, and now to this position.

There are many policemen in Chicago, and all of them undoubtedly try to do their duty, but some of them occasionally forget to smile.

One policeman who is on duty in a very busy place never forgets that sunshine is much more popular than thunder clouds, so there he stands day after day, with a beaming smile and a nod, looking as though wet, cold, or burning days were mere incidents in his existence, and had no bearing on his temperament. He is only one of the many who are employed in the same work, yet at holiday times it is said that more than one thousand people make it a point to stop and offer a remembrance and wish him a Merry Christmas.

A large building, in which the elevator service is a serious business, had a man employed as "starter," who managed all the boys systematically, remembered every tenant by name, and was so uniformly cheerful that a keen business man, who had watched him for some time, finally made him an offer to manage a restaurant. He accepted and in a few short years became a part owner.

One very well known modiste, noted for her style and her unmanageable temper, pays a large salary to one of her assistants, because the latter has never been known to lose her temper and she is so uniformly cheerful that her influence upon both the employes and the patrons is most beneficial.

A young widow, left alone with two small children, was given a position in a smart shop in the city. She possessed a cheerful disposition and declared that as "a smile was her best asset," she was going to use it. She, of course, was tactful and sensible, but that smile won her way past older employees into the manager's office. She became "Mrs. Manager," and today is owner of the smart shop.

A prominent physician, who is noted for his fashionable and wealthy following, was consulted recently by a young woman who was rich, beautiful, talented, happily married—and discontented, withal. After a careful examination, he said, "Now, Mrs. X. I am going to hurt your feelings, because it is the only thing to do. Physically you are sound as can be. Mentally you are undeveloped. You are selfish, thoughtless, critical and morbid. Your only salvation is to become interested in the work of helping others, stop thinking of yourself, and begin being cheerful. It is your duty to every one of your friends. It costs you nothing to smile pleasantly, yet you smile as though it were an effort. Now unless you take this prescription and follow my advice I must decline to continue to be your physician." For a moment Mrs. X. was angry, but she had confidence in the doctor, and so agreed to follow his advice.

When she opened the prescription she found the following advice: "Laugh heartily three times a day before meals—for effect on the liver. Smile at yourself in the mirror at least six times a day for exercise to facial muscles. Smile at everyone you meet for the effect on them. Walk five miles a day in the open air. Read nothing but optimistic literature, and practice thinking of others by helping someone every day."

The reading of the prescription produced one good effect, for though provoked, Mrs. X. laughed. Every time she thought of it, she smiled. Just for the novelty of the thing she also tried the advice, and today she is quoted as an example of the famous doctor's skill, for she is indeed a changed woman. Only she and the doctor know what her real ailment was, and what the cure entailed.

Cheerfulness should be considered just as much a part of every day's task as talking. It is not only helpful to you because it means less strain on your energy when you can go through a day smiling, but it is also infectious and those about you soon take the spirit and vie with you as to which one can get the most pleasure out of life.

Every day offers you new possibilities for practice—new people to practice upon, and practice, as every one knows, makes perfect.

Keep at this practice constantly, until, finally, when you are checking up on your good qualities you will be able to write in large letters as the greatest aid to smooth running in your home and your business and your daily life the one word *cheerfulness*.

Troubles or Problems—Which?

IV.

“Troubles are usually the brooms and shovels that smooth the road to a good man’s future. The ignorant man curses the rains that fall upon his head, not realizing that it brings abundance to drive away hunger.”

“In general every evil to which we do not succumb is a benefactor.”

“If you serve an ungrateful master, serve him the more. Put God in your debt. The longer the payment is withholden, the better for you, for compound interest upon compound interest is the rate of this exchequer.”

The average person realizes that, to attain muscular development, strenuous exercises are necessary, performed with regularity day after day.

If one is training for some great event in the world of athletics, a still greater sacrifice of time is exacted, a more rigorous diet is insisted upon and the result is a physical endurance that enables the survivors of this test to appear before the public in the big events.

Mental development is built on the same idea. If you would be a great thinker, a wonderful producer, an example of what thought can do, you must also be prepared to pay the price by exercising your mental faculties vigorously and systematically, limiting your diet of careless thinking and doing without some things so that you may have others.

From every experience in life something can be learned that will be of benefit. What might seem disaster may be turned into positive victory, but to see this, is to be able to look from within—out; not from without—in; as one usually does.

I once heard a story of a countrywoman who was so invariably even tempered and serene that her husband decided to make her lose her temper, by getting her everything she did not want, instead of the things she requested. She placidly utilized every substitute, declar-

ing she had found many new uses for things she had not before realized she could employ.

Finally the husband, utterly disgusted with her serenity, decided to try one last plan, and said to himself triumphantly—"I'll make her give up this time, for I will have the boy take to the house only the gnarled, crooked stumps of trees for the stove, instead of the straight sticks to which she is accustomed." An hour later, the husband crept cautiously into the kitchen only to be met by a beaming wife who declared enthusiastically: "Those crooked pieces of wood are just what I wanted, they nestle around the pots and pans so comfortably and give a much better heat!"

The experience of the countrywoman affords an example of how every trying circumstance in life may be handled. True, things may displease us for the time being and seem almost impossible to endure, but a little consideration shows us they are but harbingers of better things.

Sometimes distressing events are wonderful tests of our endurance and our faith in the ultimate outcome. Others teach us the value of self-control.

A disappointment is always an avenue to something better—if, instead of standing dumbfounded and dismayed, we but push forward in another direction in our journey toward the ideal, remembering always the value of retaining a cheerful appearance and an optimistic state of mind, regardless of what has happened.

It is not only practical but scientific to live on the sunny side of life, for even the most dyed-in-the-wool and skeptical scientists are now admitting that the greatest number of baffling diseases have their origin in a depressed or morbid mental condition.

The study of the life of every man or woman who has ever succeeded in attaining any great prominence, will inevitably reveal the story of some difficulty put out of countenance by a resolute endeavor.

John Bunyan might never have written *Pilgrim's Progress* had he not been cast into jail, where he had plenty of time for reflection. Many of Beethoven's masterpieces were composed after he had lost his hearing. Isolated as he was from conversation, it gave him more opportunity to pour out his soul in music. In more modern times, Paderewski, undaunted by the jeers of his fellow-musicians, practiced fourteen hours a day, endured privation, even lack of food, and emerged a victorious genius.

Sir Thomas Lipton, who was at sea one time when it became necessary to lighten the weight of the boat by tossing the freight overboard, turned disaster into good advertising by painting "*Lipton's Tea*" on every package, thus making the name known to every ocean liner that picked up one of the stray packages.

Helen Keller's misfortune has developed a system of teaching the blind that has meant benefit to countless unfortunates, and her optimistic spirit has put to shame all malcontents, who pause to think of her wonderful courage. She is an illustration of one who has attracted happiness to herself by her own sweet nature.

The most prolific hymn-writer in the world, blind for years, is said to have been the means of converting more people to Christianity than any revivalist. She lived, as well as wrote, words of praise and thanksgiving. At her death every newspaper in the country not only printed the story of her life, but gave her full and generous credit for the good she had accomplished, and as a consequence, Fanny Crosby's name will stand forever in the Hall of Fame.

Instances could easily be multiplied, showing how resolute souls have conquered every condition, and have been victorious as a natural consequence of perseverance and determination.

The average person fails occasionally to recognize the saving grace hidden in a disappointment, and commences to complain before she has tried to look at the other side.

Birds could not fly unless it were for the resistance of the air. Trains refuse to "catch hold" on a smooth track. The wheels slip and it becomes necessary to sprinkle sand over the tracks in order to produce a rougher surface.

So-called "troubles" are better named "problems," and are often blessings in disguise, for they show us our weak spots and thus prepare us for some greater test.

References

Thinking Harmoniously

V.

“Good thoughts are blessed guests and should be heartily welcomed, well fed, and much sought after. Like roses, they give out a sweet smell if laid up in the jar of memory.”

Occasionally one will hear some one say—“I can’t see any use in practicing constructive thinking. I wanted success and I thought success and never feared failure, yet failure came to me.”

Investigate such a case and you will find this person a tense, nervous body, flying into a temper at the slightest provocation, blaming everyone for everything that goes wrong, condemning without investigating and keeping the entire family upset; or she is one of the people who bears a grudge and wants to “get even” with somebody, or she is morose and despondent about some condition, or is indulging in self-condemnation. In short, no matter who she is, if she exhibits worry, impatience, strife, resentment or keeps herself in a tense state repressing such emotions, she is developing a form of *destructive* thinking that will naturally prevent the development of her other mental pictures.

You may say: “But I do try not to feel angry or resentful or impatient. I do not worry and I do control myself, but a thought of this kind snatches me sometimes unawares, so what can I do but repress it instantly?”

Here is another mistake: Repressing is as bad as expressing in many ways, because all energy must be embodied in some form. The proper way to handle these numberless little daily irritations is neither to repress nor express the thought they provoke, but, instead, replace them with a constructive thought by making some assertion such as—“These things have no power to upset me or take my ideas from success”—or “No one can hurt me but myself; my enemies cannot harm me unless I allow them to do so” or “I must not blame anyone. I cannot see all phases of the situation, hence I must believe he or she acted in a way that seemed best at the time”—or—“I am strong enough

to handle any situation, this seeming annoyance is but a trial to see if my will power will sustain me.”

By this system strong, helpful thoughts will so constantly replace the harmful ones that your idea of success will not be disturbed.

The best musical instruments are those that have been so accustomed to the harmonious sounds produced by the masters, that to play upon them is a joy; while to hear them is indeed a rare treat long to be remembered. It is for this reason that musicians will pay almost any price for a violin that has been played upon by a master.

The mind of a human being is much more sensitive than a violin and shows an immediate appreciation of harmonious thoughts constructively expressed by added power.

The first rule given for the use of the sub-conscious mind is to place the conscious mind in a calm, positive condition, keep it well poised and free from agitation. This does not mean for a few moments each day, or at night, or when expressing a desire; but, instead, maintaining this condition each day and all day and always before going to sleep so that the conscious mind may rest and the sub-conscious may work without hindrance.

Harmonious thought is always manifested in a beautifully attractive and magnetic personality. It is not the easiest thing to acquire, but once the habit is established, the results will be so wonderfully pleasing that the work of securing it will never again be mentioned.

Quarrels, heated arguments, criticism of others, listening to or repeating petty gossip or scandal, attending morbid plays, reading about and discussing murders or stories of crime, living over past troubles; feeling jealousy, envy, or the desire to get even with some one, all will result in an inharmonious condition of mind. This, in turn, attracts more inharmonious thoughts and leads to despondency.

All thought energy produces a thought atmosphere that is instantly perceived by anyone who is in the least sensitive. Just as the magnet attracts certain metals and repels others, so you, by your harmonious or inharmonious mental condition, either attract or repel the people in sympathy with your mood.

The day that starts wrong can often be made right by a single effort of the will and the resolution not to be upset by trifles.

A simple and effective method for overcoming an inharmonious condition, brought about by immediate proximity with some one who

is forcefully sending out destructive thoughts, or by your own carelessness in allowing these thoughts to remain in your mind, is to get away from every one for a few moments, sit down, relax, breathe deeply and rhythmically for a few moments and insist that you are in harmony with the universe.

The constant repetition of the words—"I am harmony, I am harmony, I am harmony," has such a soothing effect, that it is strange it is not often used.

Yet, because we take it for granted that people must indulge in destructive thoughts, no one is at all surprised when a relative or friend rushes wildly into a room, prances about, and exclaims, "I am so mad I can hardly stand it!" If the same person came in quietly declaring, "I am harmonious!" nearly everyone would look up in surprise or whisper to one another "Isn't she queer?"

Why? Merely because constructive thought is not used in everyday life by the majority of people, and so for that reason it is often well to think deeply and practice silently.

A very practical illustration of the use of harmonious thought, or indeed the use of any thought, is made by comparing its action with that of the wireless telegraph.

When this instrument was first proposed, the members of the "Can't Club" were positive it was not feasible. It was discussed, proposed, rejected, revived, criticised and finally tried. The moment a message was sent and received the public were wildly enthusiastic, and the doubters forgot they had ever had anything but faith in the venture.

Today, as a result of this invention, the doings of the world may be known by those in mid-ocean; the business man keeps track of his affairs; thousands of lives are saved. Yet all these wonderful advances have been made possible only because man thought, believed, worked and proved that a wireless station erected on land could convey a sound-wave to a station constructed on a liner in mid-ocean.

The sending of thought waves is just as plausible, equally possible, and as truly practicable, for they may be sent longer distances and they travel with greater velocity.

In this connection one must also bear in mind that a perfectly equipped wireless station must be able to *send* as well as *receive* messages. Unless your instrument is *perfectly* attuned and in harmony, you cannot send clearly, nor can you receive the messages of health,

prosperity, strength, and abundance as forcibly as they are sent, and most important of all, you separate yourself from your source of supply—Universal Consciousness—by getting out of vibration.

As soon as you are able to bear these facts in mind, you will make haste to banish even a trace of inharmony from your thoughts, for you will know that until you have acquired poise and self-control, your progress will be retarded by your own mental condition.

One of the most eminent workers in this field of thought development states that he worked alone for five years before he saw the results he desired from his efforts, because he was associated during this time with strong-minded, sarcastic, critical and antagonistic people. However, he persevered until he overcame, and now he is teaching the rest of the world from his own experience.

You can make your wireless send out your messages of "Success," until your thought is recognized; or if you so choose, you can spell "Failure." Some will receive your message and respond.

One little woman who has overcome much on her road to prosperity, tells me she always thinks of her mind as a wireless station and she telegraphs, "Success," "Love," "Harmony," and "Wealth" waves every day of her life. When things seem a little trying, she starts with "Harmony"; when everything is smooth she works hardest on "Success" and her messages bring back the answers she desires in the way of better business, truer friends, and more desirable acquaintances.

"Like attracts like" is an infallible law in the thought world. If you desire "Harmony"—be harmonious yourself.

Working, Relaxing

VI.

“Man must work, that is as certain as the sun, but he may work grudgingly or he may work gratefully, he may work as a man or as a machine. There is no work so rude he may not exalt it, no work so impassive that he may not breathe a soul into it, no work so dull that he may not enliven it.”

“Man is kept alive by work, and dies either because he will not, or cannot work.”

“If you want knowledge you must toil for it, if food, you must toil for it, and if pleasure you must toil for it.”

“The best way to live is to work well. Good work is the daily test and safeguard of personal health.”

After you have learned to breathe, think, and create a mental picture, your desire to manifest your wish in your own life can only be brought about by the act of working.

It may be that for some time after you have dreamed and planned, you will continue to work in the same old way as far as external appearances go, but in reality you will be going ahead with a very different feeling, for you will know you are fitting yourself for something better. You may be developing speed, accuracy, observation, knowledge of human nature, ability to execute or any one of a hundred qualities necessary in your bigger life.

If you are wise enough to realize the benefit of working happily and easily; or starting at the right time and stopping when you have finished; if you know how to play as well as to work; and if you insist on a little playtime every day, you have really accomplished much.

If, absorbed by the fascination of the subject, you keep on working twelve, fourteen, sixteen hours a day, tensely and without interruption, you will pay the penalty.

Perhaps the one person who can be quoted as an exception to this rule, up to the present moment, is Thomas A. Edison, who has been

known to work eighteen and even twenty hours without cessation, but he explains his powers of endurance by saying that to him work is play, and he feels that by his efforts he can give the world many things that will be of wonderful assistance.

Working continuously is scarcely the rule in business today, as there are countless interruptions taking the mind and time of the workers, so that although office hours may be long, the hours spent in work are comparatively few.

Working hard is not difficult, but working hard and worrying too, is destructive to both physical and mental force.

Working well is impossible if one dislikes the work, carries personal grudges into daily life, fails to control the temper and has no self-confidence, and no desire to eliminate destructive thoughts.

To continue to draw a salary for work done when you permit such conditions of mind to exist, is doing an injustice to three people: yourself, for you will deteriorate rather than progress; to your employer, for you are taking money and not giving value received; and to some other person who would, if given the opportunity, do gladly what you are doing halfheartedly.

Your duty in such a case is either to withdraw and give someone else this chance, or stop being sorry for yourself because you do not draw a larger salary, and commence making yourself worthy of the one that you are drawing now.

Instead of looking at your fellow workers with a critical eye, and looking at the business that is giving you a livelihood with positive loathing, take a mental inventory. *Be honest with yourself* and you will admit you are where you are because you are as you are, and that until you change, no progress is possible.

Opportunities come to those who are ready for them, just as surely as night follows day, but you must know an opportunity when you see it. This will keep your mind alert.

The world is full of people who are looking for sympathy because their work is not congenial, and well-meaning friends continue to be sorry for them instead of showing them that all this trouble is the result of their own weakness and inefficiency.

Sniveling men, always bewailing the fact they have not had a chance, weepy women, bemoaning their sad and lonely lot, will always

exist, because they *prefer* to be parasites, not because they are obliged to remain in this condition.

One young woman who came to me for help told me in tones of deepest self-pity that she cried herself to sleep nearly every night, because she was so lonesome, hated to work and couldn't bear her employer. She had been in the same position for two years without any sign of advancement. I asked her if she had any way of knowing she had improved the work in her department since she had taken it and she answered "No." Then I asked her if she had ever thought of any method of improving it and made the suggestions to her employer. She replied, "Yes, I have thought of several things but I have been afraid to suggest them."

Next I asked her if she knew anyone beside herself who was alone in the city and if she had tried to make life less doleful for her. She looked positively surprised at this question and said, "Why no, why should I look up a stranger and try to make her happy? Everyone away from home will naturally feel blue."

With such a distorted viewpoint it would seem almost hopeless to try to aid anyone, but the mere fact that she came for aid showed she had the desire, so I gave her a list of Destructive Thoughts, explained how they poisoned her mind, affected her health, made her unpopular, altered her facial expression and paralyzed her efforts. I asked how many she needed to keep in her present line of work. She blushed and admitted she did not need any of them. Then I gave her a list of Constructive Thoughts, the declaration for every day and told her to go away, cultivate a liking for her work and respect for her employer, and not to come back until she had gathered courage to make the suggestions for improvements in her department.

In two weeks she told me she liked her work better, and had made the acquaintance of another girl from the country and had encouraged her "not to be blue."

Two months passed before I saw her again and then she told me she felt she had conquered herself; she loved her work, was devoted to the firm and was now in charge of the office force. Best of all she said her own experience of overcoming helped her with the other young women in her work of development.

I could mention hundreds of other cases, but space forbids. Suffice it to say that in general, the real reason why people do not make more of an effort to progress is because, unless their efforts meet with instant recognition, they feel they are not appreciated.

I ask all those who have a better future in view to remember these truths: You are not working for appreciation but development. Every time you cheat, you cheat yourself. Every time you are careless, you develop more of the shiftless side of your nature. Every time you take advantage, you steal from your employer and yourself (your self-respect). Every time you steal time, you develop the tendency to procrastinate. Every time you hesitate to reprove those under you, you indulge in cowardice and injure them as well as yourself. Every time a thing is wrong, and you know it, you are committing a crime to allow it to go unchecked. Better be unpopular than dishonorable.

Finally, to work well, is to work heartily, earnestly and honestly, seeing in all forms of work only that which is commendable and honorable.

The happiest people in the world are those who work hard, and who are busy at something all of the time.

The most valuable crown is that of "work well done."

But before we stop telling about the beauties of work, we must also consider the necessity for relaxation.

People who never relax are those who, instead of replacing an unhappy thought by a happy one, repress their emotions, thus always living in a tense condition.

Repressing is dangerous—the explosion is sure to come, or there will be a breakdown.

Replacing is natural, desirable and beneficial.

After the day's work, replace the thought of business by some form of amusement, or some interesting study, or something entirely different. Whatever you decide on doing, make it something you can do easily.

The same form of work you have been doing all day, may have a fascination for you; you may be like the laziest woman in Boston, who furnished more stockings for the soldiers than anyone else because when the needles and yarn were placed in her hands, she was too lazy to stop.

Learn to relax and replace. If you feel your hands clenched and your teeth pressed, try to imitate the dog who has just come out of the river and shakes the water from him. Get up, stretch the body as though after a yawn and when you go to bed make every muscle

limp, feel the idea of relaxation creeping over you and then, insisting that you will have a good night's rest, declare as you breathe deeply, "I am harmony," until you drop to sleep.

The experience of a very noted lecturer, a woman who has done much for herself and more for others, will help you understand relaxation far better than by any rules I can give you, so I will repeat her experience as given to her pupils:

"For six years I used all the force of my nature, and I have a strong one, compelling things to come my way. I would even force people to listen and accept my method of thought as well as anything I had to sell. I kept my mind alert as to what my competitor was doing and I worried all the time for fear he would get ahead of me. So I worried, and compelled people, and worked day after day and night after night, too busy for any amusement, too tired for rest, too tense to relax. Yet I believed I was using thought, and that thought could make all things come to me. Finally, I broke down and immediately I abused every form of mental science, and went to a physician. He looked me over, told me I was simply the result of an underfed body and an overworked mind, that my greatest need was absolute rest and relaxation.

"Relaxation was a word I didn't like. I saw no use for it, but as I could not work, I decided to rest. I went away to a quiet spot, and there I found a book. To this day I do not know who wrote that book, but the author in referring to life, said in substance: 'In the garden you find lilies, roses, pansies, mignonette, shrubbery of all kinds, growing peacefully side by side and taking from the air and sun and earth the nourishment needed, not by force or in spite of competition, but because of a natural law. They demand, expect, and receive. They show their beautiful faces to the world in the day time, and knowing they have done their duty, they rest at night, contented to wait for the new day for further effort.'

"The little paragraph opened my eyes. I had not been *using* thought, but *abusing* it. I had been forcing instead of attracting, worrying instead of working easily, fearing competition, instead of making myself a center of such qualities that I would attract and hold that which I desired.

"Then I started to discipline my own mind. It wasn't easy, but I decided that if mind could take me into trouble, it must also

be able to pull me out ; so I changed the horses, used my will, made cheerfulness the driver and soon I was out of the 'Slough of Despond' and on the road of patient endeavor.

"Every time anything went wrong, I would say to myself, just as fast and often as I could: 'I am harmony, I am harmony, I am harmony.'

"When I felt the least bit in fear, I would say: 'I am courage, I am courage, I am courage.'

"When I was too tired to get up in the morning and inclined to be a little blue, I would first insist, 'I am cheerful,' then say 'I am strength.'

"I read only cheerful books, sought cheerful companions, attended only bright plays and in a short time, my improvement was remarked by all.

"Right here I want to add another precaution. I did not want to waste any time in arguing or hearing what someone else had done, so I refused to discuss my condition or my methods of work with anyone.

"I never allowed a trouble to dwell in my mind. Where formerly I carried them about all day and then brought them out for review before I went to sleep, I not only finished them as they came up, but refused to think of them at all before retiring.

"I always breathed deeply and rhythmically, relaxing consciously. As I breathed, I felt I was absorbing from the Universal Consciousness, Power and Strength and Love and Protection. No matter how tired or wearied I was, or am, this exercise is wonderfully beneficial.

"It took me six months to get back what I had lost, but I had gained even more, for I am doing better work, getting more out of life, giving more to my friends, and my rules are these:

"I work faithfully, conscientiously and happily.

"I play just as faithfully and conscientiously.

"I relax systematically every night and every time during the day that I have a moment by myself.

"I have absolute faith in the ultimate outcome of my desires.

"I have no fear of competition, criticism or loss.

"I love life and feel ill will toward no human being."

Thought Elimination

VII.

“The key to every man is his thought ; sturdy and defying though he look, he has a helm which he obeys, which is the idea after which all his facts are classified. He can only be reformed by showing him a new idea which commands his own.”

To develop the mind to the highest extent, it is necessary first of all to commence a work of elimination by absolutely banishing from the mental realm the five greatest criminals known.

I refer to Anger, Hatred, Fear, Worry and Doubt. Where these thoughts exist, it is impossible for others to find an abiding place.

They are usually associated in this manner :

The man who *hates* vigorously and indulges his *anger* when forced to observe the object of his hatred, *fears* the results of the outburst. This induces a state of *worry*, and his mind is filled with *doubt* as to how he will be regarded in the future.

So we shall regard Anger as a vandal destroying everything, without regard to value.

Worry is a murderer, for when worry enters, peace of mind is killed.

Hatred is a poisoner. One who hates intensely generates a poison that affects every function of the body and paralyzes the judgment.

Fear is a highwayman, stealing every attribute that is of any value. Self-confidence, self-respect, courage, ambition, ability, in short every quality necessary for success, will be taken, as a matter of course.

Doubt is a sneak-thief creeping about so cautiously, and working so carefully that one hardly realizes he has been successful until a demand is made for faith, when behold, there is none left, for doubt has taken it all away.

Worry and Fear do a great deal of work together ; in fact, they are almost invariably associated, as in this manner: The good house-keeper often worries about the cost of her food, or the wear on the carpets, or the effect of the sun on the curtains, and fears that her money may not be enough to pay the bills. Forethought in planning for the house and such occurrence is right, but to worry is wrong and to fear is worse, for as a result of the use of both these qualities, happiness is destroyed ; but—the bills are not paid, nor is the cost of living decreased.

The husband worries about expense, about his business, and what “the other firm is doing.” As a consequence he comes home moody and disturbed, gets angry if questioned, creates a most inharmonious environment and accomplishes nothing.

The young woman hates her more attractive companions, fears that she will not retain her own popularity, doubts her ability to please, and worries over her shortcomings until, in reality, she becomes a wall flower.

The student doubts her ability to master the lessons, fears an examination, worries over the future, becomes angry when told of her deficiencies, and spends so much of her time in destructive thought that she loses her opportunity for developing constructive thinking.

The servant breaks a dish and fearing reproof hides it, lies when questioned, worries lest the theft be discovered, and fails to develop efficiency.

The young man loses his temper when reproofed, fears the results in the way of being dismissed from his position, becomes discouraged and inefficient, and when he does lose his position blames everyone but himself, and worries about obtaining a new one.

So instance after instance might be cited, showing positive, daily proof of the effect these mental criminals are bound to produce unless they are promptly exterminated. Indeed, if we may quote some of the really great thinkers, men who believe in “cheerful yesterdays and confident tomorrows” to indulge in any of these conditions without making a determined effort to overcome them is either idiocy or insanity—there is no middle course.

The thought world and the material world are the same in this respect—“two objects cannot occupy the same place at the same time.”

Be honest with yourself. Before whining over your hard luck or your trouble or your failure, take a mental inventory. Don't imagine it is necessary to go through a lot of mental torture to do this. Just replace the destructive thought by its opposite idea, and in a very short time you will find yourself refusing to allow any but the most helpful ideas an abiding place.

The accompanying list will give you an idea of what your work will be. You can, of course, add to or take from this indefinitely.

Benjamin Franklin found that in his own work of cultivating good qualities, it was well to take an inventory each night to see just how far he had progressed in his work of self reform. As a consequence of this self-imposed task, he transformed himself from a hot-headed man inclined to argue a question before he had heard it fully discussed, to a patient listener, who gained his point by agreeing with the good points presented, while uncovering the bad ones. This trait, as it developed, soon gave him a reputation as a diplomat, and to it he owed much of his success.

The moment you experience a destructive thought, look for its antonym, and persist in keeping your mind fixed upon it. Your mind is subject to your will. Act accordingly.

Destructive Thoughts You Will Eliminate	Constructive Thoughts You Will Cultivate
Anger	Self-Control
Carelessness	Persistent Effort
Changeableness	Perseverance
Condemnation	Approbation
Criticism	Commendation
Dependence	Self-Reliance
Deception	Honesty
Destruction	Construction
Discord	Harmony
Doubt	Faith—Confidence
Failure	Success

CONSTRUCTIVE THOUGHT

Destructive Thoughts —Continued	Constructive Thoughts —Continued
Fault-finding.....	Forbearance
Fear	Courage
Fretfulness	Patience
Gossip	Constructive conversation
Grief	Joy
Hatred	Love
Indifference	Enthusiasm
Indolence	Industry
Indecision	Determination
Irritation	Peaceableness
Intemperance	Temperance
Jealousy	Trust
Lack	Abundance
Lack of Desire.....	Ambition
Lying	Truth telling
Poverty	Wealth
Procrastination	Promptness
Pretense	Genuineness
Revenge	Forgiveness
Selfishness	Generosity
Self-Pity	Common sense
Self-Depreciation	Self-confidence
Sickness	Health
Trouble	Experience needed
Vacillation	Concentration
Weakness	Strength
Worry	Tranquility

Thinking Constructively

VIII.

“Sow a thought and reap an act,
Sow an act and reap a habit,
Sow a habit and reap a character,
Sow a character and reap a destiny.”

No matter how well you are doing today, the most natural feeling in the world is the desire to do still better. The hardest thing, though, is to admit that you can do far better than you are doing right now, by using greater care in your work, better judgment, and more energy.

A really capable person can never be discouraged, kept down, underpaid, or undervalued. If you are not getting what you are worth, look over your garden of thoughts and commence a weeding-out process. You will need it, or otherwise you would be desiring one thing and possessing another.

Of course, you are like many others who feel the only way to secure their “heart’s desire,” or “gratify their life’s ambition,” is to go away, try some new occupation, meet different people; in short, do anything rather than make good here and now. “What shall I do?” “Where shall I go?” “How shall I begin?” are the questions one hears every day. The answer is the same to every question, in every age, in every country to everybody:

“First of all overcome yourself by eliminating your faults and cultivating your best qualities in your present environment, keeping the truth constantly before you, that success is yours when you have learned to ask wisely, plan clearly, act promptly and use daily the forces of your two minds—the conscious and the sub-conscious.”

Your experience may be compared to that of the young writer, who sought vainly in his village for material from which he could construct a wonderful novel. While he was searching, a renowned writer came to the town. The youthful genius obtained an interview and asked eagerly—“Where shall I look for the plot for the

book I desire to write?" The renowned writer smiled at him kindly, and then said: "My boy, unless you can find a plot in your mother's back yard, you will never make a writer!"

So with you, if you desire what you have not, stop complaining about it, or about other people. "Overcoming" is a term you are to use literally by becoming master of the situation.

Railing at conditions, whining over hard luck, telling how sick you have been, or what an operation you had, bringing up disagreeable reminiscences, minding the business of other people, gossiping, attributing failure to hard times or location or the influence of others, declaring—"Some people have luck, but I have to work hard for all I get"; or "I never get what I want," and the use of similar expressions—all these things must be stopped.

But, you must go farther and guard your thought as well as your speech. Insist that you have certain qualities of mind. Know that certain thoughts are dangerous and harmful. Keep at your work of replacing till you know you are thinking *constructively* and your first victory will have been gained. The more difficult your situation, the more trying your associates, the greater the victory, when, under such conditions, you can so master yourself as to alter your habit of thought.

You will be surprised at the change in your tastes, your desires, even in your affections, as you progress. You will become more charitable, because you will see, when others do wrong, that it is because they have been thinking destructively and they themselves must pay the penalty.

You will stop looking for sympathy as you learn how silly it is to feel sorry for yourself, because your feelings have been hurt. No one can hurt your feelings, unless you allow them to do so. You won't be snubbed, because to feel anyone has slighted you and thus upset you is being foolish enough to punish yourself for the other person's fault.

You will stop crying or pouting over trifles, or indulging in fits of the blues, not only because they are not consistent with constructive thought, but also because they hurt your personal appearance.

You will see good qualities in every one, including the people you formerly regarded as enemies, and you will listen to criticism from those you have formerly disliked with a feeling of gratitude, because

you have learned the lesson that "the wise man throws himself on the side of his assailants, for it is more to his interest than it is to theirs to find his weak points."

You will even develop to such an extent, that you will refuse to listen to evil stories about others, remembering the old saying, that, "the itching ear betrays the forked tongue," and you will wish to avoid temptation.

Finally, you will find as a result of all these improvements, that no matter who is discussed, you will be able to find something good to say, rather than something bad to add zest to the conversation.

By this time your ideas of what you desire will also have changed materially, and you will realize the common-sense idea of allowing the "voice from within" to suggest what is best for you, rather than be influenced by the suggestions of your associates who are thinking along different lines.

It is well to commence by choosing something you know you need, then feel you can acquire it, see yourself possessing it, and live as though you already had it. By keeping this thought you will soon see the value of thinking constructively. Then you can pass on to bigger things.

Ideas naturally vary. One woman may want to study and excel in music, another wants a beautiful home, still another's fancy takes her to Europe, another wants a prosperous business, while one may desire to write. Very well then, see yourself receiving the applause of the multitude for your music, living in the beautiful home, traveling abroad, conducting a splendidly paying business, or writing popular books. Furthermore, every effort that can tend toward helping the realization of this desire must be made each day. All thought and no effort would be a very slow method of accomplishing results.

Before commencing serious work in the directions of working for that which is desired, you must be sure that you do desire it more than anything else, and that you have a clear idea of just what you want and how you want it. If your picture is vague and cloudy, your realization will be the same. If you change your mind frequently, you will delay your progress accordingly. If you allow doubt or depression or fear to enter your mind, you will not be able to progress at all.

References

The Subconscious Mind

IX.

“It is through the subconscious self that Shakespeare must have perceived, without effort, great truths which are hidden from the conscious mind of the student; that Phidias worked in marble and bronze; that Raphael painted the Madonna, and Beethoven composed symphonies.”

Having become absolutely certain that you desire certain things and that you can keep your mind concentrated upon this desire, the next step on the road to success depends upon the understanding and use of your two minds.

To show you the powerful influence of this other mind—that all possess but so few use—it may be well to know what the greatest students have conceded: that when one is depending upon the conscious mind alone, but from three to ten per cent of one's self is put into expression.

One scientist declares: “At least ninety per cent of our mental operations are sub-conscious. We sit and try to solve a problem and fail. Suddenly an idea dawns that leads to the solution of the problem. The sub-conscious processes were at work. We do not volitionally create our own thinking. It takes place within us. We are more or less passive recipients.”

In order that everyone may understand at least his possession of two minds, let us compare them.

Your conscious mind directs your most important actions; controls the voluntary motions; reasons, compares, weighs, measures, tastes, hears, smells, sees, feels, and controls the cerebro-spinal nervous system.

The sub-conscious mind controls the digestion, circulation, elimination, respiration and involuntary action. It directs the life forces where to manifest and where to cease. It is a register for events in your life, for every word spoken or heard, for every thought, whether

for good or evil, and controls the sympathetic nervous system. It is this mind that warns one against false friends, suggests certain procedures, and tells one that a deed is right or wrong.

Many people who would refuse to listen to the idea of having two minds, will at the same time insist that whenever they follow a "hunch", they are right. "Hunches or mental warnings" are nothing but the answers sent back from the sub-conscious mind to the desire expressed by the conscious mind for guidance or wisdom.

While under an anaesthetic or asleep, the conscious mind is inert. The sub-conscious mind cannot rest a moment, because it has charge of the respiration, digestion and circulation. The conscious mind voices a thought, or thinks deeply, and the sub-conscious registers that thought, exactly as the wax cylinder of the dictaphone registers the voice. Consequently, you can get back from the sub-conscious mind only that which you have given it.

For instance, to use a familiar example, let us compare the use of the conscious and sub-conscious to the act of churning butter. The sub-conscious has a memory and record of all events both good and evil. The conscious mind requests the sub-conscious to work upon a certain problem, saying: "I desire the best results and want your help on the solution of this problem," naming anything desired. Immediately, the sub-conscious mind sets to work just as the churn would be used in the cream, separating the thought materials into thought forms that may be used by the conscious mind just as the hands would use a material object. If the process of churning is interrupted from time to time and the attention deflected, results will, of course, be correspondingly slow.

For this reason, after a request is made, the conscious mind must not allow emotions such as anger, doubt, or fear to be expressed or held for one instant. In addition to the desire to accomplish a certain result there must also be faith that this desire will be granted, and this calm, positive condition must be held constantly until results have been attained.

One of the most common examples of how *not* to obtain help from the sub-conscious mind may be noted in the use of the following expressions, so frequently heard: "I want to succeed, but what is the use, I never have any luck"; or, "I want to study, but I can't get time to read"; or, "I want to be popular, but people do not like me"; or, "I want a better position but I am afraid to seek it."

The very people who voice these expressions will declare that they want a thing with all their hearts. In reality, they have not even commenced to want anything, because, if they really wanted and believed they would say to others as well as to themselves—"We want to succeed, and we are going to do it," and they would stick to this assertion until they achieved their desire, in spite of wind, weather, or woeful tribulations.

References

Impressing the Subconscious

SELECTING YOUR MENTAL PATTERN

X

“The eye that never falters, the nerve that never weakens, the courage that is never wanting; these are the factors necessary for success.”

The man who would build a castle would never go in search of a hovel to use as a pattern, nor would he begin his plan by allowing his mind to dwell on the cheapest, poorest dwelling he had ever beheld.

Instead he lives with his head in the clouds, drawing mental pictures of this wondrous construction of massive stones—huge archways—marble balustrades—winding corridors made from selected onyx. He sees spacious grounds filled with miniature lakes, fountains fringed with choicest ferns, conservatories in which rare flowers from every part of the world are growing.

When he gives to the world his vision, men crown him as a genius.

He has but created his mental image and then built his habit of thought about it.

So with us in our daily work. If we plan for the best, with the best, failing to recognize any hindrances, but seeing ahead always the finished and perfected ideal, we can attain to heights that were otherwise absolutely beyond our wildest imaginings.

Our lives are limited only by our thoughts. The sun shines on all alike—rich and poor. The rain falls on all alike—the just and the unjust. The optimist and the pessimist walk side by side down the same street, seeing the same people, hearing the same conversations, and each one returns filled with proofs of his own belief, which he has secured through his own mental deductions.

Two artists enter the same class at the same time. One becomes famous, the other a failure. Yet the instruction, the palettes and the

paints were the same. One saw clearly that which he desired to reproduce, the other had but a hazy vision and this was all he could give to the world.

Two housewives have the same amount of income. The one is happy, well clothed and lives in comfort. The other is shabby, uncomfortable, wrangles with everyone, blaming the world for her misfortunes.

So instances might be multiplied indefinitely, in which absolute proof could be given that the degree of success attained means, invariably, the proficiency with which constructive thought is used.

No matter what you desire, do not put a limit on it. Once you *know* what you desire, keep on desiring it and believing that you will get it.

To wish for wealth for five minutes a day and talk "hard times" and "lack" for five or ten hours, can bring you nothing. If you desire abundance, consider that it means not only enough for all your needs but a surplus besides.

You have tried the old way—imagined, experienced, and suffered from lack; now try the new way. Think abundance, talk abundance, believe in it and assert it.

You realize that there is more than enough air for everyone to breathe and that pure air supplies the blood with oxygen and revitalizes the body—yet, not one person in ten remembers to take advantage of this abundance of air! Hence thousands of people die daily—because they do not think about breathing properly, every time they have the opportunity.

Consider abundance in the same way:—feel as though you were floating in a very sea of abundance, then proceed to think constructively until your mind becomes so stimulated, electrified and magnetized that everything necessary to produce abundance that comes in your vicinity will be attracted to you, as the ordinary magnet attracts the steel filings.

Many people ask—"How can we declare we have abundance when our pockets are empty, our bills are unpaid and we lack for necessities?" This is a hard question, but the fact remains, that if you are capable of thinking abundance and sticking to it in spite of what you see, you can be sure of realizing quickly something for your immediate needs, because you are putting yourself in relation with the current of abundance.

The loaves and fishes fed a multitude in olden times, and the truth of the parable is the same now as then.

If you are through with poverty, stop talking or thinking about it. Think, feel, and talk "plenty" instead.

Stop saying "I would love to have a Paquin model, but I can't afford it!" Either say nothing at all or else if questioned, say "I prefer to use my money in some other way!"

Stop talking about the unemployed, and those who are living in abject poverty. Help them—certainly—remembering as you do so, that many of them will always be as they are, because of lack of desire to be anything else.

Stop conversing with everyone you meet about the lack of money and the "hard times" and the failures.

All of these subjects are connected with destructive thought and are not visitors in the portion of your mind which you are endeavoring to improve.

So you see it all comes back to *you* and what *you* want. Your absolute certainty that you want certain things with all the force and strength there is in you is the first necessary factor of success.

Now, do not get impatient at the constant repetition of being sure of what you want. Try an experiment upon your friends as well as with yourself.

The best known psychologists have declared that the one reason why the majority of people do not get what they want is because they do not desire the same thing three days in succession and consequently progress in attainment is impossible.

For your own satisfaction, get ten young women to write down what they really desire, and in three days' time ask them again, in another three ask them once more. You will find in their cases, as in your own, not one out of the ten will even remember just how she worded her request, and the great number of them will say, "I think I would rather have this."

In order to train yourself for the work of acquiring that which you desire, you must first consider the subject carefully. Then write down clearly what you want, being careful not to say, "I want to attain a certain state at a definite time." The time limit must not enter into any calculation. Just make your request. Read it the next morning and keep on reading it every day for a week. If at the end of that time you still feel the same, you may be reasonably certain that you do know what you want and then you may go on to the work of learning how to use the sub-conscious mind for producing the desired results.

References

Using the Subconscious Under the Best Conditions

XI

“When I desire to plan great things, I go to the woods, throw myself on the ground; and there, away from the chatter and clatter of the world, in the great silence, I lose my petty self, and become one with the Universal Consciousness, and apart from all that would confuse me, I become able to dare all, do all and become all I would be.”

The habit of getting away from people for even a little time, so that one may think without interruption, is one to be cultivated.

There are many expressions for this being alone, some people call it concentration, others, “going into the silence.” I say, it is just getting away from the outside world so that I may get in touch with the world inside. Before instructing the subconscious, the mind should be free from worry, clear and harmonious.

A very simple rule easily practiced is this: either on retiring, or at any more convenient time in the day, taken fifteen or thirty minutes, which you may devote to yourself. Open the window, breathe rhythmically and deeply, keeping your mind intent on the question of improving yourself. Relax every muscle in the body, so that there is no tenseness to be felt anywhere and imagine yourself to be receiving from the Universal Consciousness rays of happiness, success and abundance. In reality your conscious mind is thus drawing into the subconscious the working materials necessary for the fulfillment of your desires. Next, state your desires concisely, and request the subconscious to work out your problems.

Say little about your plans to others. Wait until they materialize. If you planted seeds in your garden you would not constantly dig them up to show to curious friends. They would never start growing under such treatment. So it is with your thought plans, every time you talk them over and discuss them you weaken their power to develop. Cultivate the habit of silence regarding your plans and you will accomplish the sooner. This, of course, applies particularly

to personal matters. Many times business matters must be discussed, but even matters of this type should only be talked over with people who can give intelligent and helpful advice.

Idle conversation, negative thoughts, careless criticisms, all are found on the path that leads to failure. All great successes in life are the result of the conscious or unconscious acceptance of these general rules. First think, then choose, then bend every effort, mental, moral and physical toward accomplishment.

We have all read the old fairy stories of the cruel witches who compelled the poor children to work beyond their strength, and of how every little while some good child would fall asleep over the work that she had carefully commenced. Immediately, the fairy folk would come swarming in and finish every bit of work that had been started or planned. The fairies of the subconscious mind will do the same work, but it must be started, before they can work on it. Then they will keep at it cheerfully, day and night, until it is finished.

In every-day life, we see numerous instances of men and women who accomplish so much more than their fellow-workers that they are called phenomenal. Those who accomplish through force and use of nervous energy become physical wrecks in a few years. Others, who know how to conserve their energies, depending on the work of both the conscious and subconscious minds and the aid of the Universal Consciousness, grow younger rather than older and develop with the years instead of deteriorating.

Using the subconscious mind is so easy that it seems very difficult. Just treat it as you would an intimate friend, talk to it and believe in it, using the same "faith that enables the competent pilot to steer the boat past the most dangerous shoals on the darkest night." He cannot see, but he feels and knows.

A simple method practiced by many with great success, consists of a habit of holding a conversation with the subconscious every night before going to sleep, after this manner: "A number of things have gone wrong today for which I was entirely to blame and I have impressed you with a number of error-thoughts which I know will impede my progress. So I ask you to erase all memory of my bad temper, the gossip I have taken valuable time to heed, the idle chatter I have uttered, the unkind acts I have committed, the jealous thoughts I have entertained; and instead keep only the good thoughts and kind acts and sensible words. I desire to be able to put more confidence in myself and I ask you to assist me in obtaining this result."

No matter what your request may be—so that it does not mean the influencing of another person—if you ask with real faith and belief, keeping your mind well poised and free from agitation, repeating your request not only at night but several times during the day, as the matter occurs to you, you will soon begin to note changes. In a short time your friends will remark upon the change and in time your desire will be manifested. If, on the other hand, you are like the old lady who prayed to have the mountain removed, and the next morning looked out and said, “There, I just knew the old mountain would be there”—your progress will be just as hers was—estopped.

In connection with this use of the subconscious you must, of course, use discrimination. For example, you have the right to desire and expect improvement in a condition such as health, wealth, success and happiness, but you must not desire this to come to you through someone else, nor in any special way. You simply make a request, consider the features of your problem carefully, and then pass them on to your subconscious mind, feeling that you have dismissed the entire matter from your mind as you would by dropping it through a trap door. Knowing that your decision will come later as a result of this work, pass on to other subjects, until you again feel compelled to repeat the process.

With a beginner it may even be necessary to make the assertion—“I dismiss this matter from my mind and give it to my subconsciousness for consideration.” Then go about your business and wait for results. Possibly, because of some little forgotten worry or fret, results may not come as expected. Very well, commence your work all over again knowing that you can obtain results just as soon as you set to work properly. Never get discouraged or out of temper, but persevere in spite of all setbacks. Your reward will be certain.

Often, it is an excellent idea to commence your experiment with a very simple proposition, one that requires an answer for the next day, and then try to make your request at night, believe you will get it, dismiss the matter from your mind and go to sleep.

If you have followed directions, you will usually receive your reply in the morning, in the guise of an impression that it will be best for you to do a certain thing in a certain manner.

The use of the subconscious is a fascinating subject, and one that needs much consideration in a number of ways. Some of these we shall continue to discuss.

References

Suggestion and Auto-Suggestion —Their Uses

XII.

The Spirit of the Plague entered the gate.
One watching asked, "How many wilt thou take?"
"One thousand," spake the Spirit, "is my quest."
The Plague made end; the Spirit left the gate.
The watcher cried, "Ten thousand did'st thou slay."
"Nay one," the Spirit cried, "Fear killed the rest."

With all the investigation, curiosity and real interest exhibited in every form of science, it is still strange how many otherwise intelligent people speak of "Suggestion" and "Auto-suggestion" as though they were some forces not to be used by ordinary people.

Yet we are all affected by Suggestion every day. If we are strong, the impression may be neither deep nor lasting, but we are affected just the same.

Suggestion does not necessarily mean speech or the exhibition of some occult power. For instance, a friend enters the room frowning, immediately his face suggests to us that he is displeased. He may even try to control his expression but we know, though he is trying to keep the truth from us.

The warm grasp of a hand can convey a suggestion of encouragement or friendliness, while the face expresses nothing and the lips are silent.

The sweet odor coming in at the windows tells that the garden is in bloom; you can even detect certain flowers though you do not see them.

The moment food is placed in your mouth you can distinguish sweet from sour, or even know what you are eating though the cook may have tried to mislead you.

The sound of music varies often, but you can tell the difference between the amateur and the artist, the little German band and Sousa.

The beggar woman knows, if she looks too well dressed, she will receive no alms; she affects rags.

The business man knows that a shabby appearance is detrimental; he makes every effort to appear at his best.

Add to the evidence of the senses the spoken word and your method of suggestion will be stronger.

For instance, greet a friend with the phrase; "How badly you look, I think you are threatened with an illness!" and you may send him home sick. Ignore his appearance and tell him of some amusing incident and he will feel better all day.

Are any of your family tired? Sympathy is better expressed by changing the subject than by saying, "You poor thing, how tired you are! That work is just killing you!"

On the other hand, tell a friend how well she looks. Immediately her eyes brighten, her face lights up and she is better.

Tell a pupil she is doing well and you will see an instant response in facial expression. Tell her she is stupid and hopeless and she will stop all endeavor.

That is why, when ill or depressed, it is well for one to get away from all whose faces or words suggest more illness or more troubles. Relax, breathe deeply and insist that from the Universal Consciousness a fresh supply of strength and courage may be obtained and is coming to you that very moment.

The question is often brought up to me, "Do you think it is presumptuous to affirm power, health, wealth, wisdom, harmony? Is it lacking in respect to the Creator?"

The answer is indeed simple.

In the beginning the Lord created Heaven and Earth. Since the beginning every person born must have, then, the elements of divinity within. These elements need only recognition and development. Therefore, to say you have these attributes and can develop them is recognizing and appreciating the Creator in an endeavor to improve.

Every instant you live, you create something, either good or evil.

Auto-suggestion or affirmation of the good, will help you to create constructively and keep your resolution strong. Therefore to affirm

your possession of that which must have been created in your mind before you could desire, is practical and scientific.

The moment you plant the "desire for success" seed in your mind you are simply acknowledging the act by asserting: "I am success," for you are success in the degree of your own creative ability.

If you planted a flower seed in your garden you would not deny the fact nor call the flower a weed. You would say, "I have planted a nasturtium. It is a nasturtium," and you would use every effort to make it grow into a perfect flower.

Use the same method with your Thought Seeds.

References

Practicing Suggestion

XIII.

You know that you are daily receiving and giving suggestion.

Why not, then, develop the power to give to those near you only helpful suggestions?

For instance, in correcting any one, if you must mention a fault as something to be overcome, be sure to present the picture of what can be done and let that be uppermost in the mind when your interview terminates.

If John is inclined to be parsimonious, instead of mentioning this fault, say "John, I know you are inclined to save, but I believe you should also know the joy of giving."

If Mary is inclined to be indolent, suggest getting up a little earlier and practicing some physical exercises as an aid to beauty.

If the servant is inclined to be impudent but has other good qualities, be especially polite to her and explain how much good breeding can do for every one.

If one of your family is ill, do not listen to nor discuss symptoms. Think of some bright story; talk of something else; do anything to change the trend of thought.

In this connection a well known writer observes: "The number of people who have died as the result of the adverse suggestions of well meaning friends and relatives, can probably never be estimated. When physically ill, the person is peculiarly susceptible to suggestion, and it is at this time that one should shower the invalid with health and happiness suggestions, not *talk* pain and *think* of funerals."

True sympathy consists in an effort to make trouble less, not greater. Hence the advisability of suggesting some thought that will replace the destructive one and cause a far better condition of mind.

Fond mothers, devoted wives, loving sisters, dear friends, only too often by their persistency in a notion of duty toward their loved ones, send them so many adverse suggestions that they make bad matters worse.

If you really care for any one, take ten or fifteen minutes a day and spend it thinking for them. This "thought letter" will do much in cases where it is impossible to visit with the sick one.

Make it a rule of your life to hold the health and success thought; send the harmony, well-being and good-cheer thought; and bury the worry and fear thoughts forever.

Suggestion and fore-thought work admirably together for good. Suggestion and fear-thought produce only evil results.

Suggestion cannot be overestimated as a power, for it forms nine-tenths of your opinions.

It is suggestion that causes you to desire what you see displayed in the window, and to make up your mind as to whether the buyer for that particular store has exerted good judgment, and the window trimmer has shown skill, in displaying the products.

It is suggestion that causes you to decide whether a woman is orderly or slovenly; well bred or vulgar; desirable or undesirable as a neighbor or acquaintance by the manner in which she conducts herself and the way in which she dresses.

Your favorite minister suggests to you by his life that religion is a good thing. Your doctor suggests relief from pain; your lawyer good judgment.

You attend motion pictures because the actors are clever enough to suggest nearly every emotion.

Every act of your own, every expression, every word you utter suggests something, either for good or evil to some one else.

You have the ability and opportunity to choose which way you will use this power—to impress people with the right ideas or the wrong ones; to act as an example for good or a warning of what to avoid; to appear as a success or a failure; to be wretched or happy; poor or prosperous.

Sending Suggestions

XIV.

Did it ever occur to you to try and alleviate the sufferings of a friend by sending suggestions of health instead of directing a "worry thought" toward her?

"I don't know how," you will object, immediately.

You do know how, or will, if you but follow these very simple directions.

All that is necessary is that you be possessed of an earnest desire to cure the sick person, concentrate your mind on this subject before going to sleep, and direct your subjective mind to occupy itself during the night in conveying the suggestion of health to your friend.

It is best not to acquaint any one with your intention—not even the person treated—for this might arouse skepticism and create adverse thought.

It is wisest to select night time, for during sleep the conscious mind is passive and the subjective mind receptive, and natural sleep being the most perfect passive condition makes it an ideal time to send such a suggestion.

Then, too, if you request your subjective mind to continue these suggestions during the night, you will not have to make any effort to concentrate your mind, because you, too, will be passive when your conscious mind sleeps.

One young woman who experimented in this way, reports that she has proof that she has helped nearly two hundred cases, and at the same time is enjoying the best health she has ever known. She attributes it to the fact that she has employed her subjective mind so constantly with health thoughts that they have re-acted favorably upon herself.

You may object again: "I don't want to appear selfish, but how can my subjective mind do things for me and help heal the sick, too?"

This is possible, just as your objective mind works all day upon a number of things, giving attention first to one thing and then to another, until the day's work is done.

Follow your regular system of breathing, relaxing, affirming and requesting. Think intently upon your friend or friends and request your subjective mind to carry the message of health and repeat it until it has been heeded.

You may have a friend in deep sorrow. Send her a message of cheerfulness. You may have one who has suffered financial loss. Send her a message of prosperity.

Every helpful thought you send out in this way will not only help others, but will in turn benefit you.

Indeed, there are many who assert that their own prosperity and happiness commenced when they learned the fallacy of weeping with their friends and extending worry thoughts, and changed to the art of cheering their friends and sending messages of health, prosperity, success and happiness.

Possibly one explanation for this improvement is that in order to send a message, they were obliged to get their own thoughts into a harmonious condition, and went to sleep at peace with themselves and the world.

Faith, desire to help, concentration and the request are the only requirements. Don't delay in your attempt to help others! Begin at once!

Auto-Suggestion

XV.

Suggestion and auto-suggestion belong to the same family with this difference.

Auto-suggestion means conveying a thought, impression, command or affirmation to yourself, while suggestion is used for some one else.

The woman who says: "I will succeed," is practicing auto-suggestion. The woman who whines, "I can't succeed," is doing the same thing. One is conveying a constructive thought to her subconscious mind, the other a destructive thought.

Miraculous cures, such as those made at the Lourdes in France, St. Anne du Beaupre in Canada, the shrine of St. Rita and other similar places, have all been brought about by auto-suggestion. Those who have been healed have constantly asserted that when they reached these places they would be healed, and the faith and constant repetition helped to make their statements true.

An auto-suggestion is therefore only a statement made to the subconscious mind by the conscious mind.

Now, some one will ask: "Why is it necessary to tell a fact to a mind that knows everything, and then keep on repeating it?"

For this reason:—men's minds are curiously complex, and have for many, many years been prone to destructive thought, hence they are apt to receive adverse suggestions and be influenced by those two enemies of progress—Doubt and Fear.

Therefore, repetition is advisable, necessary and helpful, for it strengthens the will and keeps the matter constantly in mind, making it difficult for any adverse thought to protrude itself.

For this reason all Mental Scientists, Christian Scientists and New Thought workers have used affirmations or auto-suggestions in the place of prayer.

Keep at your affirmation with faith and will, and your thought will blossom into an act.

The small boy who whistles loudest as he goes up a dark street suggests courage to his comrades, while he is using the whistle as an auto-suggestion to himself of "I am not afraid!"

The young woman who declares "I will succeed," is using auto-suggestion for success.

Auto-suggestions may be made at any time, though, of course, the best time of all is when the body is relaxed and the mind clear and free from interruption.

For this reason either after relaxing at night or before arising in the morning have been selected as the times at which such statements are particularly beneficial, though of course they can be made through the day as well, and always when needed.

To say to yourself when tempted to be impatient, "I can control myself," or when annoyed, "I am master of the situation," or when perplexed, "Things will come out right," will help at any time in the day.

By remembering that the subjective or sub-conscious mind is a separate mind, and that it has control of the functions of the body, one can often cure a nervous headache by using auto-suggestion.

For instance, recognizing the fact that your statements will affect your subjective is the first step. Then assert that your headache is leaving, and keep at this until you feel a change, then say, "It is growing less, it is growing less" and then the first moment pain has ceased, announce the fact, "My headache is cured."

Many ailments may be relieved in this manner, the results of course being in direct proportion to the confidence with which you make your auto-suggestions.

For use every day, morning and evening, the following form will be found useful and practical, adding to it anything you may desire.

In repeating this auto-suggestion or affirmation throw real feeling into every word. Live for the moment with these thoughts, heart and soul, and your benefit will be the greater.

If you belong to the doubting class, and cannot believe because you will not try, repeat the words anyway, and if you will try this for one month I promise you that you will begin to see reasons why you should believe, practice and affirm.

Daily Affirmation for Auto-Suggestion

I am a part of the Universal Consciousness, therefore I am Life, Health, Wealth, Harmony, Happiness, Success.

I think constructively and keep my mind so filled with harmonious thoughts that evil wishes projected by others cannot harm me.

I have the power to create desire, develop and obtain that which my desire has created.

I hold that which I have attracted because it has come to me as a fulfillment of the law.

I fear no one. I hold ill-will toward no one. I harm no one.

I send out only thoughts of love and harmony to all.

I have but to ask, to believe and to receive.

I prosper in the degree of my desire and faith.

I am what I am by reason of my own Thought, Desire and Will expressed to Universal Consciousness.

I make my future by my own Acts, Desires and Thoughts in the present. The only limit to my advancement is what I place on myself.

References

The Science of Obtaining

XVI.

“Success in any undertaking comes through the working of a law. It never comes by chance; in the operation of Nature’s law there is no such thing as chance or accident. The so-called accidental tumbling of the stone from the mountainside is the result of forces that have been acting through countless ages.

“You and your fortunes are no more the things of chance than the tree in its earliest growth. You are the product of the elements and that product working through the law. You can, as you find the law, make of yourself what you please.”

Owing to the fact that for countless years men have thought poverty a natural condition and wealth or prosperity something beyond their reach, it is necessary to repeat the assertion that as a part of Universal Consciousness man has a right to expect, desire and create his own condition.

The one important thing is to keep in mind always your oneness with the Universal Mind. When you separate yourself, even for a moment, you weaken your position. You must know and feel and believe that the currents of happiness, success and prosperity are flowing towards you all the time. Your part is but to perfect the connection and keep it in working order.

This illustration has helped me and I feel it will do as much for you:—

Let us compare the conscious mind to the house supplied with electric lights, and consider the electric current as coming from a sub-station—the sub-conscious mind. More power is needed, so consequently the sub-conscious mind, or sub-station, makes a demand on the main station, or Universal Mind. If the wires are kept properly insulated so that the current is not lost on the way, and if the connection is properly made, both light (wisdom) and power (success) may be secured constantly for the price of endeavor.

If, on the other hand, there is a diminution of supply, do not blame the main station, or Universal Mind, for there the current is always ready for use. Look first into the home, see that every connection is right. Then examine the wiring to the sub-station and make right whatever is wrong, continuing your investigation to the main station so that you may be sure every wire is in working order. Then go home and turn on your light. "But," you complain, "the light is so dim." There, again, you are master of the situation, for the quantity of light you receive will depend on the number of candle power in the lights you are using (faith). If you are afraid of expense, and use eight-candle-power lamps, you cannot expect to get the same amount of light as from twelve or sixteen candle-power. And if you will but give a little time for investigation you will find that by using a Tungsten lamp (stronger faith), you will secure even more light at no greater expense.

Another example, and one seen every day in the city parks, is that of a number of people who persist in remaining in the shade, feeling damp and cold and sorry for themselves, when by the least effort they could move into the sun and be warm and comfortable.

People of this type enjoy stories of misery, and consider a funeral a diversion, because it gives them something sad to talk about for days afterward.

Happiness, health, prosperity are all at your command if you will but realize the truth.

You must believe and feel your oneness with this supply—then you can honestly say each day, "I am Success," "I am Health," "I am Abundance," because you have made the connection and you have planted the seeds of health, success and abundance in your mind. And, as all people desire these special attributes, it is well to assert your possession as you take your deep breaths, or when walking, or whenever you have a few moments of so-called leisure.

No matter how ill you may feel, do not dwell on the fact, but consider this is only the physical body, suffering from some of the laws you have broken, while the *real you* is and can always be well if you think constructively.

No matter what conditions seem to be when you think of Success—say, "I am Success now," because to give conscious recognition is to increase power, and after you have pictured and created a cause, you must constantly recognize it.

It may be you need the very trying experiences that have come to you, *in order* to develop self-control, or faith, or ability to act, or self-confidence.

One of the students who took up this work was just in the act of declaring for success one day when a fire broke out in the office in which she was employed. She arose to the occasion, directed the removal of the books, and showed such excellent executive ability that, although she was somewhat injured and did lose many of her personal effects, she received, as recognition for her splendid mental qualities, an advancement in salary and a much better position.

In considering and desiring abundance never allow a limited thought to enter your mind. Think of the abundance of air, of light, of rain. Consider the millions that are being spent recklessly everywhere in the world. Realize that to have abundance means enough for all your wants and necessities and desires, as well as a surplus, and then see yourself as having plenty and assert, "I am Abundance."

If a bill is presented or you have any debts, pay them willingly, even joyfully, knowing that the money is only being put in circulation and will return to you. If you aid another, give with your heart as well as your hand, for you must *live* as well as *think* Abundance.

Stop moaning about expense and the high cost of living. These same complaints have been given in every age. Insist not only to yourself that there is enough for every one and that you intend to have what you desire, but, in discussing matters with others, let them know your belief so they may not impress you with theirs.

No matter what you desire, the rules that have been given for obtaining health, success and abundance may be used, taking up each subject in turn and considering it; making your assertion and then dismissing it.

Many consider the best work can be done at night, because before making any assertion you can calmly consider what you desire, banish every undesirable thought, and say to yourself as a preliminary exercise, "My mind is in a harmonious condition, hence I am Harmony." Keep repeating this until you feel perfectly calm and well poised and free from any of the little trials, and then go on with your affirmation for health, abundance, success and anything else you desire. If you have the time to repeat this practice during the day, it will help you so much more and hasten your realization.

Just keep your resolution to the sticking point, knowing that any failure to accomplish comes not from the fact that accomplishment is impossible, but simply because you have overlooked some one of the necessary factors. Stop and consider what they are.

Overcome destructive qualities, develop constructive qualities; learn what to desire, and the necessity for stating your desire plainly; create a clear mental vision, keeping your mind in a harmonious condition; believe and realize your *oneness* with the Universal Consciousness; affirm daily your possession of qualities now desired.

If you fail to accomplish, you will invariably find that you have overlooked some point and that some wire is out of order. Repair it at once, being thankful to have discovered your error, and start your work over again, knowing that you will succeed.

In short, obliterate from your vocabulary the word CAN'T, for to you it does not exist, and should not be allowed where one is building for a future.

A Summary

"A man cannot speak but he judges himself. With his will or against his will he draws his portrait to the eye of his companion by every word."

"You cannot do wrong without suffering wrong."

"Men suffer all their life long from the foolish superstition they can be cheated. But it is as impossible for a man to be cheated by anyone but himself, as for a thing to be and not to be at the same time. There is a third silent party to all our bargains. The nature and soul of things take on the guaranty of the fulfillment of every contract, so that honest service cannot come to loss."

In the chapters that have gone before, step by step, the various conditions of mind have been considered as to creation, growth, development.

You realize perhaps better than before that your thought, though invisible, is as real as the air. It goes from you to the improvement of others, or it may be sent out with a destructive force. It returns to you in the same manner, either as a help or a detriment.

Like electricity it may be turned into a tremendous power to flash messages of encouragement, help, and instruction to every part of the globe, or it may be used in a way that will be only of minor importance.

To begin thinking constructive thoughts today will take care of your future development, but they will not keep you from paying the penalty of the destructive thoughts you have sent out in the past.

Correct thinking will, however, help you bear your trials with equanimity and strengthen your resolution so to live that you will not be obliged to repeat the experience.

The law is exact and sure. You cannot evade it by any expedient, but by ceasing to resist, and by acknowledging this truth, you will live more happily in the present, while building for your serene, successful and prosperous days to come.

Then, too, as you understand the workings of this law, instead of losing heart and faith when things go a bit wrong, you will know that you are only paying in experience for thoughts in which you indulged before your attempt at reconstruction.

In your progress it is well to consider many conditions; therefore, I ask your attention to the following subjects, as I feel they will have an important bearing on your degree of success.

Your Appearance

Are you careful to look your best at all times, to make the most of your good points and disguise your bad ones? Or, are you careless, thinking and maybe saying, "What's the use, I am too busy about other things." If you are, let me remind you that the world takes you at your valuation.

Soiled linen, frayed cuffs, rusty shoes, grease spots, unshaven faces, gowns that want pressing, gloves that need mending, hair carelessly arranged, faces shining and oily, are not the magnets to suggest to any one that you are either desirable, successful, ambitious or neat. In fact, it would seem something inside the mind must be wrong to allow so many outward manifestations. Guard your appearance as you would a jewel. Aid Nature if you must, but aid her skillfully.

Your Health

Wonderful things have been accomplished by souls so great that they persevered in spite of bodily infirmities, but still to all success, health is a wonderful adjunct.

Dr. Lewis says: "The building of a perfect body, crowned by a perfect brain, is at once the greatest earthly problem and grandest hope of the race."

In this age of mental culture many are apt to forget the vehicle, not realizing that unless the fuel is supplied the engine will break down.

Cheerful, optimistic thoughts do much, affirmations of health are excellent, but in addition there must be the exercise of commonsense in sleeping in well ventilated rooms, exercising in the open air (or at least before an open window), frequent bathing and changing of clothing, regular hours, using food of real nutritious value, working happily and relaxing frequently.

It is right to refuse to be ill and not to acknowledge it, but it is better to use so much discretion that no such denial will be necessary. Affirmations of health should be a part of every service, and with them should go the will that makes for health. To desire and invite sickness by careless habits is neither scientific nor sensible.

In affirming health say, "I am health. "I think health." "I desire health." "I use my will to produce health and create new cells to build a better body and a better brain."

Your Feeling Toward Your Fellowmen

"The law holds with equal sureness for all right action. Love and ye shall be loved. All love is mathematically just as much as the two sides of an algebraic equation. The good man has absolute good and like fire turns everything to its own nature, so that you cannot do him any harm."

To love your enemies is hard, but to hate your enemies means you only punish yourself. Every time you send a resentful, condemnatory, evil or revengeful thought toward any one you are sending out a boomerang that will return to punish you.

If at first it is hard to send out loving thoughts toward everyone, you can at least stop criticizing. You can give affection to those of whom you are fond, without demanding an exact return. You can excuse the faults of your friends and love them the more. You can at least ignore your enemies. Don't expect to prosper or go ahead while you have hatred or unforgiveness in your heart. Let go, relax, fill your heart with divine love, realize that all human beings are but part of the wonderful whole, and you will feel too pitifully small and infinitesimal to worry about your own personal grudges and small tribulations.

In affirming Love say, "I am Love." "I think Love." "I feel Love." "I emanate Love to all."

Your Positive Attitude

Be quietly serene and confident. Keep your mind on your subject. When you speak, do not become excited and raise your voice, but maintain a calm, even tone, and a placid though determined appearance. These in themselves will gain the attention and respect of those with whom you come in contact. Use tact. Concede a little, that you may gain much.

Do not argue. Listen and then reply. Do not waste your energy or time trying to convince one who is obstinately determined on something else. Make your statement, impress upon whomever you meet your absolute belief in yourself and whatever you present, and remember your work may bear fruit at some later date, for oftentimes you may be talking to one "whose eyes are holden until the time when he may see and the time when he saw not is as a dream."

Affirm: "I am Success." "I am Power." "I am Courage." "I am Strength."

Your Passive Attitude

To be successfully positive you must learn how to use your passive nature. Supposing, for instance, intent on your work, you meet some one equally positive. What is the result? A clash.

Be determined, but whenever you attempt a new project, be passive enough to receive what the other person has to say. Wait until the subject is exhausted. Bring up point after point. Start the question and leave it, then assume your positive attitude and win the day.

Over-anxiety upon a subject, a desire to accomplish too quickly, may make it difficult for you to assume the passive at will, but keep at it and you will succeed, remembering always that by this passivity alone can you gain the other person's viewpoint.

Affirm: "I am quietly content to receive information that I may use with positive results." "I am Success."

Your Poise

To maintain the even trend of your way under ordinary circumstances is easy, it is when things go suddenly and unexpectedly wrong that you are called upon to prove you are master of the situation by keeping your poise.

You may be slandered, reviled, abused, lied about, even insulted, but if you can keep before your mind that those who act in this manner must receive their punishment, that to become angry with those who do wrong is only to punish yourself for their faults, then you will indeed be master of this and other situations, and your progress will be all the more rapid.

Many students of thought building fail to realize that unless they can cultivate poise, they fall back every time they lose control of their tempers, indulge in condemnation, self pity or any other emotion of the kind.

Affirm: "I am Harmony." "I keep my mind so filled with harmonious thoughts that inharmony or evil wishes directed against me cannot harm me."

Your Faith

Last and most important, when all is said and done, the success of every undertaking, happiness, health, wealth, peace of mind and progress all will be yours in direct proportion to your supply of Faith.

"In actual life any great enterprise begins with and takes its first forward step in Faith."

If you desire, create, and believe, your Faith will take you through impenetrable paths, up the steepest hills, over the longest roads, to the most coveted goals.

If you fail to receive, blame no one but yourself, because no one else can do your thinking for you. Go back, start again, eliminate Doubt and Fear, remembering you are never too old and it is never too late to start again. The next time remember to keep your mind filled with Constructive Thoughts, work, relax and affirm and you will obtain that which you desire.

Affirm: "I can obtain from Universal Consciousness that which I desire, if I will but persevere." "I have faith in my ability to succeed." "My faith is stronger than any adverse suggestions." "I am Success."