

THE EMPIRE OF THE SOUL

AND OTHER MESSAGES

BY

ARTHUR EDWARD STILWELL

AUTHOR OF

"LIVE AND GROW YOUNG"

These messages will help the reader to develop the ability to contact during sleep the great Empire of the Soul.

Mr. Stilwell is one of the greatest industrial builders of America and he asserts that his success in life is due to his ability to receive messages from this boundless Empire of the Soul.

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THE EMPIRE OF THE SOUL

BY

ARTHUR EDWARD STILWELL

AUTHOR OF

"UNIVERSAL PEACE," "WAR IS MESMERISM," "TO ALL THE
WORLD (EXCEPT GERMANY)," "THE GREAT PLAN,"
AND "THE LIGHT THAT NEVER FAILED"

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CONTENTS

	PAGE
PREFACE	I
THE EMPIRE OF THE SOUL	5
PROLONGED LIFE AND IMMORTALITY	10
EXAGGERATION AND MINIMIZATION	15
INSPIRATION	21
THE WEAVER'S CHOICE	25

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PREFACE

To live and grow young you must mentally enter the spiritual world and lift yourself above the testimony of the five senses, for thus you will reach the boundless Empire of the Soul, the realm of the real, the source of Creation.

While in this boundless Empire of Spirit you will be in rapport with souls that understand the constructive power of mind, and by this contact you will come into a realization of the building power of harmonious thought. Clear and vibrating visions will come to you which will solve your daily problems.

With these spiritual visions you will be able to construct the conditions of happiness and success which you desire to manifest in your earthly sojourn. Harmonious material conditions are constructed by those who build from these visions. But you must be able to take these journeys above matter to the

realm of mind, the realm of spirit, the source of harmony, the source of spiritual visions. Without vision there is no construction, only existence, and as the Bible says, "Where there is no vision the people perish."

To be the slave of conditions—to drift with the human tide—is fraught with danger.

To safely travel life's journey we should be equipped with spiritual wireless, and thus equipped our problems will be solved for us by those in the boundless Empire of the Soul.

The following messages came to the author during sleep. They were dictated to him the same as his plans for constructive development which he carried out during thirty years and from which plans he built 2,500 miles of railroad, more than any man now living, and founded over forty cities and villages.

This little booklet is issued to help the reader develop the power to journey to these spiritual realms and receive his own messages. Slumber is the best time to take this journey as night is daytime for the soul.

The messages in "Live and Grow Young"

PREFACE

3

came to the author this way, and that book if carefully read will help to combat the toll exacted by passing years and free the reader from the mesmeric belief that three score years and ten is the allotted span of life.

THE EMPIRE OF THE SOUL

The knowledge of Truth is freedom and comes to those with an open mind and to those who listen for the still small voice of the soul. These are the persons who uncover Truth to the world. It is through those whose mental doors are open that great reforms come, reforms that shape and change the history of man and nations.

“Live and Grow Young” is Truth told in a new way. It is not an attempt to convert the reader to spiritualism, nor need the reader be a clairvoyant to derive the benefits in this message of prolonged life; but the acceptance of this Truth will prolong life and aid in a remarkable degree in obtaining success and happiness. To derive the full benefit of this message it is necessary to understand the intercommunication of souls, which is the real source of inspiration.

All principles, all truths are eternal. They always were, and they always will be.

6 THE EMPIRE OF THE SOUL

Before electricity was harnessed up it existed as a principle. It was always knocking at the portals of man's mind for admission. Through a material dynamo it becomes the servant of man, but the life of the dynamo is the electricity which operates through the machine that is attuned to its use. The dynamo is merely a mechanism which can be destroyed, but the principle exists forever and cannot be destroyed. As electricity does not change by being the life force of the dynamo, neither does the soul of man change by being the life force of the body. It was soul before it entered the body, it always will be one of the hosts of eternity and part of the infinite life. There is no reason why souls cannot communicate with each other, be they in mortal bodies or on the next plane of existence, except our conscious thoughts erect barriers that prevent this intercommunication.

It is possible to listen and receive advice and admonition that will be of tremendous help in solving our daily problems. This is usually thought to be intuition and often called "hunches," but in reality it is often

THE EMPIRE OF THE SOUL 7

intercommunication of the soul life. You can receive messages from the living as well as from those passed on, for soul knows no time nor space, no life nor death.

The optimist has an open mind, he is in contact with the soul world and receives these soul messages. Though he may not be aware of their source, he is uplifted by them and uplifts others with whom he comes in contact. The pessimist has resisted this intercommunication of the soul and doubts its possibility until his vision has left him. He never receives messages and does not believe it possible for others to receive them. He is alone, yet surrounded by influences that could be of vast help to him.

Those who can grasp this Truth will understand the phenomenon of a newly uncovered Truth or a new invention coming to the world through two or three persons at the same time—as, for example, the telephone was perfected simultaneously by Bell and Grey. The same month the book, “Live and Grow Young,” was published, two other books endeavoring to teach the same Truth of prolonged life were given to the world,

8 THE EMPIRE OF THE SOUL

each author unaware that other books on this subject were being written. To understand this Truth, to be able to attract and receive messages from the Empire of the Soul, from this boundless world of power, is to enlarge our ability, for in God's University there is unlimited talent and those who abide in this understanding always have helpers. In the Empire of the Soul there are no bad times, no poverty, no discord, no sickness and no death.

Christ understood that he was not alone in his battle with the darkness of the world. He understood the endless existence of the soul. He said, "Before Abraham was I am," also that God had loved him from the foundation of the world. God has loved all from the foundation of the world and if aware of this fact we are not alone but always under the protection and guidance of these unseen forces. To be fully aware of the fact that you are one of a host is to have the true understanding of life.

These helpers find it easy to reach you in your sleep and solve your problems, for then mortal mind is at rest. Night is the day-

THE EMPIRE OF THE SOUL 9

time for the soul and influences not felt during your wakeful hours can reach you during slumber and impart knowledge that might otherwise take years of research to obtain.

Before you go to sleep clear your thought of all worry and all fear. Say, I have lived today and tomorrow's problems may be met with confidence and assurance. I shall now in peaceful sleep call on those that can help me. My problems shall be solved for me and peaceful paths shall be marked out for me to tread the coming day. I call on my friends in the Empire of the Soul to come to me and with advice and admonitions help me to intuitively solve all problems of the coming day, that I may with such help live a better life, be a better friend and be worthy of the help requested and given me during my journey this peaceful night in the boundless Empire of the Soul.

Those who follow this advice have knocked and it will be opened. They will gain wisdom and understanding that cannot come any other way. We must call in faith and we shall receive.

PROLONGED LIFE AND IMMORTALITY

If you wish to Live and Grow Young, nothing will help you more than to be convinced that life is unending, to know there is no end to existence.

You will sometime change your present mortal existence from a mortal to an immortal existence, but in reality you are now and always have been an immortal, for in reality there is no death. There is no more end to life than there is an end to a wheel, and to the extent that you understand this, you will rise above the age thought and its mesmerism and grasp the possibility and desirability of keeping the body alive.

What you will do or where you will be after this mortal body has been given up will not be revealed to you as it would interfere in the working out of your earthly scheme of life. The veil of the future is not

even penetrable by the living. Even those with the clearest of visions have no power to discern the secrets of the coming year.

The knowledge of whence we came and our destination are withheld from nearly all persons. This is an important part of the infinite plan of mortal existence. This impenetrable veil that separates us from the future enables us to concentrate on our present existence. If it were otherwise we would be distracted from our daily problems and unable to fully develop and round out our life here.

To be fully aware that this mortal life is a living reality but only a station in unending existence is the height of wisdom. With this abiding faith and unshakable conviction we are inspired and encouraged to live not only for today but to live so that our next station of existence may be a more desirable one. Elysian fields are only gained by our elective choice. Predestination is born from the womb of our predestined thoughts and lives. We alone foreordain our future. Our future is in our own hands. We are free agents to climb the mountain

tops of achievement or to descend to the valley of regrets.

In our Father's house are many mansions and these mansions are for us if we live lives that make us worthy of mansions.

As surely as architects and master-builders erect on earth fair dwellings from mature designs and good material so we are builders of our future. If our daily life is fair and beautiful we shall feel at home when we arrive in these fair mansions that have been prepared for us in our Father's house. But if our sowing here promises a good harvest we can remain here and enjoy the reaping of that harvest. We can rise above earth's mesmeric belief in the three-score-years-and-ten fable and await the harvest of our sowing and enjoy its fruition.

The harvest time of life is the most satisfactory period of existence if the harvest is good. Some may desire to believe in three-score-years-and-ten as the allotted span of life, thinking they may thus avoid the harvest of their sowing, but death does not prevent them reaping as they have sown, for "as ye sow, so shall ye reap."

This message of prolonged life will now come to man from many different sources. Individuals in all parts of the world will feel a compelling influence to give this message in varied forms, for this is the new truth that the belief of three-score-years-and-ten is a barrier that prevents man attaining the full fruition of mortal existence.

The more willing you are to get in tune with this new truth, the more receptive you are, the greater benefit you will receive. This fable of three-score-years-and-ten is not only written on history's pages, but it is engraved on the folds of your sub-conscious mind and it will require more than the mere acceptance of this truth to eradicate it from this mortal record which as surely holds your future as the chrysalis holds the butterfly. And, as the butterfly is more beautiful than the caterpillar, so will your life be if you grasp the truth that age need not write its record in lines on the face and pains in the body, but in brilliancy of the mind and joy in the heart that will come if we understand that years have constructive power, not destructive.

14 THE EMPIRE OF THE SOUL

Then each passing year will be golden with acquired knowledge and wisdom. Then years will be welcomed, not feared. Then mortality will merge into immortality with no pain or dread after years of usefulness have passed in the full vigor that comes from a living life; the life that is made up of years of fruitage which the acquired knowledge of passing years has given—not a life cut short just as the harvest of achievement is at hand.

It is man's inheritance to reap the harvest to which years of usefulness have entitled him and only the fear of passing years and decrepitude can take this inheritance from him. To fully grasp the fact that immortality is the reality—the creative plan of existence—makes the prolongation of life a much easier task and enables you to Live and Grow Young.

EXAGGERATION AND MINIMIZATION

All residents of earth have certain traits of character. Some are valuable, and payable in years of life. One of the most valuable traits of character is the ability to minimize the perplexities of daily life. One of the most destructive traits of character is the habit of exaggeration. The exaggerator often becomes a human volcano; he loses his poise and peace of mind and is susceptible to frequent eruptions which consume his vitality and nerve force. Each eruption literally burns up years.

The person who is able to minimize the disagreeable incidents and conditions of daily life has better digestion and the ability to draw copious draughts of earth's greatest tonic from increased hours of peaceful sleep.

The person who has the ability to mini-

mize earth's problems not only prolongs his life, but also increases his usefulness in the world as well as his earning capacity, for those who possess this ability in a marked degree reach the highest positions of trust. They are invariably happy in their home, and in the business and social world they are the center of attraction, drawing to them worthwhile friends while the exaggerator often becomes the doorkeeper of the minimizer's office.

All people in time of stress desire to have their burdens lifted. The person who can minimize earth's problems is the thinker. He intuitively analyzes conditions. He knows that all of earth's great storms are followed by clearing weather and in the deluge of adverse conditions, when things look the darkest, he is the first to discover the silver rim to the clouds and point to the fact that the climax is reached, giving courage and hope to those with whom he comes in contact.

This ability enables him to keep his balance and prevent others from becoming panic-stricken and stampeding. The mini-

mizer—like the shepherd—by his logic and placidity is able to peacefully control the human flock, who like sheep become frightened at the first sign of danger.

The exaggerator during great crisis believes that the worst is yet to come. He sees only perpetual darkness. He has no perception of clearing weather. He dissipates his nerve force in exaggeration and depletes the nerve force of those who listen to him and come under his influence.

Some people can handle bees all day long and never get stung. Others will get stung if they go near them.

The person who minimizes conditions or affairs removes the sting which under similar conditions would sting the person who exaggerates.

The person who can minimize is the person who looks on life through the large end of the telescope. The exaggerator looks through the small end of the telescope.

All conditions in life are payable in two things—either peace and long life—or chaos and shortened life. These are the counters you use in playing life's game; therefore,

develop the traits of character which will bring peace and long life. Remove the sting by minimizing daily perplexities and you will be able to walk and live unharmed among conditions that sting and destroy others.

Reverses only have the power to defeat you to the extent that you exaggerate them. If you minimize them, your nerves are not depleted. You are able to rest at night and retain your poise and health and turn defeat into victory, while the exaggerator under the same conditions would consume his nerve force, develop insomnia, ruin his health and remain defeated.

The person who can minimize will often be able to use seeming defeats as stepping stones to ultimate victory.

What if some so-called friend slights you? If you exaggerate it, you hurt yourself, and if they intentionally slighted you, they desired to hurt you, and by your exaggeration of the slight, you bring upon yourself just the condition they wished you to manifest, while if you minimize the slight, it is soon forgotten and you suffer no ill effects.

If a beggar asks you for money, you are

able to refuse him. Why cannot you develop the ability to retain your poise and peace of mind? Refuse to give it up as positively as you would your money.

Minimize events. Cultivate poise and serenity and Live and Grow Young.

The establishment of Universal Peace, when it comes, will be through the influence of those who can minimize differences between nations and who understand that the real desire of all the world is for peace.

War is the product of the exaggerations of the exaggerators regarding differences between nations. If those who can minimize these differences between nations now come into power Universal Peace and Disarmament will come to a war-wrecked world, which will be a great factor in prolonging mortal existence.

Life will gradually lengthen to spans of years far beyond our present contemplation. Life will be more prosperous and harmonious, for when the brotherhood of man is established, there will be only one Kingdom—The Kingdom of Love—in which there will be no debts and comparatively no taxa-

tion. When that day arrives it will have been the work of the minimizer.

The person who can minimize will be the first to grasp this message and reap the benefits of it. As he has minimized and eliminated the unpleasant things of life, so can he now minimize and destroy his belief in the destructive fable that three-score-years-and-ten are the allotted span of life.

He will reap the benefit by an enriched and prolonged life and perhaps help the exaggerator to see this truth and enable him also to LIVE AND GROW YOUNG.

INSPIRATION

What is inspiration? What is that wonderful power that uplifts the fallen, that reveals new worlds, that solves complex problems, that enables man to express himself in words, and terms, that inspire others? Inspiration that banishes darkness and gloom, that pierces earth's clouds with shafts of radiant light? Inspiration that harnesses up the unseen, that transforms and redeems? Inspiration that gives us strength, endurance and knowledge, that reveals to us available funds to lift debt burdens which seem unpayable?

Through inspiration the inspired have swayed multitudes, conquered that which was supposed to be unconquerable, and solved that which was supposed to be unsolvable. Inspiration, the zephyr from heaven. What is it? From whence does it come? How can we bring it to our aid at needed

moments? Inspiration is the universal solvent of earth's problems.

The dictionary interpretation of inspiration is "spiritual influences." This is in reality what inspiration is, but the average person does not so understand it.

Now the great question is what are spiritual influences? Spiritual influence cannot be rarefied air free from earthly contamination. It does not come alone on the mountain tops. Inspiration has reached man in all conditions of life even in prison cells and those incarcerated in dungeons. Glorious views, peaceful valleys, and sun-kissed plains may bring inspiration, but it also has come to those on the rack and cross. It is therefore apparent that inspiration is as the dictionary defines it, spiritual influences, and must come from spirits.

Spiritual influences or inspiration have been back of all great movements and to understand and realize this is to open the door through which we will receive help from the other side. There have been those on earth who at times seemed to attract a veritable host to help them and who have

understood the source of this help. Others receiving inspiration have either not recognized it as spiritual influences, or if they did, were unwilling to acknowledge it.

In olden times those who received inspiration attributed it to God. Inspiration transcends human knowledge, it is not a product of the subconscious mind but comes from helpers in the boundless Empire of the Soul.

Believe in inspiration, have faith in it, call it to your aid, listen for it, demand it, for that demand is your wireless call for help and will be answered more surely than any S.O.S. call from a material instrument for your demand will go out into limitless space and back to you will come a message or vision that will deliver you from bondage.

You may be encompassed by prison walls, you may be a helpless invalid, you may be what the world calls a failure in the valley of despair, but your answer, your message or vision will come to you and unlock the prison doors. You will be lifted out of the valley and climb to the mountain tops. You have demanded deliverance and the old ruts of failure will no longer impede you for in-

spiration has revealed to you the broad highway of achievement.

Your demand has been answered and before you lies a new world, a world of peace, health and abundance. You have been redeemed and saved by the power of inspiration and by that radiant light you discern the path that leads to the blessings you have long desired. The door of the spiritual world, the world of wisdom and intelligence, has been opened to you and through it all the attributes and forces of God come to your aid for you have knocked and it has been opened, you have sought and found.

Hour by hour and day by day these invisible helpers in the Empire of the Soul are guiding you and if you are aware of this and listen you will receive your own messages of how to Live and Grow Young.

THE WEAVER'S CHOICE

The spirit of anything is the thing itself. The spirit of anything is its creative force. The spirit of you is you. The body without the spirit is dead.

The spirit is from everlasting to ever will be: and is always clothed with a material body or an immaterial body; it is never naked.

The body is the idea or manifestation of the spirit. The spirit of the tree is the tree, the spirit of the flower is the flower, the spirit of the sun is the sun. The spirit of the thing has power to create its own manifestation or body.

In Nature's workshop are the proper materials to create any expression of life or power. The spirit of joy is clothed one moment in laughter, one moment in songs of rejoicing. It can change its manifestations according to its desire or mood. The spirit of destruction can be clothed in a world

wrapped in war and desolation, in weeping wives and sorrow-laden mothers.

For all uplifting, ennobling thoughts, and destructive thoughts as well, the spirit in man pulls the lever.

With his creative power man by united, concerted action and demand, could bring the spirit of joy to all the world. Man could banish forever from earth the spirit of war and destruction. He could say to the spirit of destruction, Never again shall you enter earth, you forever and ever, time without end, are banished, for without man's cooperation as war's willing servant war could not enter this world.

All manifestations of life and existence are woven in the looms of mind throughout Eternity. Man was given dominion in the beginning to weave the now and the future.

The lower brutish instincts of man influenced by the spirit of destruction weave in the looms of hate, war, death-dealing war.

Great armies sweep over the land. Monster warships sail the seven seas. The air is filled with creative ideas of destruction

woven in the looms of mind at the command of the Spirit of Evil.

At last man tires and refuses to longer work at the forges of destruction and peace comes from exhaustion. But it is only the peace that comes from exhaustion and hunger for rest, not the real peace.

Man can, if he desires, weave a lasting peace in the looms of love and righteousness, a peace that can never be overthrown, that can never be destroyed, that will manifest itself in all the world, reaching to its remotest boundaries.

But man, inspired by the compelling desire for universal peace, must be the weaver. The Master Weaver Christ saw this and when his conception of the brotherhood of man sways all of earth's residents, then will man weave in the looms of love universal peace.

Then Earth shall know that peace is best,
And birds shall build in cannon's breast;
With anthems glad all earth shall ring,
For Love shall reign and Love be King.

When real peace comes as a human command all guns will rust, all warships will

28 THE EMPIRE OF THE SOUL

fall apart from the power of idleness and inaction and the spirit of peace will then be clad in the radiant stillness of a world at rest.

Then will follow the reign of the spirit of industrial activity.

From the forges and looms of mind will the spirit of progress be clothed in the garments of prosperity and plenty. All of earth will smile. Never again will the call to arms echo and re-echo on earth. Never again will the crash of contending armies clothe the spirit of destruction, and unclothed it cannot be seen, naked it has no power.

When love fills the earth, then man will be filled with real creative power, then will he be filled with the law, for "love is the fulfilling of the law."

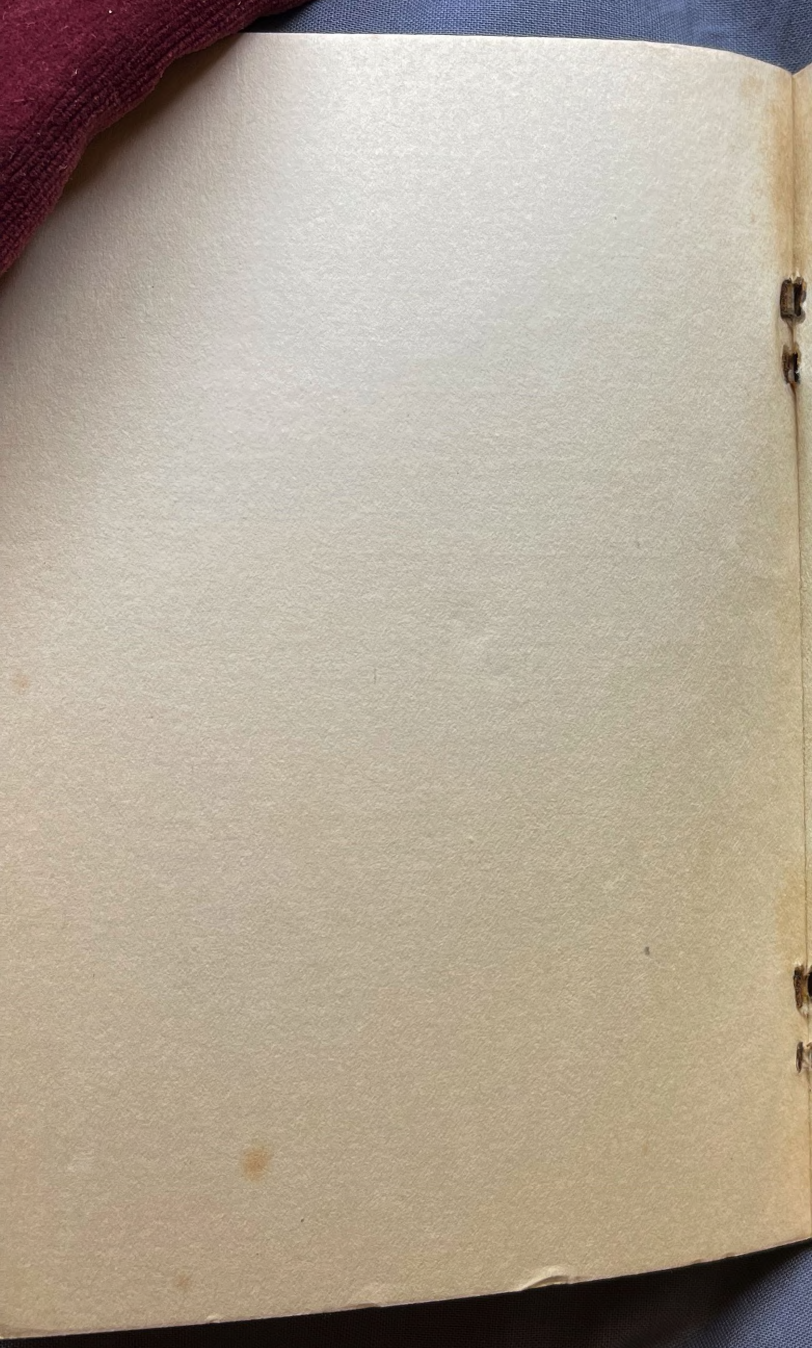
Then will man weave into his life, youth, beauty, health, strength and perfection, for the spirit of destruction and death will have lost its power of expression. Man by his creative mind will weave and be clad in the spirit of youth for the Spirit of Youth is Youth.

As war and peace are both the product

THE WEAVER'S CHOICE 29

of thought and must have the co-operation of man, so are youth and old age the product of thought, and man has the power to choose the threads of thought he will wind in the swift gliding shuttles which ply in the looms of his mind weaving the fabric of years.

The looms of God have a golden thread
To weave in the cloth of time,
And peace would come with the weaver's art
If he used this thread of the human heart,
The thread of His love sublime.



THE GREAT PLAN

By

ARTHUR EDWARD STILWELL

TENTH EDITION

HODDER & STOUGHTON, *Publishers*
London, England

This book is one of the most widely discussed contributions on Finance that has ever been penned. It has been translated into the French and Swedish languages. The plan is workable and simple, and if it were adopted, wholly or in part, would mean the resurrection of the world, and from a tomb of despair, would arise the greatest of triumphs—the brotherhood of man and Universal Peace.

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THE LIGHT THAT NEVER FAILED

By

ARTHUR EDWARD STILWELL

Sheffield Independent (England): Whatever one may think of dreams, one cannot but be pleased with this, the latest of Mr Stilwell's works. It is stated that, like Robert Louis Stevenson, Mr. Stilwell's books are dictated to him by those in the spirit world. Be this as it may, the story surrounding Harry Waterall, who tastes life in Australia, America and England, has a sparkling freshness which should give satisfaction to the most fastidious.

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Live and Grow Young

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Mr. Stilwell's plan promises a race who can double or more than double that age (three score years and ten).

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305 WEST END AVENUE

NEW YORK

Youth is more to be desired than riches. To retain youth is the desire of all and has been from the dawn of the world.

Age to a great extent comes from the fear of age and the counting of passing years.

We are all in Life's Theatre looking at the drop curtain on which is inscribed the fable

"The Allotted Span of Life is Three-Score-Years-and-Ten."

The remarkable book "Live and Grow Young," by Arthur Edward Stilwell, lifts this curtain and visions of a long and useful life appear.

The constant contemplation of the three-score-years-and-ten fable has done more to shorten life than any other power in the world. It is more destructive than war, more deadly than plagues.

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