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TRUTH *of Life--Love--Liberty*

BY
MARY C. FERRITER
*Universal School of Applied Religion and Psychology
Berkeley, California*

AUTHOR OF
"PSYCHOLOGY OF FASTING."
"STEPS ON THE PATH."



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To the Library
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"There is one mind common to
all individual men". Each
expressing his own thought.

Mary C. Ferriter

Dedicated to
All Seekers of Truth

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INTRODUCTION

IT IS in response to the earnest desire often expressed by both teachers and students that this little text book is put out. In my own school of New Thought I myself have often in the last five years felt the need of a text book touching on these subjects that I could place in the hands of my students, and finally the need grew so urgent that I prepared these lessons. The subject matter naturally falls into three parts. At the root of one's search for Truth, Philosophy comes first.

Philosophy furnishes us with something like a creed and helps us to determine what it is that we believe, to really be the principle of life. Any belief that is worthy of the name of religion recognizes a principle from which the Divine order emanates, a principle powerful enough to change chaos into the orderly universe. In part I will be found such matter as should help the student to a working philosophy, a foundation upon which to build his life, and a fundamental knowledge upon which his work can be based.

In Part II is taken up the study of Metaphysics, here we are dealing with the science of the real as distinguished from the phenomenal being. There is always a correspondence between the laws of phenomena and the various planes of Being and Life. Formed and formless, "As above so below," is one of the oldest principles of Metaphysics, the truth that will lead you into universal consciousness. The purpose of this work is not the enunciation of any special philosophy of doctrine, but rather to give the student a statement of Truth, a foundation. Having built upon the foundation provided in the philosophical teachings contained in Part I, the student, if he has builded well, will be unobstructed by any prejudice of superstition. He can look beyond the phenomenal world and will see the real, the orderly universe, which is fashioned according to God's great plan. He will see his own place in that universe with a clear understanding of his relationship to God and to man.

The study of Metaphysics leads to a better knowledge of man, a more intimate knowledge of God. Once we truly know our relationship to our brother, we shall better serve both him and ourselves, and once we realize that the highest worship to God is service to man, our worship will be finer, truer, more sincere.

Part III is devoted to Psychology. The science of the power and functions of the human soul leads us naturally back to the practical wisdom of Philosophy. Once we have a clear outlook on life and a measure of understanding regarding the laws that govern the universe, it is time to bring that outlook to bear on our life problems, to **bring that understanding into practice and apply it in everyday life**; and I have tried to make the lessons on psychology of breathing, eating, exercise, etc., as practical and simple as possible.

As more sorrow and suffering comes from man's ignorance of the laws of life—the laws of involving sex—than of almost anything else, I have devoted one chapter to that subject; not that all which should be said on that subject can be crowded in that short space, but if in the minds of even a few shall be established a realization that sex, in its purity, is as clean and fine a thing on the physical plane as gender is on the mental and spiritual planes, I shall be satisfied.

Perhaps there is little strictly original in this text book; rather, it is matter condensed and presented in a fresh way, but I hope in a way which will meet the needs of the progressing student of life.

Old methods have grown stale, old formulas have lost their virtue in the march of human progress. The old wornout creeds and tasteless practices have but little that is stimulating to the swiftly changing consciousness of the age; we must have new methods to fit this consciousness that is so rapidly unfolding. Each day, each minute, almost, brings an altered viewpoint as we progress in understanding, even our daily modes of living must needs undergo some change. Fundamentals will ever remain the same, since Truth never changes; I have here to acknowledge in all gratitude my indebtedness to the older teachings and the older teachers, many of whom have had me for a pupil.

And this book in its concise form contain much that reflects the teachings of these modern masters that are awakening a new consciousness in the minds of the people. What I have gathered from their books and lectures and personal training has enabled me to gather all loose ends of faith together and bind them into one strong cord of Truth; and it is my duty and greatest pleasure here to acknowledge my indebtedness. In this little work I have endeavored to pass them on to you, and may it carry some message of Truth to each one that opens its pages.

MARY C. FERRITER.

Berkeley, California, 1922.

CHAPTER I

THE NEW IDEA OF GOD

THE NEW WORLD movement, of which these lessons teach, is a progressive idealism. It believes in all religions and is itself a blending into one grand symphony of all great spiritual truths. You can take the fundamentals of this teaching into your own church and the better understand your own religion, and the study will make you see how you may create your own destiny and control your own life, for to have understanding is to have power and dominion—that dominion which in the beginning God ordained that man should have over all things. If we have failed in that dominion it is because we have failed in understanding.

The individual, in order to be thoroughly satisfied with his life, his religion, himself, must have a tangible life philosophy, something understandable for a working basis. In the past we have been called on to have faith, and with the blind faith required of us we came through the childhood of the race; today we find the modern practitioners quite ignorant compared to the old masters, from the reason they lack the fundamental knowledge upon which the work is based.

Today, to be a success, we must have a working faith and an understanding of the things in which we believe, and that understanding we may acquire through a study of these lessons.

Every religion has been built upon man's idea of God. It is man's highest ideal of God and his relation to God which builds his religion; his highest ideal of life build his civilization, and both bring him back and bind him to the very center of his own consciousness. As man's consciousness has unfolded his ideals have progressed, and as they have progressed, old civilization and old religions have gone down and new have come in their place. This is the natural law of spiritual growth.

Every religion agrees on Deity, the one first cause, the principle back of all, above all, the Creator of all—the omnipotent, omniscient, omnipresent source of all. This has been the mes-

sage of every great Master, although, in the childhood of the race, man was able to perceive God only as God was represented in form; so we have had many gods and gods in many forms—gods made to represent Deity and symbolic of the different aspects in which Divinity unfolds. But we have come to the end of the old dispensation; our childhood has passed; we must now touch life at a higher level of consciousness, and in order to do so, we must have a new idea of God, a new idea of ourselves, and a new idea of life.

First, what is God? God is All. Projecting from himself his consciousness, from it he has created all that ever was created. Each spark of God consciousness in the universe is a creative center. In the beginning, this All, the trinity of Life, Love and Unity, rayed out as mind, breath and substance. The Universe is mental, rooted and grounded in the All.

Out of omnipresent substance was man created, and in it he lives and moves and has his being. This substance consists of earth, air, fire and water, controlled by currents—the east and the west the current of fire and air, the north and the south the current of earth and water. The east and west current is electrical, positive; it burns and destroys. The north and south current is magnetic; it builds and preserves. Where the currents came together—the positive and negative, the electric and magnetic—they perpetuate the life substance of the planet; and both are good. It is the working of the law of polarity. And this substance is God substance.

There is only one thing in existence and that is God—God the Spirit, and God Manifest. His triple power is the power to create, the power to preserve and the power to destroy, and his power is exercised by the use of intelligence, force and substance. In the oldest of occult records, The Secret Doctrine, we find written out the akashic records of Genesis, and there learn that the solar system has spirit life which unfolds through cosmic law into a triple aspect of Divinity, the power that creates, preserves and destroys. The One forms the three and its essence is Divine mind. In the One are Omnipotence, Omnipresence and Omniscience united. The all-embracing consciousness is not divided into three; rather, it ensouls them, unites them. In past ages this One was called the Logos (Greek for “word”); and man is this three in One, for the powers of God are centered in him, and when he learns that truth, he is “illuminated.” Everything in the universe is in constant motion, (vibration). All the vari-

ous manifestations of life are due to the varying rates of intelligence.

In considering the power to create, we go back to the beginning, when the Spirit of God moved upon the face of the waters. There we have motion—force. And when He said, Let there be light, he gave expression to thought (intelligence). Following these two actions there was light—the great white light; and from it spread a halo of consciousness, in colors, called the Elohim, or the seven spirits around the throne. Our universe was created under the law of seven. In seven days, or ages, God created it and rested. Life itself manifests in seven things and only seven. Later in the lessons we will take these things up, one by one, and discuss them fully. The law of involution and evolution is a law of rythm; we come into a life of action and go back into a life of rest, repeating the experience until we are masters. And for your comfort you may remember that an experience once mastered never faces you again.

In the beginning were the days, ages, or generations, of creation—the “imaging” in the consciousness of God; then followed formation, which took place during the “seven days,” through the power of the “seven rays,” or Elohim; thus did the conscious images of God take form, by means of motion and intelligence working on substance. The law of polar opposites (the law of creation, the law of love) was established when God said, Let there be a firmament in the midst of the waters, and let it divide the waters from the waters. And God made the firmament and divided the waters which were under the firmament from the waters which were above the firmament. Thus was substance divided into two great currents, and the heavens became the electric and the dry land which appeared was the magnetic; and it was Mother Earth which brought forth life; and every living thing yielded fruit after its kind. When God divided the darkness from the light, the morning from the evening, and the waters above from the waters below, he established the law of “Polarity,” and he made the sun and moon as symbols of that law—the one to rule the day and the other to rule the night. The stars he made as the symbols of the seven rays, the laws of evolution. God created all animal life and blessed it and commanded it to multiply. After that God created man, saying, Let US make man in OUR image, after OUR likeness. Gender is manifested in every thing, “gender” is derived from the Latin root meaning “To beget; to procreate; to generate; to create; to produce.” It does not mean “Sex”—sex is a manifestation of

gender on the Physical Plane. When Deity manifested on the plane of generation it was in accordance with the one law of all Being, Polarity (Our Image).

And God created man, Male and Female created he them, and blessed them and commanded them that they be faithful and multiply and replenish the earth and subdue it. Man has the three powers of the Trinity—the power to create, the power to preserve and the power to destroy; he has the four elements of substance God gave him to work with, and as he multiplies the three by the four, there he comes into the twelve faculties of the human mind, and through the power of the human mind man will literally subdue and replenish the earth.

When God followed his own Divine command to multiply he made the twelve constellations, which man has used to symbolize the twelve months in the year. Physically, mentally and spiritually, man, after his own fashion, has worked the same, with the results that he has perpetuated the stream of humanity, and has harnessed the very elements and subdued them and made them his servants.

The Triune God is expressed in Life, Love and Unity, or spirit, soul and body, or mind, breath and substance. The three powers shine out from the One, and when those powers come into action they produce light. It was the Trinity which divided into the seven rays of consciousness—the Elohim. While these universal powers belong to all nature, man alone is conscious of them, conscious of life as an eternal principle, expressed as spirit, soul and body in man; in God as Life, Love and Unity, Intelligence, Force and Substance, Father, Son and Holy Mother, or, as we have it in the orthodox Christian churches of today, Father, Son and Holy Ghost.

In the beginning God projected Intelligence (mind) and Force (breath, or vibration) upon the face of the waters (ethers, or substance), and brought forth all that is. From God to man the principle of creation is the same, and in every act of our lives the trinity is repeated. Because God is All, then whatever God is, I AM, and whatever God does, I have within me the power to do. And if we discover God's purpose in creation, then we shall have discovered what we ourselves were created for; we shall know why we are here and how to solve life's problem.

What was the first thing God did after he had formed man? He breathed into his nostrils the breath of life. He so desired a counterpart of himself that he created man in his own image; he so loved, that he desired opportunity to perpetuate his love

through man, to live through man. We were created in love, for the purpose of loving, for the purpose of perpetuating. We had the breath of life breathed into us in order that we might perpetuate. When God breathed his breath into man, man became a living soul, with the creative power of IMAGINATION; and by the power of reason and the power of choice he could preserve or destroy his creations; and it is as good to destroy as it is to preserve or create; often indeed it is not well to preserve our own creations. In man the Trinity is repeated. He has a Spirit (breath) and a Soul (mind) and a Body (substance). In this sense is he the image and likeness of God. He is God's Word, made flesh. Spirit is the set Principle, Soul the growing Principle, and Body the Temple in which Spirit and Soul stand forth as an expression of the LIVING GOD.

Our powers of creation are used by us both consciously and unconsciously, and the law of perpetuation in man takes more than one form. In early youth the life in us is used to build the body; next comes the period of generation, in which we may produce other bodies; and following that comes the age in which we may again use life with which to build up our own body—to perpetuate it. The principle that works in perpetuation is always the Father-Mother principle. In all things do we see this: in fire and air, in water and earth, the electric-magnetic, the positive and negative, Father-Mother Principle is at work creating. Every created thing is the objective side of God; the formless is his subjective side. Nor are God and his creations ever separated, although man in his ignorance is ever trying to separate them, trying to separate spirit and matter, trying to separate the subjective from the objective, God from man. They are all one substance, manifesting in different ways, just as does water when it becomes ice, or steam or vapor. Yet it always remains water; and as vapor may be condensed to the point where it forms ice, so may spirit be crystalized into form and still remain spirit; and so we may truly say that all is one substance at different vibratory rates. God pronounced all that he created good; he gave the creative power to man and man has created a world for himself, but he has not pronounced it all good. He has called good only those experiences which pleased him; those which were unpleasant he has called evil. That is because he has lost his centralized point of consciousness (his equilibrium), and intellectually he has separated himself from the great atomic mind of substance; he has separated spirit and matter in his thought. He has tried to put asunder that which God joined together and

that is why in his consciousness he has established good and evil, God and devil. The only devil there is is fear. God is unity and God is All. The only quality there is consists of the things that are and the things man thinks there are, the good that exists and the evil man thinks about it. Man lost his word of good when he tried to see evil in the law of "Polarity," creation, which is expressed in the very essence of The All.

Yet in every form God-consciousness is touching life at its own level of good, for there is nothing but good in either positive or negative action—good fulfilling its own law of attraction and repulsion. The breath of the Almighty gives life; with every breath we take in the infinite life; we exhale only our finite consciousness, impregnated with life; if our finite consciousness is of love, unity and tolerance, we exhale those qualities; and we radiate our own law of attraction. We attract to ourselves our own good, and our attractions are the soul's means of growth.

With this new idea of God man has modified his old idea of the devil. He has not quite done away with him, but he has taken away the red clothing and the horns, and now calls him the sense man, the unreal man, mortal mind, and so on; this gives him something to which he may shift his own responsibility when he is not expressing one hundred per cent health or prosperity or love. In reality, the entire responsibility of human life lies with the individual; he can live his life as he chooses; Whatever he creates in imagination he will express; and each expression is the soul's means of growth. It is the opportunity to reach higher and higher levels of life. Since the time that man started on his upward climb toward God-consciousness, he has had many experiences, subjective and objective; he has expressed many levels of consciousness, and at each level he has interpreted God and life to fit his own unfolding consciousness; through his own creative power of imagination he has made a world for himself. From the beginning he created, expressed, experienced and included his world and turned it all into a storehouse of wisdom. Then who is the devil, the mortal mind, the unreal man? Who is the father of the unreal?

God created all that is and blessed it and called it good. The thought that there could be anything evil or anything not real came from a misunderstanding of the laws of life. There are three rays of life, of which spirit is the set principle. That which it represents on a certain plane, it represents always. The universe is mental, mind is the creative ray, the director and controller of every atom of substance; mind is the growing princi-

ple. And substance under the action of spirit (breath) and mind, is ever changing, form after form being evolved as mind unfolds and reaches higher consciousness. Things are unreal only in the sense that they are not permanent. All things manifest in our life are facts; they may not be the truth, in the sense of permanency, which is the law of truth; nevertheless, they exist as facts; they are the outcome of law, and the law is good. "God has one great plan, and that plan has no errors." Through that plan life is evolving, unfolding and developing into higher and higher reaches of God-consciousness, and it will continue to unfold and develop until it has grown completely God-conscious.

As for the devil, when we learn to make at-one-ment with him, as did St. Francis, we shall find ourselves face to face with an angel and know the lesson he has to teach. St. Francis said it was the lesson of persistence. Let us repeat, there is nothing but God-consciousness; and man cannot go very far in his search for the truth until he finds that he himself is that consciousness. Then he can turn to the kingdom within himself and touch God-consciousness in the center of his own being. When he has consciously touched the currents of life within himself, there comes illumination, and when he knows the truth—that he is One with God—man is free. In order to attain to freedom we have to know the truth about everything; we have to have all experience, painful as well as pleasant. If we never had known sorrow we could never know joy in its fulness; if we had never had pain we would not know pleasure for what it is—the polar opposite of pain itself, since all things manifest through the law of polarity. Good and bad are but life experiences sent from one Source, and the destructive force is as good as the force that creates.

CHAPTER II

MAN AND HIS RELATION TO GOD

FOR centuries man has been bound by the tradition that he was a worm of the dust and that through sin he had been separated from God; and for ages he has been groping his way back, unconscious of the fact that it was his mind which had separated him; that he was separate in thought only. It was his imagination which actually drove him out of Eden, that kingdom of heaven within the self.

The belief in separation came about when man began to note the two actions of his own mind and to believe that one action was good and the other bad. When he was living in imagination and desire he was living in the "carnal mind," as he chose to call it, thinking it evil; and when he was living in thoughts of God he was living in the spiritual mind, which he saw as good. Now it was when he saw flesh as evil and spirit as good, that he committed the unpardonable sin, for he was attempting to put asunder what God had joined together under an immutable law as body and spirit (breath and substance). In spite of man's effort to improve upon that law, it still remains—God's law; and high or low, rich or poor, sick or well, no man has ever succeeded in separating himself from his God or in losing his soul, for he is the very essence of God and ever one with the Divine. Man is the only channel through which God can serve the world, man may be lost to service, but never lost to God.

When we understand the mental nature of the universe, we shall understand all of the varied mental and psychic phenomena that is interesting the mass of people today, and we shall have learned the lesson that Jesus the Christ came to teach; for he was the greatest teacher of the Mental Laws we have ever had. He taught the power and majesty of man and the unity of man and God. He explained the true nature of Spirit, Mind and Matter, and how all was subordinate to the power of mind. The I AM, is that something which calls forth the power that controls and directs both body and mind; the source of all power

is within yourself. When we can grasp this idea of the principle of mentalism, with this new idea of mind, man has a knowledge of his relation to the principle that governs the universe and the simple method by which he can consciously identify himself with it. This is the law which shall set you free from limitation and disease.

Man breaths the "breath of life" into his nostrils, he becomes a living soul with the latent power to reach out with every breath and draw to himself Infinite Life, and exhale with every breath Infinite Love, then he becomes a "son of God." Remember, however, that you do not exhale (radiate) that which you merely think. You must feel your one-ness with Divine Life and feel the infinite love if you would contact the "Kingdom" within you. The breath is the essence of the I AM; it is pure being in the two actions of the great Law of Rhythm. With an understanding of the workings of this law you will find that your mental states are subject to these great rhythmic swings of feeling and what you feel, you radiate or send out, and draw to you the substance of that feeling, this is the connection between spirit and matter joined as God joined them.

Jesus was once asked by a lawyer how he might inherit eternal life and Jesus told him to obey that which was written in the law. Obey the law, recognize it, and don't try to put asunder that which God has joined together. Spirit and matter are of the one substance. The objective mind is merely the outer court of the temple; the subconscious, the soul mind is the inner court or the holy place; and spirit is the Holy of Holies. Enter into the Holy of Holies—enter into the spirit of things and draw in the breath of life; draw in the reality, make union with the superconscious. It is the conscious unity which enables us to receive what the Father has for us. All that he has is ours, but we must learn to receive it. Whenever we inhale the ethers of space we take in the breath of life; the Yogi calls it "pranic energy," but call it what you will, it is the connecting link between spirit and body, mind and substance.

Not only through breath, but through mind and form, man is consciously connected with the universe, of which he is the likeness in miniature. The solar plexus represents the sun of the solar universe, and is the center of mental equilibrium. The heart is the physical center of man, the point of equilibrium for the blood stream. The moon represents the feminine in nature, the polar opposite of the sun; all gestation is governed by the moon and the lunar months. And the seven centers in

man correspond to the seven planets, which represent the lights of the world—the Elohim—and the laws through which man must evolve and unfold.

Astrology has lost its place among the sciences; we know little of its laws now. But numbers of the old philosophers, including Plato, were great astrologers, and some day the scientists will work out the half-truths for us, as they have worked out other half-truths of the occult world, and then astrology will have its place with us, as it once had with the Brahmins.

Our Christian Bible is not merely a book founded upon the wisdom of its writers; it is an expression of a cosmic law. It begins with the seven days or ages of creation and ends with the opening of the seven seals, through which will come the final understanding of the law. The Kabala is not merely a game of figures called "numerology"; it treats of the great law of planetary influences, which are the crystalizing causes of color, sound and form. It will not be going too deeply into the subject to mention a few significant numbers and their association with familiar things. The three rays of the God-head divided into the seven rays or Principles. Three times seven equal twenty-one,—the age of maturity. There are four elements, and four times seven equals twenty-eight—the number of days in a lunar month. Each of the six rays of color projected from the Great White Light has its polar opposite, and from them spring the twelve powers, the twelve constellations, the twelve months of the year, the twelve tribes, and the twelve gates to the Eternal City. The old prophets understood the law of numbers and planetary influences. They saw all as a projection from the Absolute God and they saw man as an epitome of the universe. Nature has no life apart from the Absolute. The light from the sun, moon and planets reaches us; how, then, can we say, that we are not under the influence of their vibrations?

Consider for a moment the changing consciousness in the religious world from one era to another. Four thousand years ago there was a great urge to reach at-one-ment with God through burnt offerings and sacrifices. The solar system was then under the influence of fire vibrations, for we were in the Arian age. Early in the Christian era we came into the vibrations of Pisces, a water sign, and correspondingly the consciousness of the religious world changed, and water baptism became the custom. We are now entering the Aquarian age, which is pre-eminently a spiritual age, and we hear much of the "baptism

of the Holy Spirit," and of worshipping God as Spirit, instead of as a person. If the universal urge be so great, then the vibrations of each planet much affect us individually. Our very being is under the law of vibratory force, and working with the law is the soul's means of growth. Through the law we gain a sense of unity, of harmony and balance.

Equilibrium is attained when the two departments of the mind contact, so that the objective mind works in harmony with the subjective, or submerged mind, which, in turn, is ever at one with the cosmic mind. When man reaches that point he knows that he is not nor ever can be separated from God, for then he understands the unity of God with his creations. There is one mind in God and that mind is my mind now, has been the affirmation of sages throughout the centuries. But the one mind has two actions, the objective and the subjective, the positive and the negative. They are equally good; they are the law, and the law is no respecter of persons. When you understand the law you are positive toward it and can make it your servant. When you do not understand it, it is positive toward you and you serve it through many experiences until you do understand. What we call evil is merely that which results when we resist the law. It is through pain, which follows our ignoring of the universal laws, that we learn to think; and we shall have painful experiences so long as we persist in attempting to create and express in opposition to the law. Our necessity for learning the Truth is this: that ignorance of the law excuses no one.

In considering the laws of mind we will take up first the subjective side. The subjective mind is the storehouse of all memory, the kingdom of wisdom. There is God-consciousness; and "before Abraham was, I AM," is true of every spark of individualized consciousness. Therefore, within your own mind is all knowledge. You may know anything you will when you consciously enter that realm. The subjective phase of man's mind has always been guided by cosmic consciousness and is at one with it. The life functions are controlled by the subjective mind and all the involuntary activities of the body are under its guidance. Its law is the law of suggestion; and, since it works through obedience and will, it is ever open to suggestion and will carry out for the objective mind any suggestion planted in it. The subjective mind never sleeps: "There is no night there."

The law of the objective mind is stimulation. It works through desire and imagination and, since it is the sense mind, and contacts the world of color, sound and form, it is ever open

to stimulation from without. The imaging power of man's mind is the secret of his creative power. Man thinks in images. Think of a rose, and you see its color and form. And the reason that we have so many random thoughts to contend with is that our objective mind is so easily stimulated. It is by our desire to think only along certain lines that we may control the imagination and refuse to harbor any thought or fancy we do not want. And, in order to protect ourselves from working into our lives that which we do not want, we must be careful, first, to control the desires, for the desire, once it becomes a suggestion to the subjective mind, is obediently willed into form. The two phases of mind are in perpetual interaction and every desire that comes into conscious imagination is by natural law passed into the sub-conscious mind as a suggestion and becomes part of our being.

The two minds (as we call the two departments of mind, for convenience) may be likened to an interlaced triangle, the upper triangle with the point downward, representing the conscious mind; the lower, with the point upward, representing the sub-conscious mind. Where the two minds meet (where the triangle interlaces) is the home of the superconsciousness. There is the dwelling place of the I AM. There is the kingdom of heaven, all-harmony; there is the consciousness of unity, there the "all-seeing eye" of the occultist.

Man is just coming into a consciousness of his mental creative powers; he uses the powers but his brain in its present state of development is inadequate to think out the laws of breath, mind and substance in their fulness, though he has but to study the radio there to get a glimpse of the action of breath and mind upon substance. Breath is the vibratory force of all nature; mind is the directing, controlling and creating power, while substance is the great space-sea of electrons. The law is not mysterious, but it is almost unthinkable. Mind, breath and substance are "all that the Father hath"; and all that the Father has is mine. Therefore my creative powers are as his own. Because God is, I AM.

And now, understanding something of how things are created, you will be very careful what you place after I AM for it will be either a blessing or a curse. There is a signed and sealed agreement between the two minds to work your affirmation into form. Whenever you say "I am sick" you are cursing yourself, for you have taken in vain the name of the Father (Creator) within.

Mind, the great creative ray of the universe, is ever acting, ever directing and assembling the atoms of substance; every-

thing takes form according to its own vibratory law; everything is what it is, where it is, and the color it is, according to its own rate of intelligence. All Nature is the form of God's idea (or image); and every individualized center of consciousness is working out God's plan through natural laws. The greatest discovery of the age is the discovery of the truth about conscious ideation or imaging as a power by means of which we can make ourselves, our environment, our entire world what we want them to be.

Every thought produces an image, and the image is the "substance of things hoped for, the evidence of things not seen." Whenever you say "I am," no matter what thought follows the words, you are transforming thought into suggestion and the sub-conscious mind obediently transmutes it into form. Thought, backed by feeling, forms an image in the objective mind and when that image is passed into the subjective mind and there sanctioned and sealed, the two minds have agreed, and "When two shall agree on earth as touching anything it shall be done to them in heaven." When the two minds have agreed, under the immutable law the universal will carry out that agreement. The law is not mocked and it will not let you plant a thought of one kind and reap fruit of another. If, however, thought is sent out without feeling, it merely joins itself to cosmic energy at its own rate of vibration. In order to create, thought must be strong with feeling. As a man thinketh in his heart, so is he.

When we are studying the universal we are learning the truth about the individual from the impersonal side. When we are studying mind we are touching the link between God and his creations, God and man, and man and his creations. Mind is of the essence of unity. It is the creative power of God, the power which is at the center of every soul, breathed into man in order that he might be a conscious, living soul with the power to create, the power to preserve and the power to destroy—a creator on his own path. Human life is a personally conducted tour. It is by the power of mind that we create what we desire, preserve it as long as we wish, and destroy it when it has served our purpose.

There have been races upon the earth with far greater knowledge of the universal powers than has the man of today; they lived closer to nature and natural laws were their teachers; their text books were the heavens and all the world of nature which was spread out around them—God's Book. What they knew has been forgotten and re-learned and forgotten again and again. But whenever man has lost the centralized point of his power a

master has always come out on the path to bring the man back to a realization of the powers within his own being; to remind him of his trinity of power, his unity with All Life. Each soul was born into life for his individual lesson, and he will be "born again" into the realization of the powers of his own spirit; and to each the lesson will come individually; each will awaken at his own level of consciousness. No cult or creed can set a standard of unfoldment for the individual. But, once you have a vision of the orderly universe—the cosmos—and realize your one-ness with it, then you begin to know what it is to have the Christ mind. When man shall have that consciousness of Christ he will have found his eternal relationship to ALL, and, having found it, he will automatically release himself from the old idea that he was a worm of the dust.

Jesus came to reveal to man the hidden powers of his nature, but it has taken two thousand years to take the mist out of the mysteries, for man had sunk so deep in the race beliefs that he could not comprehend the truths the Master taught. He has done little but worship a personal Christ and has seen little but the crucified body upon the cross. He has progressed, it is true, even when he saw only the physical side of the universe; he has harnessed the lightning and water and made the air his servant. By means of the telephone, the telegraph, the railroad and the radio, he has united all the outer world; and that has made for unity of a sort. But now the kingdom of heaven is at hand, the age in which man shall harness the energies of mind and put them into servitude for the uniting of all mankind. Then will man have found his place in God's great plan, which is for the evolution of consciousness. The human plane is man's plane and he is learning his lesson in the human kingdom, but consciousness has evolved through all kingdoms, and intelligence is found in every atom. Man's spiritual pedigree is the slow involving of spirit into matter, which shapes, for expression, its own inherent powers, evolving, expressing and including the wisdom of kingdom after kingdom, through life after life.

When we trace man we trace the spirit which makes him eternal, his intelligence interwoven with soul and body; and in tracing his growth we see that the great pendulum of creation is ever swinging from formless to formed and back again; from a period of activity to a period of rest. All consciousness follows that path. In the involving of spirit we find first the activity of substance (electrons); next, intelligence, represented by the solar powers or soul qualities which give intelligence and con-

sciousness to man; then form, the physical side, guided by natural laws. And in tracing man we need to get some idea of the higher forces which govern and control the universe, for man is an epitome of the universe and is under universal laws.

Jesus tried to teach us something of those laws, and the New World movement is awakening man to the fact that his message was practical. We have had faith in it but we have not made practical use of it, and for that reason we have lost the divine equation of faith. We have been expressing fear through the objective senses until we have come to believe them things of evil; nor have we recognized that our neighbor's level of consciousness is just as good as is our own—that it is merely different, not evil. When we shall see all things as good, when we shall have learned how to use our creative powers, we shall have acquired the Christ consciousness. Christ was a free soul, and man is free to be whatever he wills to be. When man comes into the Christ consciousness, when all have the mind that was in Christ, then Christian and Jew, Buddhist and Mohammedan, will be united in perfect understanding. The Oriental has one religion, the Occidental another; each has in a high degree the truths which the other has not. Each was ever the other's complement. They are polar opposites, but in the New World movement they will find their equilibrium and in their union we shall have the religion of the future, the exoteric and the esoteric united. It is this New World movement which shall join them, for it has come to open the eyes of man that he may see the light that shines in the darkness; to open the nostrils that man may consciously breathe in the breath of life; to open the ears of man that he may listen to the voice of truth; to open his mouth with a new power of speech, and to open his hand with the understanding that it is God's hand—God's means of service to humanity; and that he who serves is he who loves.

CHAPTER III

LIFE

IN THIS period of reconstruction, life is a subject of intensest interest; it is the time when the old idea and the new idea of life have met face to face. There can be no doubt that we are even now on the eve of the greatest change in traditional views that has taken place since the birth of Christianity. Under the light of science many of the old beliefs have had to give way and the old ideas of life are changing, as they must in our search for the higher truths of life, which we must understand before our work can be properly done, our destiny fulfilled.

In the past the cause and the purpose of life have been clothed in mystery; but there is nothing mysterious about them. The cause of life is Divine desire for expression. The purpose of life is to unfold life's powers—to express them. And what are those powers? Being, Mind, Spirit, Soul, Life, Truth, Love. No matter on what plane it functions, each life is ever creating, expressing, experimenting and including; and the things which it includes become material with which to build higher and higher consciousness and send us forward and upward on the path of evolution.

Whatever man creates in consciousness has had its birth in thought; and thought, working upon substance, gives it form at the rate of intelligence of that thought. Man's mind is his law. Thus, through the powers of mind, man becomes the creator of his own life's desires, his own destiny. From the very beginning, Life gave man all the powers of the Divine Trinity, together with the seven principles through which these powers created the universe, plus the power of mind to become conscious—"a living soul."

Under the old idea, life was conceived of as a short span, from the cradle to the grave, and it was believed that in one short existence was man's only opportunity to express earth life. All joy, all sorrow, all success, all failure were limited to one life, to which man had been sentenced by God's will, man

being responsible for nothing that happened to himself. But in the last fifty years humanity has broadened and grown, our vision has cleared, and now, through the new interpretation of life we feel that we are on a cosmic journey, we feel the power within by which it is intended we shall control our experience. And it is Life that brings the message.

Life is the Divine urge for human expression, and every life must express, for expression IS life; and repression is death. The essential thing we have to remember is that each life is expressing its own Divine Ray, its light, at its own level of consciousness. That was something of which the old world consciousness had no understanding. In that consciousness we did not know that the lives born under our roofs did not belong to us, but to themselves, and that our light was not necessarily their light. And often when those lives began to express at their own level of consciousness, they were repressed, even enslaved to the law of their "superiors." Instead of guiding, we tried to rule and repress them. That repression has been the cause of half the dissipation and crime of our age. Often it continued until the younger soul had an opportunity to slip from under the yoke of parental authority. Then the energy of the repressed child exploded and ran riot. Life cannot be repressed, and, once out in the world, the child whom we try to repress goes the limit; in its new-found freedom it will express until its pent-up energy is spent. Or, if no such opportunity comes for expression, life will spend its energy in dynamic thoughts of hatred, anger and revenge, or in morbid thoughts of neglect and injustice, until, as a result, the body itself is destroyed by disease; when life, released in death on the lower plane of consciousness, seeks new expression on another plane. For as soon as life has expressed fully, constructively or distinctively in one zone of consciousness it reaches out for the next.

In this connection let us look again at the life which after long repression does get its freedom and lets its pent-up energy run riot. Inevitably there comes to that life the time when it is ready to express on a higher level. But under the old world consciousness what happened when that one tried to "come back"? It was cut adrift—pushed back upon itself again. Occasionally the prodigal son was forgiven, but the prodigal daughter? Never! And we paid in tears and blood for our unforgiving attitude and we shall pay again and again and until we know that repression is not the law of life and that each one must express, and that it is right for him to express, at his own level of consciousness.

Parents were meant as Guides, not stiff-necked masters, for their children.

Each life must live under its own law of unfoldment and according to its light, no matter how limited that may seem to be. Does your son crave recreation after study and work hours are over? See that he gets it in healthful sports and amusements, or he is likely to get it in those which are not healthful. It is the craving of Life, and Life will not be denied. Does your daughter want to be clothed in something other than drabs and grays? Get her that clothing or some one else will. The craving for beautiful clothing is the craving of Life to express beauty. Guide it. You can't repress it. As naturally as the stream runs its course does the mind fulfill the law of its own nature; so, in spite of all preaching and all effort at reform, each life will express in its own way, its own degree of consciousness, until the mighty, unseen power within itself redeems it. And, oh, watch for the one who has expressed in error, the one who is ready to reform (that is, to release itself on one plane of consciousness and reach up to the next). See that no one puts a stumbling block in the path of that one. And never tell anyone who cries out for human sympathy, human love, human inspiration, to look to God for love. He is asking for bread; don't give him a stone. He wants the human, the concrete thing; don't put him off with abstractions. Life calls to LIFE; and that one wants something he can understand; he wants human sympathy, human love, human association; give him what he seeks and he will know God's love and God's sympathy, and you yourself will have a better understanding of the Divinity in you. You are the channel through which God answers prayer.

The one who is ready to "come back"—to reach upward—is trying to free himself from that zone of consciousness in which he has been learning. Give him his freedom by forgiving his errors. Forgiving is merely forgetting. That is one thing we can do—forget the things that are behind and reach forth unto those things which are before. That was Christ's method of reform. He never condemned the sinner; he told the rabble to let him who was without sin among them cast the first stone, and to the woman taken in adultery he said, "Go, sin no more." Forgiveness clears the pathway for a soul and adds one more light to the light of the world. Christ had passed through all experiences; he had included all and understood all; and what we understand we never condemn. Try to forgive even the thing you do not understand: you may pass that way yourself one day.

Jesus had grown to the full stature of human life; he was big, tolerant, and forgiving, as are all who have learned the truth about life. Once we have passed through an experience we know how to be tolerant with the person who is taking that experience; we know where to touch life in order to help it.

Life is one great wheel of experience. We take this experience and that experience; hold to one belief and then to another for a time; then we release our minds from them and go on, following the Voice that is ever calling, "Come higher up!" As soon as we have included (understood) a particular experience we are ready to pass on to the next; and what we have included is material for our use on the next plane of life. It is the wisdom given us by our experiences which makes us take a positive attitude toward the world from which we are emerging and man can afford to be positive toward the things which he understands, for he knows how he came by that understanding and the price he paid. But life gives us many unpleasant experiences by taking the same attitude toward things and conditions which we do not understand. Be receptive to the new environment, the new position, and the newer consciousness you are approaching, remembering that the path to success in new surroundings lies in "the receptive mind, the listening ear, the observing eye." Blessed are the meek for they shall inherit the earth. "Meek" here means "receptive."

Once you learn to be receptive to the new worlds of experience you are entering, you will include, or understand, the experiences of others in those worlds without having to take the harsh experiences yourself. You can know them through the wisdom of receptivity and understanding and compassion if you will; but, scorn those who have suffered in the experience, and you will surely walk that way one day.

Hold fast to all that is good, but be ever ready for enlightenment, remembering that life is an endless chain; that it is in all and through all and is the very existence of man. "God is that life." Then should we love God with all the heart and all the might and all the mind. This is the price you pay for all the Father hath. Love life, and know that life is in every living thing. We shall solve life's problems through love, gratitude and service. God expresses himself in his creations, and service is the God expressing through man gratitude in man's highest gift to God.

Life is continuous. We must go through all expressions and experiences possible to human consciousness, and it takes more

than that span from the cradle to the grave for a soul to grow to all that it is meant to be. Life is eternal; and life is the Divinity in man working out the great plan of the universe. Thousands of persons on the planet today know that they have lived before and that they will live again. They believe in birth and have known re-birth. They are the ones who know for themselves that the grave brings not annihilation but rest.

Studying the evolution of consciousness helps us to understand that each soul is in its right place and doing its right work; that each of us is expressing at his own level of consciousness and that each is lighted by the Divine Ray, the spark of God which can lead one only in the path that is best for him; that immortality is the law and perfection inevitable.

Our premise is that man is a creative Trinity, expressing the halo of God-consciousness, surrounded by the powers of his own mind, and making all the experiences of life his opportunities to express his ever-increasing God-consciousness. And whenever man can get a vision of reality—of what he himself truly is—he shortens his path of human experience. While all life is ever on the plane of the unseen, it ever clothes itself in form, and all manifestations, all worlds, all kingdoms, all objects, are but different expressions of Life—the One Life.

In considering how Life clothes itself in form, we must remember that everything is radio-activity—man most of all. Life, then, clothes itself by means of its own vibratory rate, directed by mind, for mind is the “light that lighteth every man.” Self-realization has been the message of every great Master. Man, know thyself, has been the injunction. And where is that Self to be found? The answer lies in Christ’s instruction to seek first the kingdom of God and his righteousness. The kingdom is within yourself. Enter it, get a knowledge of it, and all things will be added unto you. You can command yourself, and that is to command all things.

As for humanity, it is but a branch of the great Tree of Life, whose roots were started by a spark of living substance—God-consciousness—which evolved through mineral, plant and animal life to the forms we have about us. It is all one life and man is one with all life. The life in the tree, the blade of grass, the rose, is not different from life in the human body. It is all gathering, expressing, including, making perfect in one kingdom, in order to pass on to the next. If we would see the Truth, we must see the universal kinship, the relationship of all forms of life on earth; we must see the God in all life. We must understand

that through every form the cosmic life forces flow in and out, although only man is the conscious inlet of all forces, as he may be the conscious outlet. For, while the universal powers belong to all nature, man alone is conscious of life as an eternal principle, and it is consciousness which enables him to use his powers to the full. Nevertheless, life is always embodied in the form best suited to its realm of expression, and the life within that form is ever working out its own destiny. We have no right to meddle with it or to call it anything but good.

The one life with which you have a right to deal sternly and all the time is your own. It will furnish you so much business that if you attend to it properly you will of necessity let others attend to theirs. Personal life is a play between the powers without and the powers within, with the will for a central point of action. Will power is brain power and we can make our own brains if we but have wills strong enough to take control of our own affairs. For the will can fashion anything into form which you suggest to the sub-conscious mind. The wonder-worker in you is the power of will. The sub-conscious mind is ever one with the Cosmic mind, and your will is your cosmic power. What these lessons shall accomplish for you depends solely upon what you will to do with them. If you will, they shall bring to you the life more abundant.

As for death, which we take up in the next lesson, it is NOT the putting on of immortality. Mortality is swallowed up in life when the consciousness of life so fills our vision that we cannot even image its opposite; when we see all as life and all life as ONE. God is the omnipresence of all—spirit, soul and body; and with this consciousness of omnipresence do I see "God in my flesh."

CHAPTER IV

LIFE BEYOND

The lesson on Death—the great mystery—is not given as a fundamental of the New World movement, for the principles taught as fundamentals can be demonstrated; that man lives after death is one of the three postulates of which man knows nothing by natural law. God is; I am; man lives after death: these are spiritual postulates and cannot be established by the testimony of the senses. They are truths which we discern spiritually, and the testimony to them is of the spirit.

"It is the Spirit that beareth witness, because the Spirit is truth." (I John v:6.)

We are told that there are three things that bear witness in heaven, the Father and the Word and the Holy Ghost, and that these three are One (Spirit); and that three bear witness in earth, the Spirit and the water and the blood (soul and body); and that these three agree in one. In heaven the Truth is known and in earth it is discerned. "And this is the record God hath given to us eternal life."

As we understand life better, we shall the better understand that which we call death. The understanding of what spirit and matter are will also help us. Spirit is eternally enduring, while form appears and disappears periodically. The one omnipotent spirit of life is ever working upon the omnipresent substance; since the beginning it has moved upon this substance and has thus brought all forms into manifestation, through the omniscient vibratory law of harmonies. There is nothing in the universe but life. The great change which we call death is but the changing of form; it is life releasing from its activities on one plane of consciousness in order to begin activity on another. Each day we release something with which we have finished and in that sense we die daily. Death is the change from active life to passive life; from the seen to the unseen. The truth about this change is just beyond the mass man's ability to perceive.

At the present stage of man's unfoldment he cannot see be-

yond the physical octave of sight; nevertheless, there is existence beyond that octave and there are those who have the power to see beyond the physical, to hear beyond the physical; there are even photographers who have taken pictures of the astral form as it passed from the body. For the last two or three centuries we have been devoted students of the objective, but now we have come to the age in which man's inner nature must be studied. We believe in immortality, but how are we to understand it? Our faith may be firm, since we have the testimony of the Spirit within, but we want to learn in detail of the unseen side of life. There is one text book upon which we may rely—the Book of Nature. Its pages are spread out before us and contain no contradictions. We learn our lessons of the universe, and, as man is an epitome of the universe, he has but to apply the universal laws to himself in order to understand himself and the laws by which he is governed.

Man comes into life as does the plant, and for the same purposes: to develop, unfold and express; to gather the harvest his life has included—the fruits of his season. His death is no more than the season's change of the tree. In the spring the tree buds and blooms; it bears its fruit; then the sap loses its vitality and the tree sheds its leaves as the soul of man sheds its physical form.

When we are living in the physical body we are in contact with the currents of this world and connected with the currents of this world and connected with them through the mind. When we come to the change called death, we merely slip off the body, to awaken in one of finer substance. It is thus that life swings into another plane of expression, there to await the season of its re-birth in another human form.

In studying death we come back again to the triple aspect of Deity and the law through which all life functions. It is the law of the world form, the power of the world of spirit: the power to create, to preserve and to destroy. These powers are the light that lighteth every man that cometh into the world—the light that spread into a halo of seven rays, the Elohim. In the older teachings they were called the seven rays of color, the seven Mystery Gods, the seven spirits around the throne, and the seven Sephiroth; but name them as we will, the seven principles sprang from the Halo Elohim, which had spread from the Trinity in Unity (the three in One). They are the principles of nature and expressed in every kingdom. The plant expresses but seven things. First, we have the seed; then the root, the stem, the

limb, the leaf, the bud; then comes the bloom, which withers, or dies; but it leaves behind it the seed over which its petals have been folded, and that seed is for the next expression of the rose-tree's life; for life leads to life.

And now, in order that we may understand something of life beyond the physical, let us look at the ethers, which are divided into currents according to their different grades of destiny, stamped by involution of spirit. As they are graded, so is man—according to the destiny of his vehicles of consciousness. Life is the same life through every change; it is the life of God, shining through the Elohim, that halo of consciousness which is man's power TO BE; but, interpenetrating the physical are other, finer bodies, each functioning on its own plane. The interpretation is possible because of the differing rates of vibration of the various bodies, of which the physical body is the denser.

The first body to interpenetrate the physical is the astral. It is of finer substance than the physical and functions in consciousness, as emotion; in the physical cell, as sensation. The next body, of a higher rate of vibration than the astral, interpenetrates both it and the physical form. It is known as the atmospherean body and manifests as mentality, functioning as reason through the physical brain. The third body, of a rate still higher, is called the ethereal body. It is in perfect rapport with its own ether, and has its own rate of vibration both within and without the human body, as have all other bodies. It functions in the higher states of mind as inspiration and illumination, and shows forth in the daily life as reverence, worship and exaltaion. The next ray (rate) to take form is the seraphic. It functions in the human mind as revelation and prophesy—the super-consciousness, and through the physical body it manifests in mystical and healing powers—the super-gifts of the Masters. The highest ray to embody in man is in union with Spirit itself and is known as the manasic body. It is composed of the atoms of pure mind and is the body of the Christ—the consciousness uplifted to a point which spiritualizes the whole man. Flashes from this mind reach the mass man in the "silence" whenever he can reach a silence deep enough to loose all perception of motion. When we have equalized all circulation and vibration in the body and are conscious only of mind and space we may see the "Great White Light," from which all colors ray out, or radiate. Instructions as to how to attain to that silence will be given further on in these lessons.

Just as the scale of colors is uniform in the cosmos, each hue always revealing the same thing, so are the rays of consciousness uniform in man. They are his rays of creation, and correspond to his seven manifestations. They are of every essence of the principle by means of which the spirit holds forever its Divinity; and each human soul is named and numbered, chorded and placed according to his own rate, or ray, of intelligence. The tones speak out in the human voice, while the colors which belong to the individual may sometimes be seen as a halo or aura surrounding him. Truly is man the image, the likeness, of God; and life and death are man's opportunities to express Him.

It is by means of the astral body that one makes connection with the inner mind, where is stored the essence of all earth's experiences. Contact with the outer world, through the five senses and through thought, produce sensation; all sensation and emotion are stored in the inner mind, and there worked out to a logical conclusion and registered as experience in the sub-consciousness. One may live a lifetime and be totally unconscious of the double play between the inside and the outside of his body, between the physical or objective consciousness, and the astral or subjective consciousness; but when the normal union is destroyed we have the beginning of all mental troubles. The objective and the subjective are the creative principles of the mind, and, that all creations shall be perfect, and not distorted, these two minds must be in perfect harmony. The astral mind is always true to the super-mind, but over-stimulation of the brain, and sensation and emotion, mixed with fear and anger, invert the action of the higher mind; the images become distorted, the equilibrium upset, and the individual loses his balance.

In normal life man has all the Divine principles sheathed in his body and mind. They are the living states or planes of consciousness within himself and should play normally through his physical brain and the twelve life centers of his body. They are the seven rays of the Elohim, flashing out from the creative spirit, the image of the Creator, and that is why the Master called the body the temple of the living God.

When that hour strikes which we call death, these unseen forces, the powers of the spirit I AM, merely withdraw from the earthly instrument of expression; they lay down the physical body as an old garment, and the individual passes out under his own law. It may be by accident; it may be through sickness,

or by his own hand, but it is under the law, since nothing ever merely happens. And now have the old heaven and the old earth passed away; the man stands up in the new city and there is no temple, for the Lord God is the temple thereof. Now has the I AM put on another body, fit for its next expression. The change comes in the twinkling of an eye, and the I AM passes to the world with which it has been in correspondence while yet in the physical body; for the after-death states of consciousness are settled long before the soul takes its departure. Each day while in the human body we are building the temple not made by hands, eternal in the heavens, and to that temple we gravitate as soon as we release ourselves from the physical plane. As the tree falls, so it lies.

We are building that next expression of life with our thoughts, with our attitude of mind toward ourselves, toward our neighbor, toward life; and blessed are the pure in heart, for they shall see God. Attitudes of fear, hatred, condemnation, prejudice and separateness all furnish the material for our mansion in the next world. Death waves no magic wand, wipes no slate clean. We are not changed by death; the mortal body has merely slipped away and we have taken on the three things which bear witness in heaven. Our immortal soul and consciousness bear witness to our plane of evolution, and we can function in no other.

When death comes we pass out under the law of our own unfoldment and gravitate to the world of our highest desires—the world that is in harmony with our strongest desires, which is our heaven. There is no need to fear death. It is but the transition from one zone of consciousness to another. To the one who lives his human life in conscious union with the universal life the great change brings new privileges, new opportunities, and according to our deeds here, according to our attitude toward life, and God and our neighbor, and according as we have kept Christ's commands, shall be our "resurrection". Nor are we ever alone; for the law that gave us into the arms of a loving Mother also takes us away and it passes us into the arms of a loving Father. Blessed be the name of the Law.

"Death is but a sleep, and a forgetting;
The soul that rises with us, OUR life's star,
Has elsewhere for us had a setting,
And again with us it cometh from a far.

CHAPTER V

RELIGION

THE great fundamental of the New World movement will be unity . For we include all people, all races and all religions, and see them all as good. Begin at the beginning, come down the ages, include all religions, and you will see that they are all like pearls of great price all strung on one golden cord—and that cord is the fundamental running through all: One God, The All in All, and the divine urge in every human soul to worship that God through some avenue of approach; for we find, as we look back over the religions of the world, that all humanity has tried to make at-one-ment with its source, according to its developed consciousness.

In the beginning men were inspired and directed by the masters of the spheres. They walked and talked with the solar powers, the nature Gods; they lived very close to nature, and the sub-conscious mind is always one with the cosmic mind. As consciousness developed and intelligence expanded, the individual became able to direct his own thoughts and to take control of his own life. Then the more advanced minds in the scale of development began to think for their coming brothers who learned to depend upon them, and look to them for guidance; and communion with the masters became the habit of a few. Man's developed intelligence has always determined his power, his place in the world. You are a follower or a leader according as you have developed your intelligence and your power. Your capacity to think is your capacity to BE, and you have to Be before you can Do. That is a set law of psychology.

From the very beginning of the race, consciousness was manifesting at all levels of unfoldment, and from the beginning we had the law of leadership; and it was from this law that the two principles of religion emanated. The leaders walked and talked with God; they received revelation through intuition and spiritual guidance, and in time developed two well marked divisions of consciousness, the subjective and objective. At that

point began the esoteric and exoteric teachings. The exoteric through ritual, form and ceremony, worshipping some power from without.

Presently this exoteric worship drew men entirely away from communion with the masters and angels and they began to worship the personality of their leaders and to make images representing them as well as images of the nature Gods, and this led to the worship of idols. The priests and the magi come to control the entire race and those who were inclined toward the material side of life become kings.

On the other hand, the esoteric worship led to the building of hidden shrines, mystic temples and cloisters, where those who worshiped still communed with the masters; those who were developed to a corresponding plane of intelligence were initiated into the mysteries. From the blending of these opposites, objective and subjective powers of mind came the first great teacher we have record of.

Zarathustra, came as the Christ of his day, he bore the title of "The Man All Pure" and the traditions surrounding him are similar to those that surround Jesus. He was said to be of immaculate conception; and, like the Virgin Mary, his young mother had to flee from the wrath of the King who feared the child through whom the voice of God was speaking. Zarathustra was ordered brought before the King that he might receive the sentence of death, but the mother, led by the spirit of God, PhuaMazda, passed safely through the gates of the city and unto the Forest of Goats. This forest in the Persian Hills was inhabited by the old Shepherd Kings, and here the child grew up. In the meantime, the daughter of the King who had ordered every male child put to death in order to be sure that Zarathustra should die, gave birth to a son. Under the law he also must be destroyed, and while waiting for the fateful day the priests wrote hymns recording the tale. These hymns formed the first of the collection which in after centuries made up the Gathas, those songs which preserved the history of Zarathustra's people. The Gatha is the oldest of Holy books.

The Persian religion included all that has ever been embraced in Christianity or in any religion built upon the unity of God and man. Zarathustra was the first to comprehend that unity who had the power to put the teachings into language. He taught the inseparability of life, the union of heaven and earth, and of the cosmic forces. His is the ancient religion of Persia; but the faith was obliterated and the literature destroyed by

the Mohammedan Arabs about the third century of our era. The Zarathustrian priests, however, had gone into India and in that land of a thousand faiths were permitted to follow their own beliefs, so that the Parsi faith grew there and flourished. Their ancient books were translated and their religion worked its way into the minds of the natives of India. Eventually a son was born to a devout couple, and they named him Brahm. Through him, it was said, the Spirit spoke, saying, "Thou art the true seed, and the things which Zarathustra revealed shall be recovered to men through thy light". Brahm was a revelator and he had seven sons, the third of whom was named Veda. Like his father, Veda saw visions, and, remembering the inspired words of his father's teachings, wrote them down and gathered them into a Holy Book called The Veda. Veda means "holy knowledge", and later these teachings were combined with the "Rig", which consists of over a thousand hymns, mandalas addressed to the primitive gods.

The Bhagavad-Gita is one of the books of the Veda, and means to the Hindu what the Book of Job does to the Christian. Each teaches, in its own veiled way, of the meeting of the objective and subjective states of consciousness in man. With Job we are familiar; in the Bhagavad-Gita are contained the teachings of life given to Arjuna by Krishna is to the Hindu what Christ is to the Christian, and the teachings of the book are the portraying of a just and perfect man and warrior.

About 500 years B. C., when the word of the old Aryan faith was again losing its purity, it was restored by Prince Siddhartha, whose religious title was Buddha. He was of the Guatama race and born to luxury, but gave up all in order to understand and teach the truth. He had awakened to the truth of equilibrium, the blending of the objective and subjective states of consciousness, and through his illumination he was en rapport with both the seen and the unseen world. He taught that the universal power was in man and that man can achieve anything which he has power to conceive of. Buddha's teachings were original. Moses had tried to carry out the great plan of the Egyptians; and gave that injunction to Solomon in the building of his temple. "See that thou make all things according to the pattern shown on the mount" this was the pattern of the heavens. Jesus followed this pattern, he called twelve disciples around him, which correspond to the twelve zodiacal signs. "Fisherman" corresponding to the age of his ministry, the christian Bible is all written after this pattern, using the 3, 5, 7, and 12. The New Movement

will blend the teachings of them all. Buddha taught also that there had been Buddhas before him and that Buddhas would come after him.

The substance of Brahminism is faith in the spirit, that spirit which breathed all nature into form. It teaches that spirit is the absolute reality of all; that the One out-breathed, when all nature, which was sustained within the One, took form; and that when the One inbreathes all things are drawn back into the universal substance. The powers to create and preserve and destroy were called the "Great Breath of Brahm. Brahminism and Buddhism bear a striking resemblance to Christianity, and Buddhism has been the most lasting of all the old Aryan religions. It has today the greatest following of any religion, its people numbering some 700,000,000, as shown by recent statistics.

Let us see now how the history of Judaism connects up with these older religions. Zarathustra was brought up in the Persian Hills in the Forrest of Goats, among the Listerians or Shepherd Kings, and the Forest was a fit center for the descent and embodiment of Truth. There Zarathustra had the book of nature spread out before him; there he walked and talked with God, and there gave out to the Shepherd Kings his revelations. To these people of the mountains came Abraham. They had never intermarried with other races and it is written that Abraham was of pure blood, of the generations brought down before the flood. He had the vision of his forefathers, the Zarathustrains and saw the light of God which dwelt within. God inspired Abraham to gather the people together in the pure faith and built an altar, or, as we would say, found a religion. It was with this inspired revelator that Judaism began. He and the medieval Hebrews brought to the race a remarkable contribution of both subjective and objective knowledge, and there will yet come the time when the Kabala will give to the world its wonderful truths, with regard to the law of vibration. When, in the fourteenth century, it was presented to the world, it created profound interest and was accepted as a book filled with Divine wisdom. The laws of creation were there so clearly set forth that Pope Sixtus was about to include it as a part of the Christian doctrine, when it was discovered by eager scholars that it gave the key to "magic" as well as to the universal scheme of things, and for that reason it was rejected; for then, as now, those who read it, preferred using the key to unlock the purely personal affairs of individuals to making the universal application which

would have revealed the great laws of Nature. And they reduced it to the mere purpose of fortune-telling.

The old Midrash is another book which gives the Hebrews' explanation of the books of their bible, the Torah. It was translated into Greek and as we have it now it composes the first five books of Moses. The Jews were the first to receive its message and carry it out. They had the truth of the laws of creation and that truth is again given out in the Dtzeniouth, or Book of Hidden Mysteries, in which is taught the law of opposites and of equilibrium.

Zarathustra was the first God-conscious man, Christ was last. Between them came other masters—Abraham, Isaac and Jacob being links in the chain meant to develop a higher consciousness in the Jews. Each form of religion has taken from the older religions certain truths taught from the beginning and Christianity has blended all their truths into one harmonious teaching, for Jesus came not to destroy but to fulfill the law. Moses had given the old laws and had brought the remnants of the Old Shepherd Kings out of Egypt, while Jesus came to lead them into the new dispensation, and the message he gave is contained in the four Gospels.

There are religions and civilizations back of the Aryan root; Babylon and Egypt had their systems of religious thought which they claimed were handed down by angels; while the Chaldeans gave us the oldest and most accurate account of the Genesis of creation. The Land of Shinar, the Land of Light, was the starting place of civilization. There lay the Garden of Eden circled by its four rivers; and there still towers the Mount of Ararat, where Noah was supposed to have landed his ark.

The Egyptians were the descendants of Noah, and had related themselves to God through revelations handed down to them by the masters, or their gods. The great pyramids show signs of their knowledge and understanding of cosmic and astrological laws. They paid tribute to the spirit as it passed on, as their coffin texts and the Book of the Dead reveal. The Egyptians possessed a knowledge of the law of cyclic recurrence, the principle which establishes the length of the year; they had a numeral system, and were renowned for their accomplishments in science and art, from Egypt come the "Secret Doctrine that all nations have borrowed." Pythagoras, Plato and many other great philosophers went to that country to learn the truths which they afterward gave to the world. Moses, the great law-giver, was educated in the house of Pharaoh. But, though he had the knowl-

edge of the Egyptian priesthood and masters of the land of Isis, he still held to the faith of his fathers, the Shepherd Kings. The Egyptians had many gods, but Moses said, "Hear, O Israel, the Lord our God is one God." It was in order to keep his race true to the one God that the word which revealed His true nature was never spoken save once a year, and then only by the priest in the temple. The word "Yava-Elohim" discloses the Father-Mother principle of Deity, and the mass man of those times knew the creative power only through lust, and to have brought the Deity to his level of understanding would have been to degrade God in his eyes.

The Jews went into Arabia and it was they who shaped the religious destiny of the Arab, who remained undistinguished as far as religion was concerned until 500 years after the birth of Christ. The Arabs, who claimed to be descendants of Abraham (and were, through Ishmael, the "wild man") had a definite idea of a universal God, "Allah"; but they had many lesser gods. Their temple was a great black stone and in it were idols, symbolic of the days of the year. Their method of worshipping these idols was not unlike the ritualistic affirmation used by many of us today. Mohammed was the saviour of their race and his religion was a protest against idol worship. He left the Koran, which is an echo of the old Jewish traditions and of the Christian religion. Mohammed said: "Every child is a child of the One God; he is born into the religion of Nature, and his parents make him a Christian, a Jew, or a Mohammeden."

The religions of Japan are Buddhism and Shintoism, the latter T'aoism. The religion of Confucius was a religion of form. He left many books dealing with the exoteric teaching which he gave out. T'aoism, on the other hand, is an esoteric teaching and its followers worship an unknown power, omnipotent, omniscient and omnipresent.

The religion of Japan are Buddhism and Shintoism, the latter being the religion of the earliest Mikados.

There are many religions, many branches of the one great Truth, but when we have said it all we hark back to the beginning, from whence each race drew its inspiration and its revelation. Man is an individualized spark of the great God-consciousness, unfolding, developing, and evolving according to God's plan; and the Spirit of God left no religion without something which bears witness to the Truth. All peoples know him and all touch him. And there will come a day when the Spirit of Truth will blend these religions into one. Then we shall no longer have a

religion of creeds but one that teaches only unity. It will be the true religion, and higher than Truth no religion can go.

The New World religion will rule when Christ comes according to his promise—not as a personality, but as the Spirit of Truth. The dawn of that era is breaking and the New World movement has come to usher it in; and it will have to go through its cycle of expression and experience, just as Christianity has done. This is the Aquarian Age, the time when the Son of man cometh. The Spirit of Truth, the Christ, knocks at your door each day. He comes to judge whether you have found the kingdom of heaven. Each day is the judgment day and these are the tests: I was hungry and ye gave me meat; I was thirsty and ye gave me to drink; I was a stranger and ye took me in; naked and ye clothed me; I was sick and ye visited me; in prison and ye came unto me. What we render in service to the least of our brethren we have rendered unto Him who rules the kingdom. We cannot enter by faith alone, for faith without works is dead. "Service rendered" is the price we pay. As soon as we pay the price we inherit the kingdom prepared for us from the foundation of the world.: And until we do pay we stand outside until we have acquired a greater consciousness, until we have learned the Truth which sets us free. And in order to know the Truth, we must know the law.

Christ's message was woven around three laws—the law of Love, the law of Compensation and the law of Freedom. The law of Love is the law of polarity and we know that when the law of polarity was established it brought order out of chaos. When this law had been established every created thing reproduced after its kind. "As ye sow, so shall ye reap," is the law of Compensation. "With what measure ye mete, it shall be measured unto you." And again, "Give and it shall be given unto you; good measure pressed down, shaken together, running over." And the law of Freedom is this: "Ye shall know the truth and the truth shall set you free."

When you have learned these laws and have made them serve you, you will find that the Spirit of Truth has entered into your heart, and you will enter into your kingdom, and the prophecy of the second coming of Christ will have been fulfilled.

"Though Christ a thousand times, in Beth-le-hem be born,
And not in you, your soul will be forlorn."

CHAPTER VI

CHRIST AND CHRISTIANITY

CHRISTIANITY, as shown in the preceding lesson, has its root in Judaism, while Judaism had its root in the teachings of Zaratrustra, and many of Christ's sayings were quotations from the older teachings. But that fact has not prevented theologians of the present-day Christianity from branding as heathens and idol worshipers all who follow other masters. Yet of all religions, it is the Christian religion which has held its leader as the Supreme Idol; for we have ignored his teachings, laid aside his commandments and worshipped the personal Christ, the crucified Jesus, the man, the leader, the great teacher and Master. We have worshipped his personality more openly than any other religion ever dared to worship a human being.

In our pride and arrogance we have said that our Christ was the only Christ; that we were the only people to be favored by God with a personal messenger; and we have set ourselves apart and held ourselves better than the followers of Truth when the Truth was taught by other Masters. Yet Christ himself taught unity and love; but while we have idolized him we have ignored his teachings; we have held ourselves superior and our religion as better than the religions in which it had its beginnings. And it is a better religion for us; its teachings are suited to our progressed consciousness; but if we do not profit by those teachings, and if other peoples profit by the teachings given at their level of consciousness, of what can we boast?

Jesus came when the hour had struck for the recharging of the race consciousness, for the race had lost its centralized point of at-one-ment, and whenever the mass-mind has lost its equilibrium in consciousness a master has been sent to lead it back to the Truth. In every great Master we find the effort being made to restore the image and likeness of God. Jesus came as the great Overtone, teaching that he was the King of consciousness, and that we might attain to his kingship by following his teachings of unity and love. He came to a world which was at

war with itself, and he came bringing a new interpretation of old things. "To this end have I been born, and to this end came I into the world, that I should bear witness unto the truth." He came teaching that he was one with the Spirit of all life; he came teaching the law of love and unity, of charity, tolerance and forgiveness; and so well had he learned his own law that he was the ruler, the King, over all physical and mental conditions and expressions. The love he brought, and the love he taught, is the universal solvent, the universal harmonizer.

In every way did Jesus bear witness to the truth. The statements which he made are found scattered through all the Holy Books written before he came into the world, and again and again he said that the doctrines he preached were not his, but that the words he spoke were of the Father who sent him. He claimed no monopoly on Truth. He did claim that he was the light of the world, but he said also, "Ye are the light of the world." He taught that we were joint heirs with him, and when we come into a realization of what that means we shall be more universal in our love, more Christ-like. And when we take the pains to trace the history of our religion, perhaps we shall be more tolerant of the older forms of worship, knowing that each people, each race, each tribe, is unfolding at its own level of good, and that to each has been sent the master best able to meet its consciousness at its own point of unfoldment. Perhaps we shall even in time cease to send missionaries to other countries for the purpose of imposing our own consciousness on those not yet ready for it. Instead, we shall send missionaries to feed the hungry, clothe the naked, visit the sick. When we send missionaries for that purpose the peoples to whom they go will learn more about our God and our ideas of worshipping and serving him than they have ever learned through mere preaching.

Christianity itself has not yet completely unfolded. It has included many states of consciousness—the consciousness of the Inquisitors, and the Crusaders, and the Puritans, and all manner of wrath and severity and repression; each has been used, and each dropped when the higher consciousness began to unfold. It will continue to use and to drop many beliefs and practices, but through them it will develop more and more of the Christ consciousness, until at last we shall have developed Love and Unity as Christ had developed them. It is to hasten the coming of that day, that the New World movement offers its teachings. It includes all the primitive religions, as well as Christianity in its fulness. It has no creed, no ritual. All it has to offer is the life

of the Master. We teach the fulfilling of the Ideal through "Being" the thing we worship, through living the life of the Christ.

In the past the few have thought for the many and men have worshipped the ideal built up for them by priests and theologians—and in so doing forgot the commandments of God. But today there is dawning on the race consciousness a new Ideal of the Christ—an entirely new conception of the truths that Jesus taught; and in this consciousness the Christ stands forth as the Comforter, the Spirit of Truth, which, we are promised, shall lead us into all truth. We of the new faith do not cling to the old traditions, the old creeds or the old superstitions, but we do cling to the promises of Jesus, and to the sublime ideal of the Christ, and we teach the fulfilling of that ideal through the living of the life.

We are in the sixth day of creation. In the sixth day God breathed the breath of life into man and he became a living soul. To the Sixth Race the saviour of the world will come as the Spirit of Truth which shall lead us into all truth; there will be no personality intervening between us and the Spirit,—the Truth.

Jesus said, "To this end came I into the world, to bear witness to the truth"; and Pilate asked him, "What is truth?" In order to find out the truth we must go back to the beginning, for as it was in the beginning it is now and ever shall be. The first truth to which Jesus bore witness was the truth of the law, and in doing so he set forth the nine attitudes of mind—the Beautitudes. They are the key to the law of cause and effect, the key to the kingdom of heaven. And what did he say? Blessed (which should be translated "happy") are the pure in heart, and the poor in spirit, and they who mourn, etc. What was he teaching by the Beatitudes? The law of non-resistance, which is the Christian's law. The race had swung very far away from the law of love, and had to be brought back again; and these attitudes of mind were the attitudes which would establish harmony and equilibrium. Balance is God's law of life, and every jot and tittle of it will have to be fulfilled before we come into the kingdom of heaven.

In order to understand these attitudes of mind and what they will do for us, let us consider them more closely. Blessed are the meek—that is to say, the receptive, they who have the observing eye, the listening ear; for they shall inherit the earth. The receptive ones will see and hear and "inherit" much that the arrogance of the "rich" consciousness (the one who thinks he has all-

wisdom) passes over. Blessed are the poor in spirit; and blessed today is the teacher who knows that he still has something to learn, who has a few truths well enough learned to apply them, but who has not closed the gates against all other truths by his pride and prejudice and arrogance. And blessed are the pure in heart, for they shall see God (good). When we are pure in heart, we attract purity, we see only purity in others, and not until then are we truly pure. When the consciousness of evil has been eliminated then we shall see only God in all things. And when the Beatitudes are established in us, they become the light of our world.

Jesus statements were every one positively scientific and he proved them, modern science is proving them today.

Christ taught the law of non-resistance, the law of attraction, the law of his own Divine nature, the law of equilibrium. The ten commandments, the "shalt not's," were given to those who were ignorant of the law. The Beatitudes were given to those who had been instructed in the law. The law is God's mode of action and it is in constant operation, from the very center of consciousness to the outer rim of matter. And the law is not mocked, it is no respecter of persons; and the law is never broken, though it may break the individual who tries to work against it.

Every step of the masterful ministry of Jesus the Christ was crowned by wisdom. He knew every foot of his cosmic journey and he lived fully up to his declaration, I am the light of the world. He taught the power and strength of God-consciousness, often using parables to cloak his meaning. The teaching, as given in the parable of the sower, plainly tells that consciousness can receive truth only at its own level of intelligence. Some seeds of the truth fell upon fertile consciousness, some among the thorns of prejudice, some on indifferent, barren soil; and each soil produced or failed to produce, according to its quality. Christ always spoke of the power within himself, the larger consciousness, as the Father. God is the Omnipresent Spirit of all life; and that life is ever perpetuating itself in each of us, through the two actions of the law—the inbreathing of the Spirit of Divine Life, and the outbreathing of Infinite Love. The consciousness of Infinite Union is the result of human growth. Christ had attained to that consciousness; and what he did we may do. He never claimed anything for himself that he did not claim for all the world.

Jesus believed in the Divine relationship—in the brotherhood

of man as well as in the Fatherhood of God. He himself belonged to a co-operative brotherhood—the Essenes; and throughout his career he was in the effort to establish brotherhood. He was an economic saviour and knew the law of brotherhood and its value. He knew the value of all law. His healings were always made according to law.

When the leper said, "Lord, if thou wilt, thou canst make me whole," Jesus stretched out his hand and said, "I will; be thou clean." He knew the power of will, for he knew all the laws of the subjective as well as of the objective mind. And he made use of all the laws of mind. Nor did he in all his healing work ever lose sight of the value of faith. According to our faith will it be done unto us. And as a man thinks in his heart, so is he. You are what you think you are; and what you think with all your heart is faith. Every powerful thought is vitalized and quickened, and the things you think in secret are inevitably heralded from the housetop, for they are the thoughts which take form. Jesus taught this when he told his followers they should go into the closet when they prayed, and shut the door and pray to the Father who is in secret, and that the Father who is in secret would reward them openly.

Prayer is the sincere desire of the heart. It is always answered when the law is complied with, Jesus knew that law and taught it. In his heart he was the thing he taught. To him religion was a scientific thing, Mary Baker Eddy grasped that idea that it was Jesus teachings that would save the world, that every statement that He made was absolutely scientific. With that one truth she opened the eyes of the old world, to the extent that she has been recognized the greatest leader since Jesus was on earth. Jesus's Religion was Unity, I AM ONE, he was One with God the Father, One with all humanity, this is the great atonement he made, at-one-ment was the thing he called the Truth that would set you free. Through this at-one-ment, "all power is given in heaven and in earth." This affirmation I AM ONE has been used by the great masters as an intonation blending it into a tone A U M, or O M.

Jesus was a man with a great vision of world democracy, Christ was the consciousness of Unity, the great Truth that he came to bear witness to, when he knew that his end was near and his work on earth was finished he said to his disciples, "It is expedient for you that I go away: for if I go not away, the comforter will not come unto you; if I depart, I will send him unto you." The Comforter is the Spirit of Truth (Unity). The com-

forter is in evidence everywhere, it is in the heavens in great glory; it is the sign of his coming.

We are living in the wonderful age of prophecy the signs of "Unity" are all about us, we have unearthed a new quality in the atmosphere (the heavens) and man has used it as the greatest power for UNITY, and through it we have Telegraph, Telephone, Wireless, Radio, and communications are made possible at any distance, we have power, heat, light, a new kind of light of the hidden world, it is styled the X-Ray. We can reproduce the voice through the records of the phonograph. We have a new method of transportation through the air, we travel through the heavens. Man has made unity with everything but himself. The next step on the path will be the Great At-One-Ment, then will come the new heaven and the new earth. The world has looked for the second coming of Christ, the Christian Bible is an echo of three sentences that has sketched in, and given tone to, the background of the religions of the Hebrews and Christians for six thousand years. "He is coming, He is here, He will come again." The Jews built their hope on the coming of the Messiah, the Christians have built upon the same hope that he would come again.

The Master when he had finished His work on earth said to His disciples, "These things I have spoken to you; being yet present with you. But the Comforter which is the Holy Ghost; which the Father will send IN MY NAME. He shall teach you all things and bring all things to your remembrance, whatsoever I have said unto you."

The Spirit of Unity is stealing over this planet like a thief in the night, and some day science and religion will meet in a new World Philosophy that will remove the veil, and reveal the Ascended Christ. The hour has struck when the Christ Spirit of Unity must lead man into all truth, that Spirit must be born in every living soul.

The Consciousness of Christ will come upon this planet again just as it left, a perfect consciousness of unity, so will it come again as the consciousness of all Truth; that will lead man into the Christ Consciousness. Until man recognizes Christ—He is Unity—he can not come in and "Sup" with him, "He is here," he is ready to be born in every human soul, but Christ can only be born through the Virgin Consciousness of Purity, and into the heart of Unity. The world has looked for a great Personality more than it has for truth, but the New World brings the "Spirit of Truth" that will lead man to know the Kingdom of Heaven is within him, and "I and the Father are one."

CHAPTER VII

HEALING

HEALING has been the open door through which the old race consciousness has passed into the new idea of God, the new idea of life. To have health is to be made whole. Health is an expression of harmony between the external and the internal forces; and the manifestation of health depends upon our point of contact with Omnipresent Life and our attitude toward it. When we learn our true relation to our own being, the way to health is easy; for when we know, it is easy to have faith and it is according to our faith that we draw to ourselves from the universal store of life energy. Faith has three steps: belief, trust and absolute certainty.

Jesus never claimed his healings as a miracle. He understood the law of healing and all he asked of those who sought His aid was, Do you believe? Have you faith? And he told them that it was according to their faith that they should receive. To His followers He said, "These things that I do, ye shall do, and greater."

Today we are coming into a higher understanding of the laws of life than the race has had before. There is but one mind, and mind is the power which connects man with the Spirit of all Life. Always life is manifesting through the one substance, and, through natural laws, that substance is brought into form.

They who have even a slight understanding of the power of mind can speak the healing word for another, and every word spoken for health and love and prosperity for your neighbor opens the channel within yourself, that you may be filled again. When the word of power goes out, the vacuum created is filled with the **SUBSTANCE** which that word contains; and whatever we put into the universal substance in thought or spoken word, we take out in form. As ye sow so shall ye reap. When Jesus healed he did so by conscious use of the cosmic forces. He knew the law of mind and understood it so perfectly that it had become his servant.

Stimulation is the law of the conscious mind, and it works through desire and imagination. Suggestion is the law of the sub-conscious mind, and it works through will and obedience. Through the conscious mind, ever open to stimulation from without, we image the thing which, through its suggestion to the sub-conscious mind, will later take form in our lives. When the mental images are such that they work out in us as disease or lack they are mental devils; and you cast out the devils by reversing your thought. Change your thought images and all trouble vanishes. You may use your imagination constructively or destructively, as you will. And when you have allowed undesirable images to enter your mind, and even after you have stamped them into your flesh, you can destroy them and cast out the devils. Don't be afraid of the destructive power; only be sure that you know what you are doing when you use it. You can destroy fair flesh as well as the diseased. Always keep your powers under the direction of the mind. The law is all within yourself, all within your mind, and when the objective and subjective minds work in harmony together you will never have to call in a healer. Nor can any healer ever set in motion for you a law outside yourself. The truth which sets your law in motion, however, is always given as a suggestion, or affirmation; it must be strong enough to reverse your own thought and to destroy the mental images you have created. You can learn to do this for yourself and for others. The world needs teachers to go out with the new message, which is the old message given in a new way. God has no way to answer humanity's prayers, save through His "son"—the Christ in YOU. The call is from life to life, from heart to heart. Christ brought the human touch, and it is ever from the human side that we reach up to God. The mind is the connecting link, and it was through the power of mind and the understanding of the laws of mind that Christ did his healing.

In recent times Mary Baker Eddy, believing that "All is Mind and its Infinite manifestations," became the world's greatest avenue for the knowledge of healing. Mind has the supreme power of direction, and when properly trained it can heal all disease. It is not too much to prophecy that the time will come when mind will be the only agency used for healing. But until the consciousness in man has developed to the point where it can have absolute faith in the universal law and in man's God-given power to use it, material means will continue to be used. And so long as there is a consciousness of all as material, and the

opposite consciousness of all as spiritual, each struggling to manifest wholeness and harmony without including the other, we shall have disease. Health is perfect equilibrium, perfect harmony between the external (physical) and the internal (mental and spiritual) forces. Health and happiness and supply all depend on equilibrium. Where the objective and subjective meet is to be found the kingdom of heaven (harmony). In that center Truth is born, and there all power of heaven and earth is given the individual.

It is this deep center of consciousness, the abiding place of Truth, that the I AM resides; here man makes his connection with the Divine, the universal; and here the subjective and the objective forces, brought into equilibrium, are unified, made one. The actions of the two laws, working together, give us the union of human and Divine, and in unity, or at-one-ment, is the universal law fulfilled in man. It makes man one with the Father and releases the great force of spirit, the healing power. At that point our words become spirit, and they are the Truth, and they do accomplish that whereunto they are sent.

Every healer must use the power of spirit at his own level of consciousness. Christ, however, never used denials. He used the positive I AM and I WILL; and according to your own positiveness do you open the channel for the cosmic forces to flow through you; and according to the faith of the patient does he open the channel for the healing force to flow into him. Another reason for positiveness is that the healer shall not take on the condition being repelled by the patient, who is throwing off the thing he does not want and drawing, through the healer, the thing he does want. The two actions of the one law are always in operation; man is ever receiving and ever passing out, thought currents; and the character of the currents determines the condition of his body and his environment. Each individual has as much energy in his physical body, and as much more latent, in the subjective self, as he has the power to realize.

Complete realization of the power within yourself does not come in a day; but with this knowledge of the law you have a working basis upon which to begin your development; and each day, as you touch the center of consciousness it unfolds new revelations. Search for that center, that harmony, in the silence. At first you may find only discord. But look deeper. Seek and ye shall find; knock and it shall be opened unto you. Then fill your thoughts with thoughts of life, health and happiness until there is no room for disease. It is the physical self—the objec-

tive—which presides over the death center; the subjective, spiritual self presides over the creative, the life, center. It is through these centers that man has the power to create, and the power to destroy. The center of balance is the power to preserve. We have learned that when the three powers of Deity opened out, there was light. That was the light which lighteth every man who cometh into the world; and light is the key to perpetual life.

When the Trinity, the three powers, took their place in the universal plan, they spread into seven great rays; and the Trinity, with its seven rays of action, is the keynote to all life on our planet. The Trinity is the creative law, and it acts through the seven rays of Divine consciousness which make up man's being. Through the seven principles of life comes all evolution and it is in seven ways that man expresses his being. In the first nine months of his existence, he sleeps, while the Divine mind builds his body. Next he breathes; and the breath of the Almighty gives him conscious life; and, severing all connection with other things, he becomes an individual, a living soul.

Next he eats, taking the substance which will nourish the physical body and keep substance circulating through the blood stream to the cells. Thus does he grow and thus rebuild his body. He exercises, and thus develops the muscles; his first exercise is to stretch, and finally he learns to stand and to walk. Then he thinks; and when his thoughts are expressed in words he begins to handle the greatest power on the planet, mind. As he uses that power he is building and rebuilding, his body, his environment and his destiny.

He loves. Love is the greatest creative power on earth; love seeketh not its own—it attracts its own. Love never creates disease; it creates life, energy, happiness, success. By the power of attraction man reproduces himself, and he has then fulfilled God's highest command, which is for the perpetuation of the life stream. When his work is done, he goes through the change called death. It is his day of rest.

These are the seven great paths of life, but the greatest of these is love. Love, remember, is the creative power. If you ever get to the place where you love everything and everybody every hour of every day of your life, all the problems of your life will be solved. Love heals, and the world wants love like that, a love which goes out through the very pores of the skin, emanating with the magnetic currents of the body. When you have that much love you will think love and speak love and love

will be the impulse back of everything you do. Love is the great constructive current. Hatred is the destructive current of thought.

Jesus summed up all the law in two commandments: Love the Lord thy God, and Love your neighbor as yourself. He said also that if we loved him we would keep his commandments. If you want to live, never look at the destructive manifestations of mind. Love your neighbor so much that you do not see his faults; and rise above the love enshrined in a human form; rise to a love enshrined in universal tolerance; and speak always to the life, not to the personality, if you would heal.

If you want to learn the proper method of making a healing, look to Jesus as an example. Man's usual methods of reform usually sum up in something like this: "Conform to my ideas." But all that Christ said to the leper was, Be thou clean. There was no condemnation, no dwelling on the man's unclean thoughts or abnormal habits. Be thou clean, was the sole command. To the woman taken in adultery Christ said: "Neither do I condemn thee; go sin no more." If you would be a Master you must fill your heart and soul and mind so full of tolerance, sympathy, love and inspiration that there is no room for error, evil or criticism; and when you have done that you will have healed at least one life—an dthat, your own. The world needs the healer, the comforter—not the reformer. The heart-breaks of life are the silent messengers of despair and death. We heal them when we speak the word of life and inspiration, the word of appreciation and confidence; and the word falls like a benediction on the troubled life, enabling it to turn and face another day with a dawn that is full of hope.

You heal when you reveal to man the power of his own spirit, the majesty of his own soul. You do not heal by telling the man who is hungry and has no place to sleep, that God is love. You can never heal "In His Name" until you pass the test of love yourself; for Whatsoever ye do unto the least of these, ye do unto me. It was Christ who said, I was an hungered and ye did not give me to eat; I was thirsty and ye gave me no drink; I was a stranger and ye took me not in; naked, and ye clothed me not; sick, and in prison, and ye visited me not. Do you measure up to the test implied by these words? They are the final tests, which place man among the worthy or the unworthy.

The power to heal is the gift of everyone who seeks it, for the cosmic forces of life and love, with which the healer works, flow through each of us, and at the center of every living thing are

the powers necessary to creation, the expression of the Father-Mother principle of life. Wherever we find the Father principle of Spirit, there do we find also the Mother Soul of Love. These forces flowing through us as magnetic energy heal the sick. And when we use that force for others we literally "lay down our life," by giving it, for another. Greater love than this hath no man. You may transmit, or lay down your life force, by the laying on of hands and by thought transference, and the healing made is made through the healing power of love. God Himself cannot perpetuate life without love, and so he created man in his own image that he might have an exchange of love.

Healing by the laying-on of hands has been known from the earliest days of the race. The Old Testament is filled with instances of such healing. It was used by Jesus, by the Hindus, the Egyptians, the Jews and the Chinese. The Yogi teachers first reduced this form of healing into science, and the Egyptians and Greeks learned from them. In the middle ages the priests were the doctors, and we have many accounts of healing by the laying-on of hands, the church being the usual scene of the cures. The Druids also used the same method. It finally came to be believed that there was a Vital Spirit in the universe and those who had the "gift" could draw upon this spirit and heal the sick. Many persons still believe that healing is a special gift, but the gift lies in faith, for where two agree on earth as touching anything, it is done; and it is your faith which makes you whole.

Before we can understand magnetic healing, however, we must understand something of the forces we are using. We must remember that spirit, mind and substance spell life, and that life is perpetuated by means of an energy found in the body of every living thing. It pervades all space and has many manifestations. Science calls it electrical energy; in the animal and the vegetable we call it the life force, or vital force; the Yogis call it prana; but call it what you will, God, evolution, force, Divine mind, prana, or simply life, it is found in the air, water and food, and all living organisms absorb it. The principals of life can be transmitted from one person to another in many ways. And when you are giving your life forces to another, it is simply life giving to life. Greater love than this hath no man.

We absorb the vital energy with every breath; it is the breath of the Almighty that giveth us life. We are literally charged with vital force, and it is by our thought force, our attitude of mind, that we tune up life in the human body to become what

we wish it to be; for we are the picture of our predominant thoughts. We have health or we have disease according to our thoughts. All parts of our being are supplied by mind and emotion. It is in the emotions that chronic disease originates, and all morbid suggestions of neglect, injustice, repression and disappointment are registered because of morbid feelings and emotions. Acute diseases are brought on by dynamic thoughts and actions, having their origin in the mind. Fear is frequently the cause of congestion in the body; and in the chemical laboratory in Washington it has been proved that states of mind cause chemical actions in the blood, and that different thoughts produce different poisonous gases and chemicals. Fear is frequently a cause of heart disorder. While congestion is a fundamental cause of disease, it often results from paroxysms of anger or hatred. Thoughts of criticism, envy, jealousy or hatred may cause cancerous growths, while tuberculosis often results from repression and disappointment. Kidney trouble sometimes arises from a secret weighing on the conscious mind. Advertisements of medicines are powerful suggestions and often cause people to believe that they have certain ailments. As a matter of fact, mind is the creator and may be the removing cause, of 90 per cent of all disease. Spirit, the healing power, works through the mind. Auto-suggestion is the most powerful suggestion there is.

The Brahim theory is that there is nothing but mind, breath and substance and that mind and breath work continually on substance. If that be so, then whatever you put out in positive thought you draw in as substance for the soul to use in building into your body and environment. Jesus said that all that the Father has is ours. In other words, all the substance of the universe is material waiting to be carved into form by the creative powers of man. There is nothing to be afraid of in any realm. Before we harnessed the lightning, we feared it; but today it is our servant. Now it is for man to harness the powers of his own mind that he may direct the electrical energy of life into health currents within his own body.

Jesus came to teach the fulfilling of the law, the law of love; the law of attraction and repulsion—electric and magnetic, positive and negative. When we connect the positive and negative currents of electricity we have illumination, heat, power, according to the rate at which we turn it on. And the law is one on all planes, so that, as we have the capacity to turn on the current

of thought force we have the power to become masters of all substance.

Let us not forget that the way to an understanding of life is through illumination, and that takes us back to Elohim—the seven spirits around the throne. By throne is meant light; its radiation is astral light, prana, electrical energy, if you please. The occultist calls it hidden force; but by whatever name it is known, it is the same power, the same substance. As we blend rays of consciousness, or light, within us, we become illumined and each step in consciousness gives us more light. In the end there is no escaping illumination; each soul is on the way to light, and from great to small, all are destined for the same goal.

This lesson is given in order that you may get an intellectual grasp of the subject, for if you can get the idea intellectually, spiritual understanding will follow. That is the law of progression; you can transmute from the low to the high; dense forms into the more rarefied; but you cannot carry the process backward or downward; you learn as you climb. And you must not only know these truths, but you must know why you know and how you know, find the center between intellect and intuition, or you can never teach them. True, you can “Be still and know,” since the sub-conscious mind knows without reasoning. It is only the conscious mind which has the power to reason, and when we get knowledge through the conscious mind we know why we know, and, once the knowledge is transmuted, we get the full truth about it. But when we get the truth first through the sub-conscious or psychical side, we get it on the plane of intuition and we cannot bring it down to the plane of reason, for reason and intuition have never met. And so, for the sake of understanding the Truth, do your work first on the plane of reason; the spiritual, or psychic, will follow in natural order, onward and upward is the perfect path.

From the way in which these lessons have been given we should know why we believe that God is universal principle; how we know that we are the image and likeness of God; why we believe that there is but the one life; why we believe that all that the Father has is mine; why we consciously say, “The Father and I are one;” and why we see all life as comparative but all life is good, and all matter as Divine mind, or universal intelligence, at its own level or rate of vibration. We should know why we believe that, from atom to man, all form is God-consciousness embodied and every expression of life is a part of God’s great plan of evolution.

When man knows himself one with THE ONE, he passes, by natural reasoning, into conscious union and he knows why (realizing that God is all in all) there is no evil left to resist; and he knows the one great purpose of perfection running, like a golden chain, from life to life, and linking all life, all love, in unity.

PART SECOND
METAPHYSICS

CHAPTER I

INVOLUTION AND EVOLUTION

METAPHYSICS is a study of the universe as related to man. There is nothing in the universe but life, God is life. The Divine essence first emanated from itself, its consciousness—the triune principal of breath, mind and substance; and that consciousness is the attitude of all space. The stamping, or creating of all spirit with consciousness is what we know as involution. Evolution is the forming of substance through the laws of breath and mind (force and intelligence). Man as well as other manifestations of God, made his appearance in form as the result of the activity of the triune principle, spreading through the seven zones of consciousness. All nature is ensouled with the seven laws that are symbolized by the seven stages of creation—Six days of creation, with the morning and the evening, Positive and negative action, giving the twelve powers of expression. All things are created after one image and likeness “One pattern” Exodus 25-40, Hebrews 8-5. When we learn this we have the key to Metaphysics, as well as the key to the scriptures.

The father was always the attribute of spirit; while the mother has always been given the attribute of earth. The positive goes out from the center, scatters, goes into space; while the negative reaches out and gathers in, holds together and forms to itself a germ of being. It has been called the Great Breath of Braum. The spiritual principle is not historical, it is eternal. Eternity is the unfathomable and immeasurable NOW. The process of involution and evolution are going on all the time and are the cosmic order of things ever perpetuating the great universal plan. The beginning of cosmic activity is as unthinkable as the beginning of God, but that activity had a beginning in our world, and it will follow the process followed by all things throughout eternity. And our world was made and unfolded according to plan; for God has one great plan, and there is neither error or omission in it. In the beginning was the unfolding of the powers to be made manifest in the coming universe. Metaphysi-

cally speaking, that was Divine Mind unfolding its universal plan of creation.

As the powers unfolded they released a great energy, which produced light. That energy is the life principle of a coming universe. All emanations, of whatsoever character, whether of energy or matter, are from the Absolute. Emanation is principle coming through its own creative law into pure spirit—light. Therefore, no form, no principle, whether of life, mind or atomic energy, can exist outside of God-consciousness. It cannot BE outside of His Being. In the truth of Metaphysics we get above the physical idea and there is no place for anything but God.

When the process of unfoldment in the triple aspect of mind, breath and substance, had closed, the great cosmos began to germinate, and the first faint, indescribable signs of life began to appear. The universe was coming into the cosmic order which is the base of all world processes. In that process the emanating consciousness unfolds into seven zones: pure spirit, soul, mind, life, love, truth and inertia. And during the process of involution the life elements receive the imprints of consciousness and character, being endowed with directive tendencies and stored with energy, thus forming the power that is to persist throughout the great life cycle.

Pure Spirit

Involution is the coming of pure spirit into being. Evolution is the unfolding and manifesting of intelligent being. That action and reaction is the fulfilling of the cosmic law. Pure spirit is the first density of space, and as spirit descends it penetrates darkness and space and becomes the vitalizing principle of the second density; and there is light.

Soul

The action of spirit and life in space is the Father-Mother principle of manifestation. It is in the cosmic womb that all forms are created, developed, evolved and sustained. The soul principle is the Mother principle—the vehicle of spirit which conserves and stores the involved life essence.

Mind

As the ensouled spirit involves itself in substance, it is ever in action; and in the third density it is spirit mind creating in abstract thought the universal wherewithal which is to become human mind, in evolution. All evolution as we see it today has its roots far back in Divine Mind where it has involved within it the powers and potentialities of a perfect universe even before form is created.

There is nothing in the universe but mind, breath and substance. The great Being or Body of God, is space itself. God is all; and the great scientists recognize the one substance and tell us that the essence of everything is in space.

God did not create ideas; they are a part of God himself. Neither did he create mind; mind is a part of himself. Mind in action produced thought; thought in motion produces form, different rates of thought producing differing forms. The universe stands upon a mental basis, rooted and grounded in mind, since all space is atomic mind or substance—His Body, filled with His breath.

Life

There is nothing in the universe but life—mind, breath and substance. The great Body of God is space itself, and every electron in space is radiantly alive. As the spirit of life descends it stamps every atom with the image of His Body; each atom is a creative center, representing the creative principle of Deity and filled with the spirit of life and magnetic soul energy.

Love

In the next density of space, the life waves come into the dream or astral consciousness, which is a consciousness of sense and feeling. Each plane of consciousness must be ensouled and involved before it can be evolved. All powers, potentialities, qualities of consciousness or characteristics which appear in the universe in form, must first have been imaged (imagined) through the great law of love; otherwise they could not have evolved and unfolded.

Truth

With the next density comes a perception of what spirit life has passed through, and here takes on the characteristics and potentialities which physical matter is destined to show. It begins to understand itself; it has a sense of being; and it has ensouled the six rays of creative consciousness. There is a conscious at-one-ment with all space, a great sense of freedom.

This is the science of all being: Because God is, I Am an indivisible, indestructible unit—spirit, soul, mind, life, love, truth—the ensouled, universal principle, involving through the creative laws of which I AM. It is the being of sense perception.

Inertia

Inertia is the great day of rest, where involution has ceased and evolution must begin. With this idea of involution we begin to understand the science of our own being. This premise is the key to Christian Science, though Mrs. Eddy did not take the

physical pedigree of man through the evolutionary period; and man has both a spiritual and a physical pedigree. Inertia is the dead center where the unmanifest is ready for manifestation.

Space, the great Being, is all God-consciousness, in the zones of spirit, soul, mind, life, love, truth. It is the consciousness of God projecting the materials which are the substance of all things. All matter, all energy, all life, all mind, are God-consciousness and nothing else. Formed and formless are one, and the universe evolves through the two actions of the one law; that law fulfills all and was engendered by the Generator of all.

Gravitation, electricity, magnetic force, are all aspects of the one great law working on substance through action and reaction. All planets, suns and worlds are derived from this one substance; yea, all is the very essence of atomic mind, of substance which fills all space.

I AM a unit of all of this consciousness of manifest life; and I Am more than that. I am that which I have evolved into manifestation. I AM THAT THAT I AM. I am a consciousness of all manifested kingdoms. And in my soul (sub-consciousness) I am all wisdom.

The attainment of cosmic consciousness is but the realization of the great mind of space. "All space is My body, all motions My movements." All vibratory motion and all elemental substance of the body of the universe—His Body.

Space-realization is an understanding of the fourth dimension. We sense it through intuition, but when we are conscious of it, we are Masters.

The premise we are using is the Truth of All Life:—first, that the unit unfolds its creative powers into life, and then involves the seven principles, the Divine halo—the consciousness of God—in manifest unit consciousness—IAM. Next the I AM evolves these principles, coming up through all kingdoms, unfolding, developing, through its own creative law, all of these latent zones of consciousness. This premise gives us an approach to the ultimate states of consciousness, where all barriers between the self-consciousness and space consciousness are removed.

The emanation of light, as heretofore described, is the Essential Christ—the Son of God. The light is electronic substance, fire-mist, the only begotten Son of God; and it lighteth every man that cometh into the world. We start with the first Great Cause—God—as the trinity of power (mind, breath and substance) unfolding. In making our deductions, if the premise be

correct the conclusion must be Truth. And all Truth is discerned spiritually; but, having once conceived a spiritual idea, we can clothe it intellectually, and, by means of words, convey our conception to another. The prophets of old received their revelations direct from the fountain of wisdom, that consciousness within them which was one with the Divine. When we know a truth in that way and can use it, we can speak with authority; we become our own authority for that truth.

The prophets took God, the first Great Cause, as a starting point, and reasoned from cause to effect, recognizing mind as the great creative causation. It was in that way that they learned to develop the creative powers of their own mind, and it was thus that they became mystics, seers and prophets. Their success in handling the spiritual forces depended on their clean living, pure thoughts, and knowledge of the creative power of thought.

The idea of the Logos (word) as a Trinity, spreading into a halo, was the conception of the Greeks 500 years B. C. It was the conception of the Kabalists in Egypt long before the days of Moses, and they were profound metaphysicians, and it was also the idea of St. John, as set forth in Revelations. By the ancient Hebrews the creative Trinity was merely symbolized; the word which put it into language—Yava-Elohim—was never spoken.

Genesis is an allegorical account of the bringing of Divine order into the universe, primarily designed to show the process of the unfoldment and evolution of consciousness in the individual unit. Involution is the story of being, evolution the story of becoming. The Genesis of our Bible sets forth the awakening of Moses to the beginning of creation; and in the beginning the first statement is, GOD IS. . And what is God. GOD IS BEING. The next question naturally is, What am I? I am THAT I AM. I am that which appears by reason of that which IS. I am, because God is.

In each man's consciousness That Something which he has ensouled from the beginning exists as I AM. I am is a statement of being; and God is Being. Through this statement you recognize your own Being and the Divine Being and discover the inseparable unity of the human and the Divine. God in each man is the Christ, and the God in him makes Him the Son. Jesus Christ was the great symbol of the at-one-ment, the blending of Divinity with humanity. Jesus was the symbol of humanity. Christ is the great principle of Divinity in man.

The entire story of the Bible is of the struggle between spirit and matter—the process of becoming. The spirit has ensouled the principles of Life, Love and Truth—God as a triune principle; and we have man as a triune being—spirit, soul and body. God manifested through the seven rays of consciousness, and man, on his cosmic journey, must bring the triune self through all zones into the perfected God-consciousness of all space. Spirit is the life principle, soul the growing principle, body the vehicle of expression. The growth of the soul began in the mineral, where it took its first lessons in the school of life as consciousness, embodied in the mineral. A genesis of creation followed in that kingdom, and there was the stationary suggestion of weight and cohesion—the consciousness of but one dimension. Being expressed, experienced and included all of that dimension, and, passing through six days creation, acquired a mineral consciousness; the seventh day was the day of assimilation. That gave it the ability to pass into the next higher stage of becoming and it took with it the progressed suggestion of the mineral kingdom as the Master Cell—a consciousness which knows the rates of intelligence of all mineral substance. The molecules of iron, copper, silver and gold owe their differentiations to the different laws or rates of vibration (intelligence) to which they respond. It is impossible to tell where one vibratory rate ends and another begins, but the highest rate of the mineral is lower than the lowest rate of the vegetable. There is always a link between the kingdoms which spells the day of rest—the missing link which has always puzzled us.

In the mineral kingdom there is no consciousness of up or down; it is stationary and of one dimension. As the consciousness passes into the vegetable kingdom, however, and begins to function in another world, the Master Cell finds itself exploring a second dimension—the perpendicular. In the vegetable kingdom there is the desire to reach up, while with tiny roots the life reaches downward and draws sustenance from Mother Earth. So, while the plant is rooted in earth, it has a progressive desire to produce organism. And in the world of plants we see the cellular life creating and expressing, and experiencing the struggle for existence on several planes of consciousness. There is even the consciousness of a nervous system; and we note the process of circulation in the sap of the tree; while in the snapdragon, for instance, is the consciousness of assimilation and digestion; it opens its mouth takes in a fly, and closes over it. The plant knows how to defend itself also, and on the

desert develops often a hairy stem which protects it from sandstorms, as well as from insects and other natural enemies which would otherwise prey upon it and destroy it. The plant shows too plainly for contradiction that the mind in the cell is one with cosmic intelligence and that it is within itself the creative powers given it when emanated from the first great Cause. Here the great sub-conscious kingdom is evolving, and when it has passed through the days of creation in the vegetable kingdom and learned the conscious manifestation of organism and species, the consciousness takes its day of rest, which is a day of balance, when the powers come into equilibrium.

Afterwards the sub-conscious powers of mind come out in another form, awakening into animal life, with the primary impulse to live and express still strong within it, and in each cell is the consciousness of all previous growth. The evolving consciousness has brought all memory of its mineral experiences together in the Master Cell of the amoeba. The amoeba is but a tiny jelly-like bit of protoplasm and is without organs, but it behaves precisely as it would if it had a fully organized body with eyes and ears and all the other organs of sense. It is cosmic Intelligence, expressing in ONE MASTER CELL. Thus it can be seen that the lowest of animals possesses the faculties of mind.

The animal has accumulated and stored all mineral and vegetable consciousness, and has added to it the embodiment in animal form; and in studying animals we see them developing a psychic phase, which shows forth in the instinct of self-preservation and is noted in the cunning of the fox and the deceit of the opossum, as well as in the preparation animals make for the coming on of a hard winter. They have all wisdom in regard to minerals and vegetables; the consciousness of those kingdoms has become sub-consciousness in the animals, and one never sees an animal in the wild state eating anything that is poisonous. Its instinct—which is merely memory of what it has learned in the lower kingdoms—protects it. Throughout the animal kingdom there is evolving an elementary personality; the different qualities of consciousness begin to group as they learn from one another; parental love develops and presently the animal comes to a stage where it is a super-animal.

Having passed through creation and experience in the animal kingdom, the characteristics of the next higher kingdom are beginning to develop. Now we can see that from the beginning of evolution the I AM has brooded over and watched over all,

giving to all the creative aspect. But the sub-awakening mind has had full charge of the entire operation of formation; and it has accomplished wonderful results. All expressions and all experiences are stored in its memory; and the hereditary memory impressions have been brought over from kingdom to kingdom and organized into regular brain centers.

The Master Cells are the centers for each species. The parent germ-cell divides in order to form its co-operative colony of working cells, each division carrying its cosmic intelligence into its colony. Thus we see that each cell in the body has within itself cosmic Intelligence, which is ever one with the Divine. From amoeba to man we find the sub-awakening mind one with Divine mind.

Up to this point consciousness has evolved through cosmic Intelligence alone, the great mind which guides the evolution of the planet—the consciousness of the seven Elohim. When the life wave has demonstrated its seven principles and gone through the six days of creation in the animal, the consciousness takes its period of rest. It sums up within itself long eras of evolutionary life, where spirit has brooded over it and vitalized it until it has awakened the latent potentialities for future unfoldment. The consciousness now comprises within itself the experience of it will become a living soul, a creator—the image and likeness of all objective and subjective things, and in its next appearance the triune principle of the universe, starting on the journey along the seven-fold path of human life. This living soul is the image and likeness of the cosmos—His Body; and the microcosm of man resembles the macrocosm of the universe in all its aspects. Now spirit is no longer brooding over it, but has entered into and blended with matter, that the word may be made flesh. Man is the spoken word—the universal principle in activity. Consciousness has passed from passive into active life; the triune principle has built a temple, which is the threefold manifestation of form.

It is not to be inferred from all this that we necessarily come from fish, fowl or animal; all is God-consciousness, drawing to itself a form at the rate of its own intelligence which will be a fit vehicle to express that rate of consciousness. Before man was, God-consciousness had been expressed through the forms of mineral, vegetable and animal, and the All-Life had all the consciousness of each of those kingdoms before man was formed. It is for that reason that man now has, included within his consciousness, the consciousness of all those lower kingdoms.

CHAPTER II

THE SEVEN PRINCIPLES

THE principles of Truth are seven; he who knows these, understanding, possesses the Magic Key before whose touch all doors of the Temple fly open. (Kabalion.)

The involution of spirit is the ensouling of all cosmic Consciousness, the creating of the pattern of the spiritual body, it is an organism in which all the creative energies of the seven fold Elohim are synthesized, and through which they must manifest; and the seven principles are centered in the universe, in man and in every living thing.

Out of Egypt come the ancient fundamental teachings which have formed a basis for all philosophies, and have been an inspiration for all metaphysicians. From this Secret Doctrine of hermetic teachings, all religions have borrowed. The creed of Constantine that was signed at the counsel of Nice took from the Christian Church, these esoteric teachings which were the very essence of Truth around which it had been built.

Now after sixteen hundred years we are laying aside the creed and struggling to get back to these ancient teachings. The principles of Truth are, Mentalism, the Universe is mental. Correspondence, as above so below. Polarity, all is duality. Rythm, cycle re-occurences. Cause and effect, as ye sow so shall ye reap. Gender, this principle is enwrit in all nature. These seven principles are recognized in every religion they are the seven living forces around the throne.

The seven rays of Elohim are centered in all things, in the solar system they are symbolized as the seven sacred planets around the central Sun. Symbolized in literature as the seven spirits around the Throne of God. In man the first principle is the central creative Father Principle Spirit-Mind, positive electric emanation; the spirit mind that has built from the beginning. The second is the Psychic, that has ensouled and held the image from the beginning, that has drawn the substance into the pattern, the Great Universal Mother Principle.

In man the spiritual body has its home in the solar plexus, and is ever one with the cosmic mind. The astral body has its focal point in the spleen and it is responsible for sensation in the body, and emotion in mind. The astral body is the clothing of the soul, it is the shadow pattern sent into the mother's womb with the seed, it is the mental mesh into which the courser material is brought into form; every seed or shadow pattern produces after its kind. Out of Spirit Soul is born and from spirit and soul comes the third principle—Life. The breath of life is breathed into substance at the level of the mental mesh of its pattern; at that certain rate of intelligence life attracts to itself a body through which it can express.

The life center of the physical body is in the heart where the breath of life purifies the blood stream, and in the solar plexus where the life energy is stored. Through every breath we are connected with the great cosmic stream of life force.

The fourth principle is Desire, the cause of all expression and this, with the other three, forms the corner stone of every human life. The earthly instrument and all of its manifestations are built upon this foundation. It is our "City four-square"—the city of all desires, passions and emotions, as well as all spiritual unfoldment. Desire is the cause of all that is high and holy, all that is dark and damned. Through our conscious imagination we build the substance of our desires. Desire and imagination function through the conscious mind, they are the channels through which suggestion is poured into the sub-conscious; they are the pathway to the soul. The desire principle rules over the waves of life force and breath. Through desire we inbreath the substance of things hoped for. We create through our own desires and our creations become living facts.

The desire body has its point of contact in the generative organs of the physical body, which it rules through the brain of the sub-consciousness, the solar-plexus. In the animal the desire principle manifests as appetite, sex and selfishness—and it is still building cell consciousness in man; and that hereditary cell impulse will go on until man learns the truth—that there is one creative power and one creator,—I AM. Then will he consciously create what he desires, and then will he know that there is no higher or lower self; that there is no real or unreal, no good or evil, save as our thinking makes it so. I AM one with the Father, and He has pronounced all to be good. But He gave to man the principle of desire that he might have whatsoever he wanted;

and He gave man also the power to create what he desires. Desire, then is the fourth principle.

The fifth principle is the principle of balance. It is by means of this ray of consciousness that spirit and matter, the finer and coarser substance, are coming into adjustment. It represents the blending of Divinity and humanity, and is symbolized by the crucifixion. It is the cross upon which the world is hung today.

The Divine must take on individuality in the world of form, and has embodied all the rays in the great masters, all of whom have testified to the same great truths. Jesus bore witness to the Divinity of man and to the creative power of mind; and He told us that we should find this balance only through the kingdom of harmony, which He said was within the self. Seek that kingdom and all else will be added unto you. He came with the message of the unity of spirit and matter, of God and man as one; and He taught that the Father and I are one. And until we understand his message, and until intellect and intuition are balanced in man, he will go on being crucified by his experiences.

It is the sixth principle—the Christ principle—which gives us a perfect consciousness of the unity of reason and intuition. It is an expression of the highest ray of consciousness, the outpouring of the universal essence of all life. The Christ is the embodiment of all the rays, making Him one with the Absolute Cause of all. His objective consciousness is ever conscious of His being, and it becomes the vehicle of His spiritual consciousness. His whole body is spiritualized, and His spiritual body becomes individualized. In Him, Divinity and humanity are one, and when union comes to all men there will be a new heaven and a new earth. Jesus was the man, the consciousness of unity in Him, the Christ.

When the breath of life was breathed into man, the sub-awakening mind became a spiritual soul, with a spiritual mind. When man became conscious that he was a symbol of the Trinity, and the powers within him began to unfold, they released the creative power. Then began the cycle of the "Word" of man, and the Word was with man, and the Word was man, and man lived and moved and had his being, which is his involved, ensouled consciousness of the seven principles, including the six creative rays, each with its positive and its negative powers—the "morning and the evening" of every creative ray. And these six days, with their two aspects, because the twelve powers of mind. Jesus symbolized them in the twelve Apostles, the Jews in the twelve tribes of Israel. The sixth, or Christ principle,

manifests in the Divine world of humanity as creative ideation, and its point of contact in the physical body is the pineal gland.

The seventh principle is the great ray of equilibrium, the Great White Light. Pure Spirit in the absolute, it is the principle of Divinity, and corresponds to the day of rest. It has a point of contact in each of the other rays, and as each is expressed and included through this seventh principle, it is drawn back into cosmic rest. When all have gained equilibrium in this ray they are sent into higher realms, there to include a higher consciousness.

All forms of nature are but the differentiations of the one Divine energy; in its cosmic journey it has been attaining to higher and higher reaches of consciousness—coming out on higher planes. In the mineral, the plant and the animal it is consciousness in stages of gestation, building form. When it has built a form through which Spirit can express perfectly, it comes to birth in man, and becomes a living soul, at which period the sub-awakening mind becomes the sub-conscious mind. The Mother Soul has brought man up through the gestative period, and he is still dependent on her for sustenance. As a living soul he now goes on through periods of birth and rebirth, since evolution is but a process of growth.

Let us review that period of gestation, taking a pond of water for illustration. The life wave passes into it and it is submerged. In that state, it still has the creative urge to bring into manifestation, to express and to experience; and this Divine Desire takes it from kingdom to kingdom, unconscious of the higher, freer world, and using the great creative energy unconsciously. In the mineral form, however, three of the principles are lacking—mind, desire and vital body; the plant lacks conscious mind and desire, but is building a cellular vital body. The animal has desire and an organized vital body, but lacks conscious mind. But Spirit hovers over the pond, **moves on the face of the waters**, and through the powers that be, the seven principles are coming through a sub-awakening gestation, and in the animal kingdom that submerged consciousness reaches a point where it senses another dimension; then it is that Spirit plunges into man, and he is fully conscious—a living soul.

Now man begins to build, through birth and rebirth, a body suitable for spirit to inhabit, a body in which he may learn the lessons of the new kingdom and express his seven days of creation at a new level of consciousness. When man first comes into his new-born powers he differs little from the animal, but,

through the rays of consciousness, he finally evolves the Christ, which is his highest ray on this planet. The new-born child differs but little in organization from the unborn embryo, but at the moment of birth there is a sudden and complete change—though not in organization. With the breath of life, spirit enters that body and it becomes a living soul, an entity separate from the mother.

When first man became a living soul he looked out upon a new world, a world in which he was to control. Nature was no longer his gestative mother, and he weaned himself from the great sub-consciousness which had built for him his body. But in his evolution man has built for himself a brain through which the powers of mind can work perfectly; he now is in his fifth day, and just facing the sixth day, of creation, and learning to bring the two centers of his body into equilibrium. The kingdom of the subjective mind is one with Divine mind, and the kingdom of the sense mind is one with humanity, in the sixth day of man's evolution the two minds will have developed to where they work in perfect harmony, man will become a conscious "Living Soul" the reproduction of the Christ, doing the things that Christ did in the fulfillment of the prophecy: "These things I do, ye shall do also; and greater things shall ye do."

Each of us may heal as soon as he has reached the understanding of the principle, Jesus used many methods in his healing. The nearest approach to a reprimand he gave any one was to say, "Go, sin no more, lest a worse thing befall thee." Sin was what he called all inharmony. Sin is ignorance of the laws which preserve and perpetuate life.

Seek the kingdom of God and his rightness, seek that mind in you that is one with the Divine, and rightly express yourself in thought and action, which means thinking and living according to the laws of your own being; and the Divine powers within you will heal you, and you can use those powers to heal others.

Jesus came as a new revelation to the old world, he came to embody the spirit of UNITY which was necessary for the next step in evolution, the race mind was then, as it is now, deep in conflict and separation. Again the "Comforter" the Spirit of unity is hovering over the planet, and those who can get still enough to touch the One Mind consciously, can feel its presence. Every invention of the age has been toward UNITY, the signs of the times tell us that this consciousness is again in our midst. The universe is mental, there is but one mind, we are simply an electro-magnetic center in that great sea of mind. This great

principle that we call the Christ Principle, is the consciousness of unity with all Mind, all Life.

The Christ principle is neither spiritual, mental nor material. It is the Truth—that truth to which Jesus bore witness when He said the Father and I are one. He knew that with every breath He took He was united with God life; and it is literally true that all the Father has is mine, since I can stamp the one substance with anything I desire and draw it to myself in form. And no man comes to the Father except through ME—the I Am or the Christ principle. When we demonstrate this principle, when we live the life of the Truth, then we realize the Divine powers within ourselves; then we have come to the Father, and we know that the Spirit of God is our power.

Jesus gave the Christ principle from the Divine aspect of creative ideation. The Christ principle is the creative aspect of the Divine. In the beginning were the Spirit and the Word and they produced light. Christ was called the Word and the Light—Divinity and humanity in one. Christ always adhered to His principle—His law; and He taught that God is Spirit and that they who worship Him must worship Him in spirit and in truth. Truth is the Mother principle, the love principle, and love is the fulfilling of the law. Uniting Spirit and Love and Life, we recognize the Father Spirit, the Mother Love, and I AM, the life.

You cannot come into the realization of the powers within you except through this principle. You cannot come to the Father except through ME. The Trinity in union, the powers that unfolded in the beginning, are ONE; and the action of the powers is the law, the Divine law of opposites. When two opposites are brought together, a new consciousness is born. The harmonizing of both gives us balance.

Ye must be born again; and to be born again is to be born of Spirit and of water (substance). To be born through the uniting of the spiritual and the physical,—this is the birth of the Divine human. The principles of opposites operates on every plane, and it is the principle whereby “Everything hangeth in equilibrium” or balance, say the Cabalists. From the unfolding of Divine Being in the very beginning, through every manifestation of life, this principle is in action. It is the basis for existence and the guaranty of the perpetuation of all things—for the continued Being of both God and man.

God made two great lights to rule the world, symbolized in the cosmos by the sun and the moon; expressed in man as wisdom and knowledge. They have their point of contact in the two

brain centers of man, the solar plexus and the physical brain—spiritual wisdom and human intellect. Christ, as the light of the world, was the blending of these two great lights into one: spiritual wisdom reflected through human intellect, which is the uniting of Divinity and humanity. This union brings man into balance and gives him equilibrium.

Jesus came when evolution had reached a stage where the world was ready for his message of unity, Buddha having previously touched the crowning point of intellect when he said that man could become whatever he had the capacity to think he could become. Man can become Divine when he can realize his Divinity. Buddha, the Enlightened One, demonstrated the truth of his statements and with them prepared the way for the next Master, who said NOW is the day of salvation, and The Kingdom of Heaven is at hand. And the kingdom of heaven is at hand, for evolution has reached a point where this truth must come into manifestation.

Christ left with us, as his contribution to human consciousness seven truths:

1. I and the Father are one.
2. All that the Father hath is mine.
3. The Father within me doeth the works.
4. The Kingdom of Heaven is within you.
5. Whatsoever ye sow, that shall ye also reap.
6. Love is the fulfilling of all the laws.
7. I will come again, as the Spirit of Truth.

CHAPTER III

THE UNIVERSE AND MAN

EVOLUTION has again reached a point where we know that an old dispensation has ended. Man can feel and see the change; the old beliefs are being stripped of their traditions and superstitions and new beliefs are taking their place. Man is again looking for a Master—a new Creative Word. He is looking for a teacher. He has finished one grade in the school of life lessons and is starting in a new grade, which calls for a new teacher. That such a teacher is coming, that he is here, and that he will come again, has been the cry of the world. But the advanced class has learned that Christ is a principle; that Jesus was the symbol of the creative Word which went forth in the beginning to bring order out of chaos, and that that principle has incarnated many times for the purpose of bringing order out of chaotic world conditions.

He who has ears to hear and eyes to see knows that the Christ principle has again made its appearance on this planet. It is the Comforter who has come to lead you into the spirit of all truth. People are talking about living the Christ life; they are seeking to develop a Christ consciousness; they are studying the powers of the Great Within. And all that means that the Comforter is here; that the "Gospel of the Kingdom" will be preached in every nation. The Christ life is a state of consciousness, a state of being. It is a unity of intellect, reason and intuition. To live the Christ life is to have a complete realization of the Divine powers within ourselves which makes us the Triune Being of body, soul and spirit—one with the creative aspects of Deity, Love, Truth and Unity. When man separates himself from these powers he "falls" back to the level of the animal, with a consciousness of man-power, selfishness, greed and appetite. He does not know his power and can be led by a child, like a horse, because he does not know his Divinity. But man is super-animal, and the Christ principle in him will make him know that he is one with all the power there is, all the life there

is, all the love there is. This consciousness of Infinite union is the result merely of human growth. Each life has involved and ensouled within it the consciousness of the Creative Trinity. Man rises and "falls" through the use of it.

As each life has the power to conceive of these latent powers, it can give birth to them in consciousness; and each life can use the indwelling powers to heal the sick, cause the blind to see and the lame to walk. These powers are not spiritual, nor mental, nor magnetic, nor hypnotic. They are the powers that BE. They are vested in every man—his immortal birthright. Reverence them; they are "Our Father who are in Heaven,"—the halo of Divinity expressing on all planes of life. Spirituality is in being; not in saying. Christ was a spiritual being, and his words were spirit and they were truth. Spirituality is first made manifest in being the thing. Before we can speak the words of the Master or do the works of the Master, we must be—what? Love, and Truth and Unity, conscious of the laws we are using. Then will our words be spirit, but until then they will return to us void. We have "prayed amiss."

We must come to a higher understanding of the Christ principle. It is not lived in words or theories. It is lived in being. Christ condemned but one thing and that was the hypocrisy of those who prayed on the street-corners to be heard and seen of men as worshippers, when they were not living the life. We must have a better understanding than this. There is no sham in the Christ principle. The Law is not mocked by mere words. Unity, extended into the everyday life, means co-operation. How many there are ready to receive co-operation—how few are ready to give it. How much talk there is of spirituality—how much looking for personality. If you truly want to find the Christ, operate the Christ principle; live the life; make it a reality.

The call today for a World Teacher—a living Christ—is but the cosmic urge to find the higher self who is I AM—the Divine man. It is the urge to bring into expression the great creative power which gives life, health and unity. In the Hebrew the word which symbolizes that power is written IHVH and pronounced Yahveh. Translated it means I AM, and is the name of the world principle—the law that governs us. The Jew never spoke that name, because to him the law of creation was a sacred thing, and, as the law of creation involves the creative instinct, the creative process, he would not that it be dragged to the level of lust—which was the only understanding the mass of the people had of creation.

When we understand the powers within we know what Jesus means when He said, "Lo, I am with you always." Your body is the temple of the living power. The Christ is within you always, and, though the Christ "a thousand times in Bethlehem be born," if He is not born in your conscious realization you will go on groping in doubt and uncertainty. The Christ standard is set in man's realization of what the Christ is to him. The standard is a demonstration of the highest truth of being. Your very highest ideal is your Christ standard, and if this ideal is the Truth (real) it is created and brought into manifestation through the powers of your own spirit soul, and it becomes living reality as individual power. Sensing unreality is a lack of realization of truth.

If the Christ standard in your consciousness is a self-centered ideal—if you have the "holier than thou" attitude—the demonstration will show forth in your wanting to set the standard for all humanity. But such a standard is no pattern for another's unfoldment. Your experiences and your ideals are strictly your own; they belong to your own evolution. Your experiences, your crucifixions, are a part of your individual unfoldment. You cannot force the Divine powers to unfold in any other soul or to release the Christ consciousness latent in that soul. But man will see the Divine in every human being when he has redeemed himself; and when he is redeemed he will see the whole world as redeemed. When Divinity and humanity have united in his consciousness, his will be the Christ consciousness of Love and Unity and he will see the Divine in every human being.

The old world consciousness had a standard which was called "righteousness"—a set standard for all humanity. Such standards are the product of race civilization. But the standard of Truth is not to be made by man; it is the unchanging Triune Principle, established in the beginning when Divinity unfolded in motion, word and light. The principle is still unfolding all about us in the substance of the Word and the Life. They are unfolding within us with every breath we breathe, every word we utter, every thought we think. The creative principle is ever unfolding our inner thoughts, so go not out when you hear one say, "Lo here" or "Lo there." For the Christ is within. Go not out to find the cause of your experiences; the cause is within yourself.

From the beginning the Divine powers have been involved in our being; they pass through each zone of Cosmic consciousness; through the seven regions of space the cosmic substance

has been worked upon by the universal creative powers until the Body of God appears; all motion is His movement, all sound is His word, creating indivisible units of substance of which I AM ONE. Then the creative powers begin to make consciousness manifest, and the great Soul of the universe, through love and wisdom, begins to give form. This great stream of consciousness was the inlet of all intelligence; and I AM sought an outlet through life and man became that consciousness in individualized expression. The soul consciousness, or sub-awakening mind, built form after form, until at length there was a form which could become the centralized point of all cosmic consciousness; and then man became a reflection of the universe—a microcosm of the macrocosm; and as this, we know man in the study of metaphysics,—an epitome of the universe; a unit of consciousness, an embodiment of the Triune Principle, manifesting as an expression of the seven creative laws.

Whenever man has lost his centralized point of consciousness a Master has come out and brought the Planetary message of at-one-ment that gave man a new vision of the Truth, and the laws through which he must evolve.

Jesus was the master of all laws, Lord of the kingdom of humanity. He called His message "The Gospel of the Kingdom," He brought man back to the center of His own being, and told him there he would find the power and to seek the Kingdom first, then all things of life would be added. He formulated a prayer for the inner circle to the disciples He said "Go into the closet and shut the door," which was to go into the center of their being and shut out the world consciousness. Man was struggling with the problem of spirit and matter, good and evil, two thousand years ago just as we are today, even the New World cults are still struggling with the question of reality and unreality, a world of appearances. We have not yet learned the first fundamental—ALL IS GOOD—as it was in the beginning it is now and ever shall be.

Moses said "Hear ye O Israel the law thy good is ONE law." Jesus came not to destroy the law but to teach the fulfilling, LOVE, attraction, repulsion and polarity, are the one law known by different names, they are universal law. Jesus came to teach the fulfilling by seeking the center of balance. The law of polarity is a universal principle and man will ever be bound until he understands this. Principle and its expression are ONE, God and His ideas are never separated, "as above so below," formed and formless are ONE, this is the Truth that sets man free.

The Principle we call God, IS ALL. The universe is all the consciousness of God, it is Omnipresent; both action and reaction, change and changeless are bounded by the law of God (good) for God pronounced them so in the beginning.

Jesus knew that to free man he must unite these two, and he taught man to free himself through the power of his own mind, seek the perfect point, find the center of balance, "The Kingdom" and all things will be added. Speak to the Father that is in secret, the father within is the power that man has always ascribed to Deity alone.

Jesus recognized the power within him. "I and the Father are One," He applied it and He demonstrated it. One of His disciples recognized this power and to him He said, "I will give unto you the keys of the Kingdom." The keys to any realm is the understanding of the laws that govern that realm, and it was given to the inner circle to know the mysteries (the laws) of creation and manifestation. To the multitudes he spoke in parables and in all of these parables he said, "The Kingdom is like unto—" What? In every case it was like unto the law of polarity, attraction, repulsion, and love. In every case He gave a description of the law of opposites, as in the wise and the unwise virgins with their lamps, the opposite of light and darkness. In the parable of the talents the servant that used his talents, and the servant that hid his one talent, faith and fear. The kingdom is like unto the man which sowed the seed in his field, the Truth of the law was sown in his heart, but he slept, and when he slept, he forgot to apply that Truth, here is knowledge and no application, we all know more of the Truth than we apply.

Do you get this, that the kingdom is like unto a great wisdom of the universal law of polar opposites, and that within you is the CENTER and the power to use this law as you will. Every one who has found the kingdom has stood face to face with the "Father" and he KNOWS that all is God, and that this body is The Temple of the Living God, that God as Principle and God as manifestation are ONE. Change and changeless are the polar opposites of the one great law of Good, through which God's great plan is working itself into perfection.

For our foundation we have taken the oldest premise—a universe ruled by the creative Triune Principle, manifesting through the seven solar rays and surrounding itself with its solar belt—one substance, one intelligence, one action. The greater and the lesser are one, and man, finding himself one with the whole, will pass, by natural reasoning, into conscious union.

The whole object of this book has been to give the student a foundation upon which to build. It is not a new foundation, but one upon which all religions have been built, and a foundation is the first thing the student must have. Without a foundation which has a universal point of contact, you build but confusion. There is one premise which every religion has agreed is the key to the universe, and that is that the universe was brought into manifestation through a Trinity of Divine power, unfolding and manifesting in a seven-fold aspect, named in our Christian Scriptures the Elohim, or the seven spirits around the throne. They are the seven progenitors of the seven rays of consciousness. When God said, "Let there be light," the light spread into seven blended rays; and the Great White Light, in passing through the prism of substance, separates into seven colors, and the seven principles of manifestation was established.

The sevenfold nature of the God-head was understood by the writers of all the ancient Scriptures as well as by the writers of the Christian Bible. The idea of the Trinity runs through all the Holy Books, as does the sevenfold nature of the God-head. The idea is as old as time and it is the link which unites all religions, all creeds, all peoples into a symphony of creative thought. The seven creative rays are the beginning of all creation. There are seven planes of involution; seven nature powers; seven Gods of the constellations, and seven sounds of the music of the spheres. The Egyptians called them the seven Spirits of Ra (Book of the Dead). To the Akkadian, the Hebrew and the Phoenician they were the Seven Powers. In India they were known as the Seven Pitris or Fathers; in Babylon, Persia and Britain as the Seven Kings. In Revelations they are referred to as the Seven Churches and the Seven Seas. But all are identical in meaning with the seven days of creation—symbols of the Genesis of all creation. With these principles as a foundation for the Truth, you can listen to lessons on Divinity, on Christ, and on all spiritual, mental and physical development; on color, sound, space, vibration, astrology and numerology; in fact, on any ology or ism,—and understand from what it sprang and its proper place in the universal scheme of things.

PART THIRD
PSYCHOLOGY

**“Yava-Elohim, Thou Great God of all the seven spheres,
Regent of space, and Lord of countless years,
Who first did spring from out eternal night,
Piercing its ebon veil with thy swift light;
Thou who did live when Time was yet unborn,
The Breath and Mind and Substance of primefal morn !”**

CHAPTER I

SLEEP AND THE SILENCE

PSYCHOLOGY, which is merely Metaphysics brought into the workings of everyday life, deals with things as they are; and things that are must have a cause. The word "psychology" comes from two Greek words: "psyche" (soul), and "logos" (thought, word), the second person of the Divine Trinity. The study of psychology is based on the same premisses we have used in the chapters on Philosophy and Metaphysics. Psychology deals with human conduct, and we now bring the theory of the fundamentals already given into practice. They must be applied in order to demonstrate their truth.

Each soul that has awakened has done so through the realization of the laws of life; and the law never changes. As it was in the beginning it is now and ever shall be, world without end. And from atom to man, the same law governs; the genesis of all is according to one law. With this truth, you have the key which unlocks all doors and solves all mysteries. The old masters said "The principles of Truth are seven." The first principle was, the universe is mental; today we recognize the very first principle as mind that all is Divine mind. The second was Correspondence, "As above so below," all is one substance everything is out here in the ethers, all that the Father hath is mine. The third principle is Vibration, the Breath of Life that sets everything in motion, all life is in motion.

The fourth principle is Polarity, and from atom to man we find this principle in manifestation. In the old world humanity struggled with this principle, the old prophets were perplexed with the problem of spirit and matter, the Christian Bible stands out as a living record of this; they compromised by calling one good and the other evil, now it is Truth and error, real and unreal. The old testament is full of prophesys that a Saviour would come and in some way settle these problems and save the race; in the New Testament is the record of the fulfilling of the prophesy.

Jesus the Christ came and He brought a New Thought to the

world of his age, whenever the race has lost its consciousness of principle, a master has appeared to bring back the ancient wisdom, "I come not to destroy the law but to teach the fulfilling," the use of the law. Polarity is a law, opposites are identically the same, differing in degree only, "extremes meet." Buddha had brought this truth to his people five hundred years before and said, "Take the middle path." He left many followers who were ready for the Master's message. Jesus called this center of consciousness where extremes meet in harmony "The Kingdom of Heaven," saying to the multitudes, "Seek this kingdom of God and his right-ness." There you will find the power to use this law of opposites and bring into manifestation all things you desire. The fifth principle is Rhythm, this principle had been taught by the ancient Egyptians a thousand years before, but Jesus put it in a new language and said, "What ye sow that shall ye also reap, with what measure ye mete it shall be measured back to you again." He did not destroy the law that had been taught by the old Masters, "The pendulum swing manifests in everything, the measure of the swing to the right is the measure of the swing to the left." (Kybalion.)

There is always a reaction from every action, but Neutralization is the mental solution. Seek ye the "Kingdom" the center where you can use the law and make the pendulum of your life swing at the wave length of your own desires. Jesus intensified upon the Law of Cause and Effect, we sow our cause by setting in motion a law, and we must expect to reap the effect, we build for ourselves our own law of karma we suffer from our ignorance of the law. Psychology is the message of the hour, it is bringing back the "Principles of Truth," it is one of the voices in a Great New World Movement that will preach the "Gospel of the Kingdom in every nation."

Man has not yet reached the point where he can apply the principles of Truth in his own life and place the responsibilities of life upon himself, he still wants to shift it to something, and make it a side play of error, it is all appearances, all unreality, and so we have gone on, "God the Law is not mocked," everything is according to law, The cause of Life is the Divine desire for expression, and Humanity is the living evidence of the unseen Reality.

Jesus claimed his son-ship he could rise above the problems of life "I AM the Life, the Truth and the Way." He recognized His power through His knowledge of the Principle. He never said His body was only an appearance, something unreal, "Know

ye not that your body is the temple of the living God," it is made of substance that is ever changing. The Universal principles are changeless, they are God.

Summed up man finds that he himself is the living record of all the ages. The history of the individual is the history of the universe, and the destiny of the universe is the destiny of the individual.

If our premise be true—and science is every day proving its truth—then our conclusions must be true; and we have merely to apply the principles in order to know their truth. Man can manifest only the seven principles; because of them he sleeps, breathes, eats, exercises, thinks, loves and reproduces. Before taking these seven things up in detail, let us for a moment look backward.

We have all been educated in the sixteenth century theology, which is full of superstitions and traditions, and we are all victims to at least some prejudices. Now, if you will lay aside all prejudice and beliefs for the time, and read from the standpoint of the author, rather than from your own, you will become receptive to the truth. And it is well, in searching for the newer and the higher things, to cultivate a "listening" habit. "Blessed are the meek (the receptive) for they shall inherit the earth." Meekness is the scientific attitude toward the law. If you want a law to serve you, become receptive to it, and work in harmony with it.

From the academic standpoint Psychology was taught as the science of mind, but it is more than that. After deep study it has been found that mind is the creator, the builder and the controller of all bodily action. All substance in the universe is radiantly alive with mind; in mind man has found the cause of human conduct; and Psychology is the science of human conduct. Language was invented to convey impressions, but language has always been used to cover up thought. "Psychology" (soul thought) represents the sub-conscious or cosmic side (the submerged) side of man's mind, and "Psychology" is today the most popular word conveying the idea of man's relationship to human life and all life.

There is but one life, and the sooner we come to appreciate this fact and to work in harmony with the laws of life, the better it will be for all of us. All life is composed of Spirit (breath, vibration), Mind, and etheric Substance—the three rays that light every man who comes into the world. The three rays and the seven zones of consciousness through which they come into

manifestation are the laws of this planet. This statement is universal in its application. Mind, motion and substance have evolved together and they have spelled Life on every plane. God is Life—the reality of all things, and these rays are the reality of us—Spirit, Mind and Body. We are evolving through the seven creative laws, the seven great paths to perfection. In Psychology we take up man as he opens the seven seals of his world. Psychology, however, deals with no ready-made goods. Each must build his own life, and in these chapters we are studying some of the ways in which life is built. We live and move and have our being in the great atomic mind of Substance; we are environed by the universal laws. We cannot change them, but we can find them out and work in harmony with them. The Kingdom of Heaven (the power to be) is within you.

The ray we call mind is electric; the ray we call substance (ether) is magnetic; they are positive and receptive forces, the rhythmic action between which constitutes the law of creation. It is the law of all life. The Brahmin believed that the working upon Substance of Mind and Breath was the secret of all manifestation. All the great Masters have verified this and have been able to use the forces of Spirit and Mind, thereby contacting the universal forces. They have manipulated the universal Substance and brought into manifestation the things they desired. In this realization they become one with the Father and all that the Father has.

Genesis, an allegorical account of the cosmic order of things, was primarily designed to show the process of unfoldment and evolution of consciousness in the individual unit, the seven days of creation symbolizing the seven stages of manifestation in form—involution as the story of “being,” evolution as the story of “becoming.” In each man’s consciousness is something declaring I AM. It is that something which has been ensouled from the beginning. The Divine Rays are calling for recognition. It is Life, the only begotten life of God in every man—for every man is the Son of God, and the life in each is the Father within. “Call no man your Father on the earth; for one is your Father, even He who is in heaven.”

When Jesus told us to enter into our closet and pray to the Father which is in secret, he was telling us to shut the door of the senses, to go into the silence; and when he said that the Father which is in secret would reward us openly, he was saying that by such prayer we create the thing we want; we receive our

reward openly when that which we create is brought to us in form which all the world can see.

When John received his revelations he said, "I was in the Spirit, on the Lord's Day." In the Spirit—in the silence—he heard a voice; in the silence he saw seven golden candlesticks, symbolizing the Light on all the laws of evolution; and a great Voice said to him, "I have the keys to heaven and hell."

When we take the premise with which we are working, and work it out through involution and evolution, from the center of cosmic consciousness to the very rim of matter—into the expressions of life as we live it each day—we, too, have the keys to life and death, to all punishment and all reward. They are the keys to the seven stages of evolution, which John saw when the seven seals were opened.

Seek ye first the Kingdom, is the first fundamental of the new Psychology. The silence is the pathway into the subconscious mind, and that mind is the kingdom of wisdom which we have brought up with us from the beginning of time.

Man is one with all that there is in the universe, is the second fundamental; and man is linked to the universe through the cosmic principle of mind. Now let us trace this cosmic mind in man and find out where the connecting link is.

God has one great plan (without error or omission), through which everything is evolved, by means of an organized, co-operative commonwealth. It is organized by billions of living units which co-operate in colonies, or organs, in the body, each colony doing its own particular work. We must understand the independent cell life and the life in the colony units, before we can hope to understand human life. Each one of the cell units possesses the functions of life, and each one is expressing the seven principles of life. All eat, breathe, grow, express life energy, and reproduce themselves.

Each kingdom of cell life has brought up all the consciousness of the functions and expressions of the kingdom beneath it. Even in the mineral world there are seven stages of evolution, and each stage produces a different consciousness, a different chemical. In the beginning of vegetable manifestation, magnetic rays emanated from the earth and formed on its surface a mold, and, through the action of the waves washing upon the earth, and the action of the sun's rays shining upon it, seven chemicals in the slime came together and a new cell—the Master Cell of a new kingdom—was formed. These seven chemicals, oxygen, hydrogen, nitrogen, carbon, sulphide, chloride and phos-

porus, formed a bit of protoplasm; and the jelly-like protoplasm was permeated with Mind and it had the power of selection. This plainly shows that the protoplasm has consciousness, brain function, memory. Its past experiences have been recorded within itself. The amoeba will not absorb strychnine, and why? Because it has a consciousness—a knowledge of minerals—brought up with it from the mineral kingdom. When the cells reach a certain point they divide, carrying over memory with them. The great urge for expression is back of it all, and life goes through the natural pathway of creation, expression, experience and inclusion.

Everything grows from within, by throwing out its life rays and drawing to itself the substance which belongs to its plan of evolution. All is one great pulsating life, and the living cell is a part of the cosmic mind. The sub-awakening mind is one with cosmic mind and constantly guided by it; in the animal we call it instinct; in the man, sub-conscious mind.

The primary impulses of the cell mind are to eat, sleep, grow and reproduce; these impulses are found in the plant and the animal and in every living thing, constantly guided and directed by cosmic mind. The millions of cells in the human body are the great reservoir of mind, with a memory of all past experience, and receiving their energy from atomic substance. "Before Abraham was, I AM," expressed the consciousness of the three rays of Force, Intelligence and Substance, evolving, through matter, into form. We started at a dead level of consciousness, and the cosmic intelligence has directed the entire activity of life; organizing the growth, it caused certain cells to develop into brain centers; others into the digestive system, and so on. Ninety per cent of the action in the human body is sub-conscious. It is the marvelous wisdom within us which causes all the internal organs to function properly.

When Jesus told us to call no man father on earth since we had a father in heaven, He referred to the life within the kingdom, the great reservoir of mind. And how do we get into touch with this great life within us? There is but one way to God and that is through love. So long as your cells are building anything but love, you are merely shutting yourself out of the kingdom, and so long as you believe that the kingdom of heaven is a prepared place for a prepared people somewhere in the skies, you will be unable to get into the kingdom, which is within your own life. In fact, a camel could more readily pass through a needle's eye. Until you get the realization that opposites, electric, mag-

netic, attraction and repulsion (Love) are the fulfilling of "All the Laws" of life, you will not come into the kingdom. The kingdom in you is the center where all of these life forces meet and become ONE with the ONE LIFE, the ONE MIND, one with the Father the source of all Power. The keys to the kingdom is a consciousness "I AM ONE." You can speak to the life within, with a certainty of your At-one-ment.

Life consists of a great deal more than food and clothing and attending to other persons' business. When we learn to live life, and to know that within us (not in the outside world) is the reservoir of all health, all supply, all happiness, then we shall begin to live in truth. And then we shall know what the Master meant when He said, "Seek ye first the Kingdom of Heaven." The MASTER turns within Himself for power and guidance, and He holds only Himself responsible for His Own life. The law of the sub-conscious mind is suggestion. You can speak to the Father in secret, and He will reward you openly. Christ said that He came to bear witness to the truth. Truth is unity, and love is the fulfilling of all the laws. Love is relationship—attraction. Attracting and relating, and repelling and pushing away, are the law of attraction and repulsion.

We relate ourselves to the Truth through mind. The sub-conscious mind, in action with the conscious mind, is one with the super-conscious mind. First, we enter the kingdom by closing the doors of the senses. Shut out the sense of sight; close the ears; take the attitude of listening; focus your attention in each organ and listen to the pulsations in that organ, thus challenging the attention of the cells. Wherever the consciousness goes, the blood follows, for mind is ever the director. When the have become quite still—when you have shut out sight, hearing, and the sense of motion, you can feel the etheric waves as they pass through your body. As you go down, mentally, over the body in the silence, relax. Relaxation of the muscles gives the blood a chance to circulate freely. And remember that the mind is one of the powers of life. It works, primarily, through sensation; then it extends itself through the processes of intellect; later it works its way up into spiritual consciousness.

When we go into the silence it is for a purpose; and you can focus your mind on anything that you want to know, or on any desire you may have; that sets the rate of vibration. When you get into rythm with the pulsations all the way through the body, carrying a certain thought, you have set your mental mesh—attuned your receiving instrument—for the thing you want. The

Kingdom of Heaven is like unto a net that was cast into the sea and gathered of every kind. (Mat. 13:47.)

"Ether is the subtle, universal, magnetic, fluidic medium in which all things are imbedded." That is the opinion of the scientific world. The ether is the God Substance, and "in Him we live and move and have our being." That was the teaching of Christ. In this universal substance, which is the consciousness or essence of mind, we exist; it permeates our body; we swim in the great sea of ether, or Divine Mind, if you prefer to call it that. And in the silence we consciously direct our thoughts into the ethers, believing that we have received; and that is the attitude which assures us that we are one—we feel it. That is the secret of the silence and what it brings to us. Think love to a friend; your love will go to him precisely as you think it, and with no greater or less intensity than you feel it. When we go into the silence we shut out all the senses, and merge them into feeling. Lose the sense of sight first; second the sense of sound and then the sense of motion—and you are still. Then lose the sense of color, and all becomes the Great White Light.

The ether, or the Universal Mind, is the great storehouse of God, in which is everything conceivable by the mind of man. The sub-conscious mind is the universal storehouse. Did you ever stand by a river and watch a vortex whirling round and round, drawing into itself everything which came floating down the current? Each of us is a vortex in the great sea of God-consciousness and we draw into ourselves according to the energy of thought and feeling; and we draw, according to our attitude of mind, the thing we feel is Truth. According to your faith (feeling) be it done unto you; for the thing that we feel, is the thing in which we have faith. The universal ethers are no respecters of persons. They yield to you and connect you with any of their parts. The ether does not retard or impair any force you send into it, but brings back to you precisely what you send forth with faith. It will back you to your own success or to your own destruction. Consciously direct your thought into the ether and it will reach the person to whom you direct it. The thought makes a little pathway to that person, and the path acts as the wire over which your message is sent. This is the secret of all healing. The action of the thought is exactly comparable to wireless telegraphy, even down to the wave lengths. And that thought of healing may be received by anyone who is tuned to receive that particular sort of message.

In the silence we are consciously working with life, and in

time we shall learn that the substance in which we move is all there is. We are the inlet, and may become the outlet, of all that is in God. Did Jesus not say, "All that the Father hath is mine"? When you attain to this understanding, when you know that there is but one mind, then you are a great vortex, drawing into yourself anything you set your mental mesh to catch. That is the philosophy back of the silence. The natural law of the sub-conscious mind is suggestion, and the condition you desire is induced by auto-suggestion. Jesus was teaching the automatic action of Divine Mind (universal consciousness) when he said "Judge not, that ye be not judged," and, "With what measure ye meet, it shall be measured to you again," and, "Whatsoever ye sow, that shall ye also reap." Again and again He taught of action and reaction as a law. But he said also, "Ask and it shall be given; knock and it shall be opened unto you." And when He said these things He was stating what He knew to be the law of the automatic action and reaction of mind. Open the door when Life knocks, and Life will open when you knock, for there is but one mind, one substance, and the laws are the same for all life.

In the silence or in sleep, you can focus your attention on anything you want to know or that you desire, and command the sub-conscious mind to direct you; and some day before long, in one of a thousand ways, you will be brought into contact with the thing or the knowledge desired. Concentrate your mind on the thing you want, and the life substance of that thing is intensified, and its intensified action reacts to you as intensified substance. You can concentrate upon what you want to be until you are that thing made real. Concentration is what Paul called faith when he said that faith was the substance of things hoped for and the evidence of things not seen. Carry this law into the physical life and you will find that the blood flows to the organ in your body upon which you have focused your mind. Focus on any part not manifesting health and the blood will circulate to it freely, stimulating the cell action and removing diseased cells or clogged conditions. This is a fundamental of healing: where the mind goes, the blood follows.

We carry the same law into the silence. We send the blood to every organ when we challenge the attention of the cells. The sub-conscious mind functions through every cell in the body exactly as the conscious mind functions through the brain. After you get still, assume a listening attitude and listen to the life force pulsating through every one of the centers of your being.

Feeling is the primary action of mind; that is why we merge all five senses into feeling. When your mind is on nothing but the life within, when your entire attention is given to feeling, and listening in every part of your body, then you have closed the door to the outside world. First comes concentration, then fixation of attention upon your desire; next, relaxation. By relaxing you become passive in mind as well as in body. Now, blend all sense of sight, sound, motion and color into one, and you have touched the Universal Mind. Having accomplished that, the next step in the silence is to bring your consciousness up to the "secret place of the Most High," where you are conscious only of mind and space. I can take you to the very door of the Holy of Holies; I can place your hand upon it, but into the secret place you must go alone. You cannot take your most dearly beloved with you, for there is neither marrying nor giving in marriage in heaven. There you go alone. There you stand face to face with your own life; you contact the pulsations of your own life at the point where your own is linked to all life—in the center of your being. Now, be still and know that I AM the life within you and that prayer, in its last analysis, is simply the call of life to LIFE.

In the silence one comes into a consciousness of the Great White Light. White is the highest form of color, and is perceived only after we have lost all perception of motion and color. The following method of taking the silence is one given by one of the leading teachers of the United States.

SILENCE

Take three breaths. Let go of all your own thought. Sit erect. God's head is never bowed. Hands flat on the knees, feet flat on the floor.

Take the attitude of listening.

I am still in my brain. Listen to the pulsations in the brain; and take your affirmation of health, happiness, or whatever it is you desire, into the silence with you.

I am still in my eyes. Look in; shake out the lids, and listen for any pulse.

I am still in my nose and nasal cavities. See that you are breathing naturally and listen between the cheek bones.

I am still in my mouth and throat. Drop the jaw, teeth apart, lips closed; listen in the jaws.

I am still in my neck and shoulders. Listen between the shoulder blades. Keep the rhythm by affirmation of "I-and-the-Father-are-one."

I am still in my arms and hands. Listen for the pulsation in the hands. Go down through the arms in consciousness, back up on the outside.

I am still in my chest and lungs. Listen to your heart beat.

I am still in my stomach and solar plexus. Listen in the pit of the stomach.

I am still in the abdomen and kidneys. Listen in the small of the back.

I am still in my groins and generative organs. Listen and keep the rhythm by affirmation.

I am still in my loins and hips.

I am still in my thighs and knees.

I am still in my legs and feet. Listen to the pulsations in the feet.

Now bring the consciousness up on the outside of the body. If there is an organ that is not manifesting health, focus the consciousness there, and affirm: "The life in me is one with the God Life. I am this moment in perfect harmony with all life."

After that focus the consciousness in the forehead and ask for illumination. Divine guidance, wisdom and understanding.

That is the method of taking the conscious silence, and silence is merely conscious sleep. Sleep is Nature's silence, and when we sleep we are in the realm of consciousness where we are one with the cosmic mind, one with the sub-conscious life which keeps the heart beating, the blood circulating and the organs functioning. In a word, we are one with the Mind which built our body during the first long sleep. In sleep we are one with the Father and whatsoever we ask of the Father in secret (in sleep), believing that we have received, will be heralded from the rooftops. We can send the mind out in sleep, as in the silence. In our dreams we get and bring back vibrations from the realms of consciousness which we contact in sleep, and by practice we can will ourselves to go wherever we want to go in sleep. In this way we have the opportunity to find those who have passed out of the body. We are also influenced by minds outside the body—minds of those who in life were always engaged in influencing others, and, the ruling passion strong in death, they have learned how to control your sub-conscious mind when we sleep. No one, living or dead, has the right to rule your life, and you can protect yourself against such meddling minds in sleep by closing yourself to them; you have nothing to fear when you learn that it is your own thought which makes your own law. You draw to yourself that to which you are attuned. If you fall asleep passively, as

does the animal, or if you persist in negative attitudes in your waking hours, any positive mind that wishes to do so can influence you to do and say things which make you wonder at yourself. Close yourself to such influences when you fall asleep. Take a positive thought or desire with you into your sleep. During the eight hours you are asleep you are in the silence. It is the most important part of your day, for whatever you impress upon your sub-conscious mind before you fall asleep you will invariably build into your life in form.

Do you want peace, power, prosperity, health, love, wisdom? The time to get them is while you are asleep. How often we have heard a person say: "I'm going to sleep over it; I'll let you know in the morning." What does that person do? He carries his problem, either consciously or unconsciously, into silence. Through your sub-conscious mind, the Cosmic Mind will give the answer. Have you lost something? Ask the sub-conscious mind to guide you to it, and it will do so.

If you wish to close yourself to the influence of others during sleep, cross your hands and feet, thus closing yourself physically, and close yourself mentally by forbidding any evil influence to reach you. Take up the positive thought of health, or whatever it is that you wish to work into your life, and fall asleep with it in your mind.

When we get quiet in the silence or in sleep we reach a state where thinking ceases; then "registration" is the law, and that is the place where revelation is born. We bring forth flashes of consciousness of what is revealed to us in dreams, but, what with the drifting thoughts we usually carry with us into sleep, and the revelations we receive from Cosmic Mind, our dreams are often but a sad muddle, since the creative mind is trying to work out the thoughts we have carried with us into sleep; in sleep we are one with the Cosmic Mind. Close your mind to all but that which you want. There is but one mind; we are all wireless instruments, and the thoughts to which you are attuned reach you, act upon you, register in your consciousness. But if you are tuned to the things you want and nothing else, no other thought can register at your station. The most important thing we have to learn is to stand guard at the portals of the mind. When you go to sleep, shut the door on the world, and open the windows of your soul to the sky. And the last thought before you go to sleep is the prayer you make to the Father that is in the secret. Be very careful what that thought is.

Never let the last thought be, "Oh, how tired I am!" or you

will awaken tired. Never let the sun go down upon your wrath; never take a grouch to sleep with you, or any worry. Live your day over backward each night before you go to sleep and forgive everyone; forgive yourself; clear your mental decks, and get rid of all undesirable accumulations before they make sore spots in your life. When your mind is cleared of all rubbish, go to sleep. With every rising sun a new day is born, and if you clear your mind each night, you are born anew each morning. Never let your sub-conscious mind have eight hours in which to work on a thing you do not want to meet the next day. Let a man who is worried over his business, take the thought of impending failure into his sleep and the morning will find him unfit to meet his creditors. He is the picture of despair, and if he presents himself to the bank in that condition, do you think he will get a loan? Certainly not; for he won't look like a good risk to any money-lending concern.

A fine thought to take into the silence or into the sleep is the affirmation given by Emile Coue of the Nancy School: "Day by day, in every way, I am getting better and better." Take the thought that you are Divinely protected, and that you are open to the inflow of health, wealth and love; then none of the thoughts of failure or sickness, nor any of the malicious magnetism they carry with them, can reach you, for you have gone to sleep attuned (polarized) to the thought of Divine Love, and are under the law of Good—the Shadow of the Almighty.

To those who take the silence I have but one word of warning, and even that is unnecessary to those who know that the LIFE CENTER is the solar plexus. The rythm which is established at the life center. Going into the silence is not for the purpose of inducing sensation. Let sensation alone and it will let you alone. If you are a teacher and teach that the life center is anywhere below the solar plexus, you are teaching from a false premise and we all know where false teaching of that sort sends the teacher—off the platform, into oblivion, and, unless he recovers himself quickly, into the insane asylum and even to the grave.

The silver cord which unites you to the Cosmic consciousness has its point of contact at the solar plexus. When you take the silence perfectly your consciousness will follow that silver cord out, out, out—until you forget the body, sensation, light, sound, motion and everything but space. You will forget yourself for a flash, and then it is that you will see the Great White Light, into which all things may be resolved and brought back perfect, whole, illuminated.

CHAPTER II

SCIENTIFIC BREATHING

OF ALL the functions of the body, breathing may well be considered the most important. We can exist a long time without eating, and for a while without drinking; but how long without breathing? The first thing one does when he comes into this world, after his nine-months sleep in the womb, is to inhale. He takes a breath and exhales it with a cry, and lo, conscious life has started. He has become an individualized soul.

In the study of scientific breathing there are two phases to consider, the exoteric and esoteric, for the Great Breath is not merely the air we breathe into the lungs. In it is contained the Absolute Energy, or the Holy Spirit, as we have been taught to call it. Used in this connection, the Sanscrit word which was translated "holy" should have been translated "separated" and that would give us the interpretation of "separated air." The things separated are air and energy. The Greek word is "pneuma" meaning breath, was translated "spirit"; and so separated air became "Holy Spirit." The ancient Brahmins believed that man was an epitome of the universe, its image and likeness; and they believed that there was a method whereby man could take into himself, through breath and mind, all there is in the universal substance in which we move and have our being. He believed that all there was in this substance belonged to man, and was for his use. Or, as Jesus put it, "All that the Father hath is mine." The Brahmin taught that it was the most natural thing in the world to breathe for what you wanted and to do it on all planes. He breathed the breath of life into every mental creation. For ages, in India and other Oriental countries, men have devoted their time and attention to the development of man, physically, mentally and spiritually; and the experience of the older teachers was handed down until a science was built up known as the Yogi Science of Breath. "Yogi" comes from the Sanscript word "Yug," meaning to join or yoke; and, as Jesus said, "My yoke is easy, and my burden is light."

The Yogi science of breath is a system of joining together the three rays of substance, the triune principle, of body, soul and spirit—that principle which is the law of the universe, the Truth. And what is Truth? Truth is that which persists; that which is eternal, changeless. Jesus said that God is spirit and that they who worship him must worship him in spirit and in Truth. All universal laws are truths, and in order to find the Truth we must go back to the beginning. In the beginning God Breathed the breath of life (spirit) into man; and he pronounced all that he created GOOD.

All the sickness, poverty, sorrow and heart-breaks of life are FACTS. You cannot deny them; they have come by a natural cause, set in motion by the creative powers of man, but they will go by the same powers that set them in motion; therefore they are not the Truth, for Truth is changeless.

With his very first breath man inbreathes the "Spirit of God," and that spirit within is his power. He has become a conscious living soul, with the powers to create, to destroy and to preserve. There are many text books on breathing, many teachers giving out methods of breathing, and many students who make breathing a strenuous task; but each and every one is using in some form, the Yogi science of breath.

Breathing does not mean violent gymnastic respiratory effort—something in which you have to persist for fifteen minutes or an hour; it does not mean that you must shut yourself away or go into the silence. It simply means the perfectly natural passage of the physical breath, done consciously and with a definite purpose. It is merely breathing in of the universal substance of all life, and breathing out of all the dead and wornout things within us. The breathing in of the vital, pulsating spirit of all things that we desire is "creating," the outbreathing is "destroying"; and it is through the use of the life principle that we preserve life in our body, which is the temple of this Holy Guest.

For many years we have misunderstood this Great Breath, having been taught that breath is identical with the air we breathe. Scientists have analyzed the air, and chemists have resolved it into its original elements, but no laboratory has ever been able to confine for inspection the "spirit of life." Yet we know that it exists and that we receive it with every breath.

God is spirit, omnipresent; yet we hear people pray for the "incoming of the Holy Spirit." That is because they have no realization of the Omnipresence. The Holy Spirit is not far off;

it is here, everywhere—omnipresent, and ever anxious to express through its holy temple. "Behold, I stand at the door and knock."

The purifying of the body by the atmospheric breath is of great importance, but more important is the understanding that the universal Spirit of all life is waiting at the seven million doors of one's body, ready to enter and flood it with life and energy. Paul said that the Spirit of life had made us free from the law of death.

There is one sure way of making connection with the universal substance of Divine supply, and that is through mind and breath. Mind, breath and substance are the three things which spell life, and life must work out its salvation through this triune principle. The first step is by thinking continuously (concentrating) on the thing you want. This can be done any time, anywhere; you do not necessarily have to be in the privacy of your own room. Concentration is simply 100 per cent attention to a given thing at a given time. Volumes have been written to convey what is contained in that one sentence. Neither in the time of concentration nor at any time is your breathing space limited. No one but yourself can shut you off from all the air there is, or from all the energy there is. Concentrate on the thing you desire, then breathe yourself into connection with it. The working of mind and breath upon substance is the secret of creation, and mind and breath in you are limitless. No one but yourself can limit you in any way. But mere concentration is not enough. We may concentrate forever without result; if we do not reach out and draw the substance of the thing we want to us, we can never make it a part of ourselves. Why do so many fail in their demonstrations? They concentrate; they visualize; but they fail to breathe the breath of life into the visualization. We breathe ourselves into sensation; we breathe ourselves into realization; and when we have learned the true science of breath, we shall never want for anything; for then we contact at will the universal supply of health, wealth, happiness, or whatever it is that we desire.

As our hands are the instruments with which we reach out from the physical body, so is the breath the instrument with which we reach for connection with the things of the mental world. The Brahmins taught that one could take out of the atmosphere anything one wanted; that the mind might be so adjusted as to hold in consciousness anything passing through the One Mind, and receive it; and that the human body was but the channel through which all that is within the One Substance

was flowing. We open the human channel through any fixed thought to the substance of that thought. The life energy is what the Brahmins call "prana." By inbreathing it we can "inspire" ourselves. Long, deep physical breaths raise our bodily vibrations and enable us to unite subjectively with everything around us. Everything that is in the earth's crust is right here in the atmosphere, and everything that lives on the earth draws to itself at exactly the rate of its own vibratory force. When we know this we know that everything is what it is, the kind it is, the form it is because of its natural vibratory force, and that force has drawn to it all that is or ever will be. The rose is the rose because it is drawing to itself the consciousness of the rose at the rate of one of the seven rays of color. When we learn this and know that we can raise and lower our own vibratory force through the use of breath and mind, we can turn the great trick of life with ease. Rythmic breathing, understood and used from day to day, can and does lift us into rapport with the great universal substance of supply. It brings faith and a realization of Infinite union.

The great life principle, or prana, is in all forms of matter, yet it is not matter. It is in the air, yet it is not air; nor is it any part of any of the chemical constituents of the air. Every living thing inbreathes it with the air, yet if we were filled with air alone we could not live. It is taken into the system with the oxygen, at every breath, and yet it is not oxygen. There is a difference between the air, and the mysterious potent principle contained within it which we call life energy. The Brahmin calls it "prana" and the Hebrew calls it the "spirit of life." Oxygen plays its part in sustaining human life; carbon plays a similar part in sustaining plant life; but the life principle plays its important part in sustaining all life. When we consciously inbreathe the Holy Spirit (separate air) and know that we do separate it and store the energy in the centers of the body—in the brain and nerve centers—we have found the secret of the many mystical powers attributed to the occultists. One who has mastered the art of storing away prana, consciously or unconsciously, radiates a wonderful magnetic power—vitality. He is filled with life and can fast without inconvenience. As the Master said, "I have food that ye know not of."

Whatever builds up life is a source of food supply. In each person is a marvelous unknown power called personal magnetism. It is simply stored-up electrical and magnetic energy acting through us as attraction and repulsion. Few persons have dis-

covered the laws through which they can store up energy, or if they have, they have not learned to use it to advantage. Efficiency in the use of this God-given power (call it energy or magnetism, as you like) is worth more to anyone than a fortune, for that one is a magnet of attraction and knows no lack of any good thing.

Much has been said, written and taught about the solar plexus, the great nerve center above the kidneys and back of the stomach. It is composed of white and gray brain matter and is the brain which has control of the main internal organs of man. The solar plexus is the great central storehouse of prana, or life energy. It is the life center; and with this in mind we must realize the importance of proper breathing; for within the breath is the law of life and death. With every breath the life currents enter the body; with every exhalation the products of waste and death leave—driven out by the power of the spirit.

There is nothing which the undeveloped do so imperfectly as breathing. Superficial breathing leaves all the death waste in the body, while deep breathing enables the pure ozone to penetrate and cleanse the body and give it new life. There are three methods of breathing: high breathing, that is, using only the top of the lungs; mid-breathing, where the chest only partly expands and breath is taken only to the waist line; and the low breath, or abdominal breathing. The Yogi takes them all in one and calls the breath "The Complete Breath," which is natural breathing. The best teacher you can have when it comes to breathing is a new-born child. Watch the infant very closely and as he breathes you will see nature at work.

The following breathing exercises are taken from "The Hindu-Yogi Science of Breath," by Yoki Ramacharaka, and are of great value.

Stand or sit erect. Breathing through the nostrils inhale steadily, first filling the lower part of the lungs, which is accomplished by bringing into play the diaphragm, which descending exerts a gentle pressure on the abdominal organs, pushing forward the front walls of the abdomen. Then fill the middle part of the lungs, pushing out the lower ribs, breast bone and chest. Then fill the higher portion of the lungs, protruding the upper chest, thus lifting the chest, including the upper six or seven pairs of ribs. In the final movement, the lower part of the abdomen will be slightly drawn in, which movement gives the lungs a support and also helps to fill the highest part of the lungs. . . The inhal-

ation is continuous. . . Avoid a jerky series of inhalations, and strive to attain a steady continuous action.

Retain the breath a few seconds.

Exhale quite slowly, holding the chest in a firm position, and drawing the abdomen in a little and lifting it upward slowly as the air leaves the lungs. When the air is entirely exhaled, relax the chest and abdomen.

YOGI CLEANSING BREATH

Inhale a complete breath.

Retain the air a few seconds.

Pucker up the lips as if for a whistle (but do not swell out the cheeks), then exhale a little air through the opening, with considerable vigor. Then stop for a moment and then exhale a little more air. Repeat until the air is completely exhaled. Remember that considerable vigor is to be used in exhaling the air through the opening in the lips.

This exercise will refresh one when tired or depressed.

YOGI VOCAL BREATH

This breath is for the purpose of developing the voice and is to be used only occasionally, not as a regular form of breathing.

Inhale a complete breath very slowly, but steadily, through the nostrils, taking as much time as possible in the inhalation.

Retain for a few seconds.

Expel the air vigorously in one great breath, through the wide-open mouth.

Rest the lungs by the Cleansing Breath.

WALKING EXERCISE

Walk with head up, chin drawn slightly in, shoulders back, and with measured tread. Inhale a complete breath, counting (mentally) 1, 2, 3, 4, 5, 6, 7, 8, one count to each step, making the inhalation extend over the eight counts.

Exhale slowly through the nostrils, counting as before, 1, 2, 3, 4, 5, 6, 7, 8—one count to a step.

Rest between breaths, continuing walking and counting 1, 2, 3, 4, 5, 6, 7, 8—one count to a step.

Following is another valuable exercise:

Sit in an erect position, keeping the spine straight; breathe rhythmically. Press the left nostril closed with the thumb; inhale through the right nostril; then remove the thumb and

close the right nostril with the finger; exhale through the left nostril. Without changing the finger, inhale through the left nostril; and, changing the finger, exhale through the right nostril. Do this seven times and rest.

That is one of the oldest forms of Yogri breathing. There are two nerves in the nostril, which the adepts called the plexus nerves—the right, the sun-plexus; the left, the moon plexus, nerve. The adepts believed that the pituitary body had its positive and negative plexuses in these nerves. Remember, that not all the ethers inhaled go into the lungs. The Spirit of Life is separated air, and the finer ethers go into the nerve centers, and this particular breathing exercise stimulates the brain and the nervous system by sending the energy to the nerve plexuses. It stimulates the creative on all planes.

Of him who can accomplish the following exercise the Yogi's say, "Blessed is the man who can breathe through his bones."

Lie in a relaxed position; breathe rythmically; then inhale and exhale, forming the mental image of the breath being drawn up through the bones of the legs, then forced out through them; next through the bones of the arms; then through the top of the skull; then take the breath to the stomach, the generative organs, and then up and down the spinal column; image the breath being inhaled and exhaled through every pore of the skin. Now, breathing rythmically, send the prana or life energy to the seven centers of the body: to the forehead, to the back of the head; to the base of the brain; to the solar plexus; to the sacral region; to the navel; to the generative organs; and afterwards send the current from head to feet several times. Finish with the cleansing breath.

Exercising and breathing should be practiced together in order to establish perfect rythm. One follows the other in the natural order of things. The value of correct breathing cannot be overestimated. With the superficial breathing there can be no animation anywhere. With the poor starved lungs and nerve plexuses shut off from life energy, inertia, disease and death must follow. Normal breathing gives life. Breathe, breathe, breathe, but don't get caught in the methods of breathing exercises. There are a few things only to remmber. Always inhale through the nose; the mouth was not intended as an air-chamber and if it is so used the impurities breathed in go directly to the lungs. You may exhale through the mouth on occasion, though in ordinary breathing exhalation as well as

inhalation should be through the nostrils. Make it a habit to breathe through the nose.

The lungs are not the only organs of respiration. The skin is filled with cells called pores, and they act in perfect harmony with the lungs. While we breathe the air into the lungs, it is exhaled through the skin, and while we exhale from the lungs the pores of the skin open up to receive the intruding currents. The two sets of respiratory organs act rhythmically and exactly at the same time. Everything in the body is in perfect rhythm. The heart is a rhythmic organ and heart and blood act in perfect time with the respiratory organs.

A system of fine little vessels, carrying a pinkish colored fluid called lymph, supply all the lymphatic glands, carrying in fresh building material and carrying out the waste; and they also act in rhythm with the respiratory organs and with the heart and blood. While they are doing this, the nerves in the body are carrying the nerve fluid or vital force to the brain as mental stimulus; and although they work with the speed of lightning, they also act in perfect harmony with all the other systems. The character of work done in the body depends upon the breathing, since the number of bodily vibrations per minute is determined by the breathing.

The Yogi breath has been called the "brain-stimulating breath" and some mystery has clung about it and some thought that it was dangerous. The only mystery is that connected with the two nerves in the nose heretofore referred to, and there is no danger connected with it. It merely results in storing up energy at a very rapid rate; you can overstore and then you feel the intoxication of it, but that is overcome by a reasonable use of the breathing exercise.

CHAPTER III

EXERCISE

FASTING, exercising and breathing are the short-cuts to regeneration and rejuvenation; they mean the building into the body of new life forces. Because the old methods of exercise have been so complicated, we have failed to get recreation from using them and therefore we have largely neglected exercise. When we understand the body better, we shall understand what sort of exercise we need. I have recommended, as your teacher for perfect breathing, the new-born baby. For your teacher in exercise, I recommend your pet dog or cat. Call either one after it has been asleep for an hour, and watch it, it will take a long breath and stretch, first the legs, then the body; then it will gape. These animals keep perfectly fit with only these few exercises. They are sufficient for man also and will exercise all the muscles of the body. No massuer can take your exercise for you; nor will any amount of rubbing give you the beneficial results you can obtain from your own efforts. Muscular activity, directed by your own will and taken in rythm with your own physical vibrations, is the health-giving thing; and here pauper and millionaire meet on an equality and have the same opportunity.

We all take splendid care of the face, neck, arms and legs, when it comes to exercise; but there are muscles in other parts of the body which play a vital part in health, as well as in form. We neglect the muscles of the trunk, and few of the exercises taught even touch them. How often do you see a person rise from the chair in which he has been sitting without taking hold of the arms of the chair and lifting himself up by the use of his hands? That should be entirely unnecessary. Another thing: if you expect the bowels to do their work of elimination perfectly you must learn to exercise the muscles of the abdomen. The fat accumulates over the abdomen simply because the muscles there are never disturbed. Yet it takes only a few movements of the right sort to get every muscle

of the body into action as the animals do when they twist and stretch their bodies.

Like everything else, when the body is in normal, healthy condition it is a combination of harmonious vibrations, each part tuned to vibrate in harmony with every other part. So long as this harmonious vibration continues, so long will the body be in perfect health; the moment that vibration is interfered with there is disease. The law of perfect health is perfect rythm, and each day should be started with rythmic breathing and exercising. It is because of the lack of exercise that the liver becomes clogged and fails to vibrate at its natural rate; the stomach gets filled with slime, the heart takes on extra fat, the spleen begins to enlarge, and the arteries to take on calcarious deposits; then the normal rate of the body's vibration has been interfered with. You feel every little draft, you chill with a breath of fresh air, you ache all over—in a word, you have taken cold. And that condition has been brought on by lack of proper breathing and exercise. You can dismiss the condition by setting in motion the polar opposite of the cause.

Normal life calls for the use of all man's powers, mental and physical; and the man who so regulates his life that he gets both mental and physical exercise is always the healthiest and the happiest. Physical labor without mental exercise will dwarf a life as quickly as mental labor without physical exercise; for Nature demands the maintaining of perfect equilibrium in all things. Your mental attitudes also will quickly cause the vibrations of the body to become inharmonious; since a change in the mind brings a change in the chemicals of the body, and sudden changes from joy and love and happiness to hatred and anger and despondency change the chemicals from a healthy to a diseased condition, surely and often quickly.

All vibrations produce radio-activity; it is present on all planes, mental, physical, emotional and spiritual; and in the physical vibrations are all the colors of the solar spectrum. We never get away from our fundamentals. The human aura is composed of the seven colors which belong to the Light of God (Elohim). The lowest physical color is red. Connect mind and substance and you get orange; and as the thoughts become finer you come into the yellows. When your creative inspiration is on the mental plane, you have indigo and the various shades of blue. If you are filled with desires and ambitions for accumulation, the yellows will turn ito light green, and,

with intensified thought, into the deeper shades of that color. When you are filled with joy, love or happiness, you radiate lavender and pink. By studying the attitudes of your mind you will know what colors you are radiating. Children, all inspiration and happiness, filled with love and joy, look well dressed in pink and light blue, for those colors corresponds to their attitudes of mind.

We should study our own radio-activity and keep around us the colors which vibrate to our own predominant color. You carry your own color in your eye; in order to ascertain what it is, look for a few seconds at a light (not too bright); then shut your eyes and you will see your own aura. Aura and color but make up another view of man as an epitome of the universe. The aura of the average person will show blue about the head and red about the feet, the head corresponding to the blue heavens or sky, the feet corresponding to the earth (red);—north and south, or electric and magnetic ends of the pole. And the colors are in swift and changing motion all the time.

There is nothing mysterious about the human aura; it appears because of the radio-activity of the body. Look out in the early morning and you will see the earth's aura in gray-blue, while in the evening it will be orange-red; and if you are near the salt water it will change to cobalt or indigo blue, as the radio-activity changes and the sun lowers.

If you want to rebuild your body, keep in harmony with the natural vibratory forces. When you sleep see that your bed is set so that your body is lying with the head to the north, when your vibrations will be in harmony with the north and south currents of the earth. The east and west currents pass through you and around you, enveloping you in a magnetic field; which is nature's way of magnetising or building your body into new activity while you sleep. With your head to the north you are in position to become one with the Omnipresent magnetic life forces as they are established in the orderly universe.

During the day we are under the electric rays caused by the sun, which reach their zenith of power about noon. This is the polar opposite of the magnetic intensity, which reaches its maximum about midnight. Nearly everyone nowadays understands the value of getting out into the sunshine and fresh air; but there are magnetism and health to be drawn from the moonlight—a point which health-builders often overlook. Not that the planets influence by direct rays or colors; but from man

himself come the same emanations, and they may be made to assist us in establishing harmony, or unity, between ourselves and the universe. The colors of the emanations make up what is known as the aura. There is nothing mysterious about it. Sound, color and form are all closely connected; they are the great trinity working through vibration.

As has been said, you can determine your colors by the color you see when you close your eyes after looking at a bright light. Jesus said: "If thine eye be single, thy whole body shall be full of light" (life); "If thine eye be evil thy whole body shall be full of darkness" (disease). There is a marked connection between the state of the eye and the state of the mind and general health of the body. Science has proved this fact and in Chicago there is a School of Nature Therapeutics using what is known as Iridiagnosis. When the iris of the eye is firm and clear and of a "single" unbroken color, the health is good, the predominant thought is constructive, and the body is full of life. But when the iris is "split" and discolored by streaks and dark red or brown spots appear, giving the iris a "patchy" appearance, in the body will be found some abnormal growth, organic trouble, the effects of drug, or the reaction of chemicals in the blood—all a result of mental states. The location of the trouble is determined by the location of the spots on the iris. This method of diagnosis is of course confined chiefly to those who understand the mental psychic origin of disease.

The eye is the symbol of intelligence in both animal and man. Astrologers give the sun dominion over the right eye and the moon dominion over the left eye; but this is merely mentioned in passing, as these lessons have nothing to do with astrology. However, the eye is the window of the soul (sub-consciousness), which is ever one with the universe, and man, as an epitome of the universe, must come under the universal laws. The sun is the light that rules the day, the moon the light that rules the night; the sun stands for the masculine, positive, electrical; the moon stands for the feminine, receptive, magnetic. An understanding of these laws makes for harmony and rhythm.

Rhythm is the law which makes for bodily health. The body is simply a radio-active machine and in health its various parts act in wonderful harmony. The heart is a rhythmic organ of great efficiency; by it the blood vessels acting harmoniously through contraction and expansion of the heart, making its chords on the basis of four. The heart determines the pulse, and our breathing determines the number of vibrations to which

we are attuned. The person over 21 years of age has a normal respiration of about 18 breaths to the minute; the pulsations of the heart about 72 per minute, which is four times 18; the vibrations from the lymphatic system are four times 72 or 288; while the number of vibrations per minute from the nerve centers is four times 288 or 1152.

Here we have the key to scientific breathing and exercising. The breath determines the rate of vibration, and with this knowledge you can raise the rate of your blood stream, then of the lymphatics, then the nerves; and you can make the life forces within you play to your own mental desire. In exercising, remember that the breath determines your rate of vibration and carry the chord of the four which will chord with all the vibratory functions. It chords with YOU. With music soldiers can march all day, when without it they would be unable to keep up so long. Through the law of rythm you can tear down or build up the condition of your body. It was through rythmic vibration that the walls of Jericho fell.

The best set of exercises of which I know is Walter Camp's Daily Dozen, and the exercises are set to music. If you have Camp's records, use them; if not, put a record in four-four time on your Victrola or whatever phonograph you use, and exercise to music, setting it at your own rate of vibration. For adults the usual vibration is about 80 counts to the minute. And keep your attention on the part of the body you are exercising, for attention sends the blood and the nerve energy to that part. Get into rythm, in other words, and when you exercise, realize what you are doing and why you are doing it. If on first taking the exercises you find yourself stiff and sorae, go to an osteopath or a chiropractor and have your spine examined and adjustments made, if needed. After freeing your spine, you can put real life into the exercises.

The following exercises are a combination I have adopted for my classes. I have taken from the Oriental movements and from each teacher or trainer whose methods have appealed to me as being practical in so far as they can be performed in a very few minutes and touch all the muscles of the body:

1. On awakening, stretch the body full length, lying on your back; take a few deep breaths; still lying in bed, exercise the muscles of the eyes, by looking first as far to the right as possible, then as far to the left. Close the eyes for a few seconds; open and turn them toward the right, then downward and to the left; close them again; open and roll them in a circle, look-

ing far to the right; then to the left; then downward. Roll the eyes in this wide circle five times to the right, then five times to the left.

Use moderation in all the exercises and do not overdo at first.

Pull the pillow down under your shoulders; or, if you take the exercises on a couch, hang your head over the end of it; in any event, throw the head as far back as possible; take a deep breath, raise the head as far forward as possible, and exhale. This strengthens the muscles of the neck and throat and will remove a double chin.

3. To reduce the abdomen; take first the same movements as for the throat; throw the head as far back as possible, then raise it up and forward; close the hands and with the fist gently strike the abdomen at the pit of the stomach, and across the stomach, back and forth. The forward motion of rising contacts the abdominal muscles, which relax as the head is dropped backward again. This contraction and relaxation make an excellent exercise for those muscles, and the percussion of the fists hardens them.

These exercises will have centered attention particularly upon the muscles in the back of the neck, and the large muscles which brace the abdomen are brought into action.

Now, with arms straight in front of you, raise your body to a sitting position, which exercises the muscles of the back and hips. You are now ready to rise, and half your exercises have been done.

4. Extend the arms straight from the shoulders, palms upward; swing the arms in circles—not over a twelve-inch circle; inhale; make six circles forward; exhale. Next, palms downward, make six circles backward. Next, arms still extended, make a half circle, crossing the hands above the head, palms forward; then back to first position, palms downward, and circle downward, palms inward. Hands down at sides, throw hands from right to left twelve times in twelve half circles. This strengthens the muscles of the shoulders and chest.

5. In order to stretch the legs, place one hand on a chair-back or table; stretch the right leg as far back as possible, keeping the body erect; then forward as far as possible. Stretch the left leg in the same way. Then put both hands on the seat of the chair or on the edge of the table, and come down first on one foot and then the other, as if you were running.

6. Stand erect, hands on the hips, thumbs back over the

kidneys, feet eighteen inches apart; lower the body to a squatting position, counting eight as you lower the body very slowly; pause a moment and count eight as you rise slowly. Keep the body erect, clasp hands over the head, feet close together; rise slowly on the balls of the feet, inhaling as you rise; hold the breath a few seconds, exhaling as you come slowly down to original position.

These few simple exercises bring every part of the body into play, and, faithfully followed every morning, will make you over physically. Don't overdo. Start with a few repetitions of the exercises at first and increase gradually. You will get as much benefit from this simple set of exercises as from any high-priced course of physical culture exercises to be had.

And last but not least always remember to exercise your imagination, hold the image of yourself as you want to be never allow yourself to think, or see the thing you do not want built into your life.

CHAPTER IV

EATING AND FASTING

ALL forms of life are governed by three fundamental laws—nutrition, exercise and breath. The first thing we do when we come into this world is to breathe; next we eat and exercise; and by means of these laws comes our growth. The cells of the body have cosmic intelligence, and, forming themselves into co-operative bodies, perform their functions exactly as a colony of people would do. Each organ and each cell performs its own particular work and lives within its own orbit of function. Each by the law of division, perpetuates itself through its own hereditary impulse to create, and each reproduces after its own kind. It is through this metabolical process that the different cells in all the different organs of the body are building that particular part of the body. A bone cell never evolves into a brain cell nor a tissue cell into a bone cell.

The food we eat is assimilated and transformed into vital energy. In the center of each cell is a substance awaiting the magnet that shall release its energy. The cell opens to that substance, releases its energy, then blends with the new substance. Thus is the process of physical life carried on through the law of action and reaction. Food acts as ferment upon the cells of the body, keeping the vital fires burning and the stream of life flowing through the protoplasm. The millions of cells in your body are alive with cosmic intelligence and, ever under the control and suggestion of the conscious mind, the great perpetuating law of life works through them all.

The animal does not violate the laws of nutrition as man does. It lives near to Nature, and Nature does not contemplate disease. All forms of animal life on this planet, except man, live eight times their maturity. Man matures at 21, and the average man dies at the age of 40. That is because he is a thinking animal, and makes his own law. He has gotten away from Nature, and disease is merely the penalty we pay for violating natural laws of the universe. All disease, inharmony and

sorrow have come by man's own law, and will go by the same route.

Man pays much attention to the materials with which he constructs a house, but too often forgets to pay the same attention to the materials with which he builds the temple of the living God. Many diseases are caused by failure to select the foods which contain the elements of nourishment needed by the body; still the food that is supplied is handled by a marvelous cell intelligence, in a wonderful laboratory, from the moment it is started on its journey of nutrition; but whenever the food substance is lacking which releases the energy of a particular cell, that cell remains closed until it collapses. In disease blood vessels collapse, nerves contract, brain and muscle tissue shrivel up, and the cells in the body become only half their normal size. That condition comes from one of three causes—and sometimes from all three: lack of proper food (not lack of food, but of proper food); lack of exercise, and lack of air. In the last case, something is wrong with the breathing.

It is the eating question which is now to be considered, however. Disease has made us suffer until it has made us think, and the man who has suffered most has had the great thought; but as a rule he has so concentrated on that thought that he is a fanatic. He has the ideal, but under it is no foundation. There was never a great thought, however, which did not have its polar opposite. Even the great thought of heaven brought with it the thought of hell. But when the two opposites strike their equilibrium a practical thought is born. We have all met the fanatic on nutrition. He would have us eat, say raw foods exclusively. He reminds us that everyone wants to be healthy, happy and young, and declares that raw food is the only path to the realm of peace. He urges his diet upon you and promises that it will make you well.

Many have followed one fanatical idea after another until, in disgust, they turn away, declaring there is nothing in any of the ideas. What is the matter? you ask. Answer: You have lived twenty, thirty or forty years, eating the same foods, building up your body through the vibrations of those foods; and then, in a day, you are off on a totally different sort of diet, which causes a too-sudden change of vibration. The all-important lesson for the psychologist to learn is, that his body is polarized in a vibration normal to himself—a vibration which he has built through his food, his breath and his mode of exercise; and any quick change will cause a reaction. It is well

known that certain forms of life cannot stand a sudden change in temperature: yet what are heat and cold? They are merely different rates of vibration, but above or below a certain point comes disintegration. And, similarly, many persons cannot stand a sudden change in diet.

Whenever a vibration is suddenly broken, it means disintegration. Before making changes, get a common sense estimate of the activity within your own body. All that food scientists can do is to remove the resistance set up by wrong eating, then giving the subject something to take the place of the improper food which shall not too suddenly break the normal vibration of the body.

When we come to the selection of foods there are three things to take into consideration—age, climate and occupation. The growing child needs starchy foods, cereals and milks. The person over twenty-five needs very little starch, and as one grows older he needs practically none. Cereals are not good for an old person. We should also select our food with regard to climate and temperature. If we live in a cold climate we should naturally have foods in which there is heat; in hot climates that sort of food is not needed. We have also to consider the work in which we are engaged and our ability to take in energy from the air. Food and air naturally generate energy.

We keep in reserve certain stored-up energy, and stored-up fatty tissue; and the reserve cellular tissue is the body nature provides for us. This fatty tissue is on all parts of the muscles and it is that which changes the weight and size of the outer body, and which is food supply and energy for use in emergency. The fatty flesh is all through the body and when there is over-supply there is trouble. It is the abnormal increase or decrease of this tissue which makes for old age. Sickness and old age lie in the reserve body, but so long as the normal balance is kept in the cellular tissues of reserve energy, there is perpetual balance in the forces.

Health is a natural condition, and, with obedience to the laws of breath, exercise, diet and sleep, we need never get sick. The old traditional thinking has caused us to believe in disease as a reality and to believe in its cure by the use of drugs. But when we get down to the cause of disease, we find that it is ignorance of the four conditions or activities of our own body—eating, breathing, exercise and sleep. We should take into our stomachs only harmonious combinations of food; and we should not eat to excess. When we overeat the stomach se-

creates an over-supply of hydrochloric acid, and fermentation is set up; the food passes from the stomach in a fermented condition and the culture left sours, and ferments the next meal; that is what has happened to persons suffering from acid fermentation of the stomach. If the ferment is not eliminated through the intestinal tract, there will be bowel trouble, auto intoxication, and the like. Conditions which follow overeating are constipation, insomnia, nervous indigestion, auto intoxication, kidney troubles, mental depression, etc. We have often been told that we dig our graves with our teeth, and that is how we do it. For acid stomach we have been told to take a little soda. Then along comes the food specialist and tells us to eat oranges, citrus fruits of all kinds, and so on; and presently the acid left in the stomach from that adds fuel to the fire, and the next meal is fermented.

There is but one rational thing to do—remove the cause of the trouble. Clean house; and get rid of the surplus fatty tissue. There is a long line of concentrated thinking to the effect that we must eat to live. The truth is that in order to live we must get back to the three laws of digestion, assimilation and elimination. Assimilation is the act of dissolving the food into the circulation by means of the lymphatic system and the blood stream, which carry it to the various cells of the body and deposit it. The cells open and close only to the substance which each can use for its own building purposes. Assimilation and elimination must be equally balanced. Nor is lack of proper elimination confined to the bowels alone. Ashes and refuse are passed out of the system by means of the kidneys, saliva, breath and skin; the dead flesh cells are passing through the blood stream all the time, and if not promptly eliminated these poisons cause uric acid, from which arise rheumatism and a string of kindred diseases. So long as we keep free elimination we can eat almost anything without bad effect. But we must get rid of the waste at our own risk; and do not forget that elimination is by means of the skin as well as the bowels, kidneys and breath. Frequent bathing keeps the pores open; and if the system is clogged and you need a regular sweat the best way of taking it is by means of an electric blanket.

We do not live merely by what we eat, but by what our food accomplishes for us; and when we have finished with a food, if we do not get rid of it, it poisons us. Drugs, pills, fountain syringes, and mineral waters, all stand for the truth that elimination is the cure.

Why let all the stored-up energy and reserve food cells become permeated with poisonous gases? As a rule when we do not feel well we lack energy; to acquire it, we eat more than we may get strength for the daily task; the family physician prescribes a tonic for the purpose of stimulating the appetite; and so we add fuel to the fire by eating until Nature calls a halt. Unload or you die. Relax, stop eating, and eliminate. After we have had the experience a few times we begin to lay the condition to what we eat and to ask, what shall I eat?

Many teachers today are saying, eat no meat; and they usually add that the eating of meat retards spiritual development. But Jesus said, Take no thought for your life, what ye shall eat, neither for the body, what ye shall put on, for life is more than meat and the body more than raiment. In his day a great deal of raw food was eaten, such as honey, cheese, milk, eggs, fruits and nuts; and the bread was made of whole grain ground between two stones. All foods were largely as nature prepared them, and they would be the best foods for us today if we would adopt them. But in order to answer questions about food one should know something of the chemical organization of the body; and of course that which goes to make up the constituents of the living protoplasm must in some way be distributed to the living cell colonies, or the cells will starve and disintegrate.

Food is that substance which can be converted into human energy. We cannot absorb all our energy from the atmosphere, so some of it must come from food. The blood and tissues of the body contain a certain amount of mineral salts, which come from celery, lettuce, string beans and beets. All fats contain the elements of oxygen, carbon, and hydrogen; we get both carbon and water from the vegetables we eat; while cheese, milk and eggs give us proteins, compounds of substances containing nitrogen. When you begin to analyze the elements in the body, common sense tells you that it is a well-mixed diet which makes for health. Carbo-hydrates such as oil fats contain elements of nitrogen, but not enough for repairing wasted protoplasmic tissue and the building of new. A prolonged carbo-hydrate diet (that of the strict vegetarian) cause nitrogen starvation and gives rise to the sallow complexion so often seen in those who are reforming their diet without proper instruction. Carbo-hydrates alone cannot sustain life, but induce slow starvation of the cells. Protein food, besides supplying heat, furnish the tissues with building material, and the life in the cells is dependent on nitrogen to sustain normal protoplasm.

I have nothing to say in favor of meat eating and nothing to say against it; but if one is to sustain life and perfect cell polarity without meat for any length of time, one must possess a knowledge of how to absorb nitrogen from the atmosphere in sufficient quantity to equalize the cell activity or he will have to go back to his meat diet in order to escape disintegration in the cell tissue. We have been a meat-eating generation and until our metaphysical education reaches a point which enables us to absorb from the atmosphere the foods it contains, our ignorance of the necessities of the body may precipitate us into conditions not easy to overcome. The vital question is not, shall we eat meat? but, who shall eat meat? The man who has learned the laws of breath and mind can draw from the atmosphere the "food that ye know not of"; but until he has learned, the cells in the body demand the foods that supply their necessities. No teacher has the right to take from you the foods that are keeping a perfect cell polarity in your body until he has supplied you with the knowledge which will give you something in the place of that which is taken away. He should give you the keys to Nature's storehouse before taking from you your present supply. Nitrogen is positively necessary to create and sustain new protoplasm, and everything is dependent on the chemical structure of the living cell. The great sub-conscious mind has its home in these cells, and without nitrogen the cell is slowly destroyed and its power to reproduce itself taken away; which fact puts the possibility of reproduction of the race below normal. The vegetable-eating world may claim that as spirituality, or as living above the physical—but it may be merely lack of cell polarity.

Neither the same diet nor the same surroundings will answer for all; each one is in his right place; each one at his own level of unfoldment on the path; and they who have come to the place of conscious union with the real life know that the same rule does not answer for all; the consciousness tells us that we can hold to the God of Life just as well on a diet of corned beef and cabbage as on anything else.

The best book on diet with which I am familiar is *Little Lessons in Scientific Eating*, by Eugene Christian.

Having learned what to eat, and how to eat, it sometimes becomes desirable to know when not to eat. One of the shortcuts to spiritual attainment used by the old adepts was fasting and praying. Whenever Jesus wanted to reach a high place of spiritual consciousness, he went away alone; and he made it

plain that we should go alone into our closet, and that when we fast we should do so in secret, and not as the hypocrites, who appear unto men to fast. Jesus left no instructions as to fasting, probably considering them unnecessary, since fasting had long been a custom among the Jews, as well as the Egyptians. But no man ever attained to God-consciousness or ever gave a spiritual message which survived the ages, until he had learned to fast and pray. It was after Buddha's long fast that he came out to give his people the message of the eight-fold path of the Master. Moses took two forty-day fasts, before giving to his people the laws—which are being followed yet. It was alone with God that he got the power to speak words which have echoed down the centuries. The Sermon on the Mount—which makes up the Fundamentals of the New Psychology—was delivered after Jesus of Nazareth had gone into the wilderness and there fasted for forty days. In words too plain to be misunderstood Nicodemus was told by Christ that unless he could go without food, unless he could get to a place where he could draw sustenance (“food that ye know not of”) from the ethers, he could not attain to the deep spiritual power of a master.

Fasting has always been used as a means of purification, and in this connection it is interesting to note that the first record we have of disease is about five thousand years before the Christian Era. In that record, disease is described as a devil—an evil obsession, or thought force, which had gained access to the body. At first the priests and the Magi, on whom the people depended in times of trouble, spoke the word which reversed the evil thought and cast out the devils. And the speaking of the word for the purpose of breaking evil conditions continued to be the healing method for centuries; after which came the use of objective means and the giving of herbs. For three hundred years before the Christian Era there had been many herd doctors and it is since that time that the profession of medicine and the drug system have evolved. Beside them has evolved another phase of healing—the laying-on of hands; and today we see the old magnetic methods in the form of osteopathy and chiropractics, which today are taking the place of the medical doctors and drugs. With the coming of the Aquarian Age the drug system has reached its zenith, and we are turning again to the spoken Word—the power of the Spirit of All Life—and to fasting and prayer, for our cures. Divine Science, Christian Science, New Thought and allied teachings are not only eliminating drugs, but are restoring to us the latent power of primi-

tive Christianity, the religion which practiced fasting and prayer.

No matter what the disease, if one has the courage to throw off the old cell body, he can build new cellular tissue, intensified with regenerated expression; and the new cell consciousness of health thus built will extend through every cell of the new flesh. The building of a new body is accomplished by means of suggestion and auto-suggestion, concentration, visualization and realization. Your body is renewed daily through the renewal of your mind. The diseased individual, the nervous person, has not at first control of the mind; for the idea centers are in a state of confusion, and the cell life is in confusion, sometimes from over-stimulation and sometimes from under-stimulation.

Thoughts have just four places in which to register—in the physical, mental, emotional and spiritual bodies, or planes. Where your treasure is, there your heart is—and where your love or your fear is, there will your thoughts register. If you fear sickness they will register as disease in the physical body; if you love life, think healthy thoughts and keep free from the fear of sickness, the thoughts will register as healthy flesh in your body. When the thoughts register in the mental body they determine your environment, in poverty or success; if your love or your fear is in the emotional, your thoughts register in the emotional body; you may have the joy of life or the heart-breaks of life, according as you think. If your love is of spiritual things, your thoughts will register as illumination; if you fear on the spiritual plane, your thoughts will register as despair.

Thoughts of fear, prejudice, hatred, envy, neglect and injustice paralyze the assimilation; the system becomes clogged and poisoned, and the natural result is chronic disease. Fasting is the one thing which will cure chronic disease. Acute disease comes from emotional states which register in the flesh as anger, fear, jealousy, hatred and revenge. If these states are persisted in they eventually build a new cell body with nothing but a destructive consciousness; for two ideals cannot occupy the mind at the same time; and fasting is to drive out from the cells the destructive hereditary impulse put there by destructive thoughts. It was the destructive thoughts obsessing the body which the ancients called devils; and it was through fasting and prayer that they cast the devils out. Often it takes strong suggestion, and sometimes complete change of surrounding and climate, in order to bring about a complete change; for you cannot change the old cell body when the mind itself drags along under the same

old auto-suggestions which build the condition. We can easily tear down the fatty tissue by fasting, since it is entirely dependent on the food it is given for life; remove the stimulation of the food and you destroy the tissue. But unless we change the mental suggestion at the same time we build back a tissue with the same old impulses.

No fast should be taken unless for a definite purpose. If it be for cleansing the body, take a long systematic fast and then keep the body clean by means of a fruit and vegetable diet. But fasts should not be taken until we understand that when we tear down the tissues, they die and must pass off, they must be eliminated, and fasting must be accompanied by baths and exercise in order to throw off the dead cells; and there must be plenty of fresh air in order to generate the new tissues.

The idea of scientific living has been held out to the reader throughout all these chapters, and the rules given hold good in fasting. You have been told that on going to sleep you should clean your mental slate, leaving the sub-conscious mind to work out the suggestions and bring to you the material with which you wish to work on the morrow. Under the laws of breathing you were told to realize that the Breath of the Almighty is your spirit of power; that you were to reach out into formless substance with each breath, as you would reach out your hands, and pull to you anything you desire (not what someone else thinks you should have). In matters of diet you have been told to use common sense, and to study the classifications of food before laying down the old diet to take up the new; in other words, you are to make your selection yourself, since no one can tell you, except in a general way, what you ought to eat. We will follow the same rule in fasting.

Fasting is the short-cut to health and to spiritual unfoldment. It is the greatest body rebuilding agent we have. Begin to fast gradually; make no sudden change. Do without breakfast each morning for a week to begin with, taking a cupful of hot water, or even two or three cupfuls, if the stomach feels empty. But eat the usual lunch and dinner. Then the next week begin the real fast. Start, say on Sunday night, and fast forty-eight hours. On Tuesday evening eat dinner, taking soup, fresh vegetables, salad, and fruits in season. During this forty-eight hour fast, bathe once or twice a day in tepid water; drink all the water you can; if necessary to get elimination from the pores, take a sweat in the electric blanket; walk, exercise, dance—re-

membering that you are tearing down the old cell body and that exercising will surely eliminate them.

After the Tuesday dinner, fast again until Thursday evening, breaking the fast with soup, vegetables, salad and mayonaise dressing, fruit, bran crumples or bran bread. Fast again until Saturday night, and eat again. This constitutes a six-day fast and is long enough for the first time. It is the tearing down process. The next six days is the Genesis of your creation, and in these days of upbuilding, take eggs, milk, cream-tomato soup with a trifle of olive oil; vegetables, nuts, honey, and bran crumples with cream, or bran bread; and with each meal drink a glassful of sour milk.

In this process of building-up, Mind is the builder, controller and director; every suggestion given the cells that are building will be the hereditary impulse they will carry; and if you build love and joy into the new cells, you can never be sick.

After a while you can take three-day fasts, eating at the end of the third day; and four day fasts, eating at the end of four days; and so on.

In the beginning of the fast you may expect acute hunger, and if you take the fast because you are not feeling quite well, it would be better to take a short body-cleansing fast. The old Egyptians did this every new moon; it was the only method known to them for keeping in perfect health.

They fasted three days at a time and took laxatives.

For the prolonged fast, that method given in Dr. O. E. Miller's booklet, "Body Rebuilding Fast," is one of the best.

For a three-day fast it is well to take the following:

CLEANSING FAST

On the first day take one pint of fruit juice for breakfast—a mixture of orange and lemon juice; drink as much water as you choose, and at least four glassfuls during the forenoon. At noon take another pint of fruit juice—orange, lemon and grapefruit mixed. Drink plenty of water, either hot or cold. In the evening take another pint of fruit juice, and before retiring take a warm bath and a body massage. Keep this diet up for three days; during that time, see that elimination is perfectly free, and take plenty of exercise. We eliminate through the skin, so exercise until you perspire freely. Take long deep breaths and exhale until all the air is out of the lungs. The lung cells quickly make the exchange of carbon dioxide gas for oxygen, and the oxygen is carried through the tissues in the blood stream and builds up new cells.

Deep breathing cures constipation for the reason that it increases the peristaltic action; and deep breathing increases the flow of urine, by reason of the increase of the blood pressure.

After the fast, on the evening of the third day, eat whatever your hunger suggests, and follow the meal with a glassful of sour milk. For the next three days take the fruit juice in the morning and be guided by your hunger as to what you eat. To eat what you hunger for, when you are hungry, and not too much, is a very good rule. Keep up the warm baths and massage for a week or two if possible. Fasting and deep breathing have always been the direct method of purification.

After a fast there is nothing better than a diet of sour milk. Let the lunch every day consist of salad of raw vegetables and fruits, served with mayonnaise dressing; cheese, bread, butter and honey, fruits of the season, and a large glassful of sour milk. At dinner eat the usual meal, followed by a glassful of sour milk.

To make the culture for sour milk put a half pint of pure milk into a glass jar and let it stand in a warm place 48 hours. If the milk has not been preserved it will thicken in that time. Put fresh milk into a double boiler; let the water come to a boil then take the milk out and cool. To a quart of the milk so sterilized add three tablespoonfuls of the culture and let stand over night. Each day leave three or four tablespoonfuls of the milk so soured and add to the sterilized milk next day. This culture sours the milk over night and the process can be kept up without making new culture.

When you are reducing, use buttermilk as a drink; when building up use the sour milk; the fats have been eliminated from the buttermilk, but are retained in the sour milk.

CHAPTER V

SCIENTIFIC THINKING

SCIENTIFIC thinking is thinking in harmony with the universal laws. As a radio-active center, man lives and moves and has his being in universal substance, environed by universal laws—laws which he did not make and which he cannot change, but with which he can and must act in harmony, and then they become his servants. In the previous chapters the reader has learned that everything has its polar opposite; so the most scientific thought is the thought of unity. since unity is universal harmony, in which the opposites are brought into equilibrium. That place of equilibrium is the “kingdom,” and it is given us to know the “mysteries” of the kingdom; though the mysteries are all summed up in man’s ignorance of himself. And since man is an epitome of the universe, to know himself is to know God. Ignorance can be overcome by study, and the first thing to study is the mind, remembering that the actions of the conscious and the sub-conscious mind are not acquired, but innate. But how to study? **Seek and ye shall find.** Look deep into the sub-consciousness and grasp the roots of your life at the point where it touches the universal life. This is not hard to do, for the sub-conscious mind is the seat of all memory, all wisdom.

Each idea grasped and accepted by the sub-conscious mind is transformed into a reality, and transmuted into personality; and it is thus we build our lives. Each idea that enters the sub-conscious mind is charged with emotion, and the thoughts we truly feel are the thoughts that man thinketh in his heart. One moment of intense love, or one moment of intense fear, gives rise to effects that last a lifetime. Once we know this and can get back to the roots of that thought and eradicate it, if it be an undesirable one, we shall have made a great change in ourselves. This work is scientifically dealt with in psychoanalysis.

There are a few laws which it is well to remember in our personal life; first, that our predominant attitude of mind always controls our creations. Man is merely an outer picture of

that which he thinks. Your body, your character, your very environment and financial condition, tell what it is that you fear. Man has acquired fear, through experience, and by hereditary impulse. The mother stamps fear on the cells of her baby before it is born and keeps the suggestion of fear over it after it comes into the world—and until it is old enough to fear for itself. Yet fear and anxiety put an effectual stop to all progress, to all initiative. Do you fear poverty? Then you will be poor. Do you fear ridicule? Then you will be ridiculed. Assume the attitude and acquire the feeling that you are entitled to achieve as great success as any other human being; stand up and draw to yourself with every breath the substance of your desires. Image the thing you want, and then will it into form. You have the same power to draw from the atmosphere that the flower has. Man is a CENTER of creative life, and when he understands the law he becomes the supreme creator and director of his entire life. The secret lies in right thinking; and Aaron Crane has written a book of much interest on the subject, called "Right and Wrong Thinking and Their Results." The book is easily procurable and should be in the hands of every student.

The second law which we would do well to memorize is this: That as ye sow, so shall ye reap; for whatever you put into universal substance in thought or action, you are going to take out in form. It is the Will of the creative substance to create, and it is no respecter of persons. By natural law, it creates from every bit of material that is handed it. Your thoughts are radiated from you; they are the raw material from which you create your body, your environment, your failure or your success. Every thought is registered in the Great Book of Life, in the ethers, and you are forced to account for the lightest thoughts and for all your thoughts, for they are broadcasted into the universal ethers, there to work for your good or your undoing. The law is not mocked; as ye sow, so shall ye reap.

Look into the universal substance and know that everything which is here now in form, was once out there in substance. All matter is directed substance (electrons); and the force back of it is mind, for mind directs all assembling of substance into form. Man is the creator of his own world, and it is his mind in concerted action with Universal Mind, which assembles the substance of its own creations.

Going back to the statement that your predominant attitude of mind controls your creations, let us see what the method of creation is. First, what do you desire—make it your predomi-

nent thought. Desire is the positive side of conscious mind and it works through imagination the receptive, in creative imagination is the image of all desires, all fear and all faith. Conscious imaging is the great psychological secret, it is the study of the age, just how to keep the perfect image of the thing desired and pass it on to the sub-conscious mind as suggestion; this is creating in consciousness. Stimulating is the law of the objective or conscious mind and we all know how easy it is to stimulate the imagination through desire, fear, faith or jealousy, and automatically these suggestions pass into the sub-conscious mind.

The law of the sub-conscious is suggestion, and it works through obedience and will, these suggestions are obediently accepted and handed to the will, the positive factor. There is a concerted action between the imagination and the will that means mental poise, when the will and imagination are not balanced there is conflict between the two minds. All of our desires, attitudes, imaginations, and experiences, are suggestions passed into the sub-conscious as material for its use. This mind is the record of ourselves from the beginning, the storehouse of memory.

The super-conscious mind is the point of equilibrium where the I AM exercises self direction, its laws is realization, it is the Throne of power that Jesus called the "Kingdom of Heaven" where our desires have passed through the conscious image and are willed into REALIZATION, there they are illumined with life, we have a perfect consciousness that I AM what I will to be. In the realization of the super-conscious you are above all law, "He that dwelleth in the secret place of the MOST HIGH shall abide under the shadow of the Almighty. Now, what is your strongest desire, do you want it more than any thing else in the world, it comes through the same laws of mind; stimulate your desire, stimulate your imagination. Faith in your own creative law passes it into the subconscious. All thoughts have a feeling tone an emotional quality which automatically pass them into the subconscious with just the force that you feel them.

Is it business efficiency you want, the law is the same, do the thing that you love to do best, that you desire to do more than anything else. 80 per cent of the unhappiness in the world is caused by men and woman in the wrong vocations, beginning with the child being forced to do the thing his superiors think he should do instead of the thing he desires to do, and later

on they are afraid to try to do the thing they desire to do, imagine they can not.

Have faith in yourself, you can never have a desire so great that you have not the power within you to fulfill that desire. Do you want to be a salesman, there is just four simple rules to salesmanship. First is a burning desire—then perfect understanding of your proposition—Have faith in it, sell it to yourself first—Never let your enthusiasm die. There has been volumes written to tell these four rules and they apply anywhere as well as to salesmanship.

Your predominant thoughts are your radiating power, these radiations always go ahead of you and prepare the way, they are "The Spirit of the law (Lord) that goes ahead and makes easy the way." Magnetism, attraction and gravitation are the same force, only atoms assembled at different rates of vibration, science will some day discover, all is one, and these forces push and pull, lift and balance in the human units just the same as in the Universe of planets and stars. Mind is the controlling directing force of all, the forces that are working for us pushing, pulling, lifting and balancing our lives, as individualized units in the universe are the manifestation of the vitalized, energized thoughts that we are sending out. Understanding that, we can understand the importance of choosing what we shall desire, and of controlling the thoughts we think; we can understand the importance of imagination and will and obedience. For as the seed we sow, so will be the harvest we reap.

Is it your will which is weak? Then know that the predominant thought is always master of the will. When desire and imagination conflict with the will, we find ourselves unable to will. The law of the subconscious is suggestion, and it works with the material given it by the conscious mind. Auto-suggestion is the great power which strengthens the will. If you cannot do the thing you want to do because your will is weak, then you may know that your desire or your imagination is at fault. By intelligent affirmation (suggestion) and by thinking intelligently and strongly of the think desired, that desire will soon become your predominant thought; and the predominant thought is always master of the will. In this lies the great value of such affirmations as Coue gives when he says: "Every day, in every way, I am growing better and better." The affirmation is susceptible of a thousand variations; for instance: Every day my health is growing better and better; Every day my financial condition is growing better and better; and so on, without limit.

Many persons refuse to make such affirmations, saying they are lies. Such people are utterly without understanding of what a lie is, even according to the dictionary definition of the word. Webster says that a lie is a "criminal falsehood; intentional violation of truth." Affirmations are suggestions, and suggestion is the law of the sub-conscious mind, it knows no other. An idea comes to the mind in form of a suggestion, and whether it can enter depends upon the state of your mind. Auto suggestion is the one you make to yourself it is the most powerful, "According to your faith" in that suggestion be it unto you; the "I AM" in you is your Divine power, no one can speak that word I am for you but yourself, all others can only say "You are." It is the thoughts that you induce within yourself as truth, or lies, that make for your success or failure.

Mind is the creative force back of the self, if the self does not please you then give mind the suggestions to build another self. The hardest thing that man has to do is to look himself straight in the face, just try to take stock of yourself once, just balance up your assets and liabilities, ask yourself what sort of an impression do I make? Am I attracting the things I desire? Do I hold friends? Go down the line and check yourself up, see if you hold friends, have I the physical expression of health and beauty, find where you need to build up and find the cause. It all reacts back on the self, the predominant state of mind. Rather than face it we immediately start out to find a "Scape Goat" one to place the blame on, we look over the family, all of our friends and business associates—but "The Goat" lies within your own mind; your own predominant qualities of consciousness.

Now let us look for some of these qualities, have you a sorrow that has just weighed you down for years until you radiate nothing but sorrow, the world is not looking for sorrow, it has sorrows enough of its own, it will repel you, push you away. Are you carrying a thought of bitterness, then you are nursing a viper in your bosom, it will only turn in time and sting you. Are you under a great weight of injustice, the world will not court you, when you have nothing to give but a tale of woe.

What is the remedy for all of this, if you want to weigh and measure yourself. Get a long mirror, a broad mind, look at yourself until you get a deep conviction of the truth, as you look physically, as you appear mentally, and as you study each aspect they will unfold and some wonderful truths will stand out and there you will see the underlying trend of thought that have

been the keynotes of success or failure in your life, it is the "secret thought" that is heralded from the housetop.

There is a principle back of all life, and it is Creative Energy that energy is ever in action and it is directed and controlled by MIND, you can direct that energy to wrinkle your face, turn your hair gray, throw your physical body all out of proportion, or you can direct it to give you health, youth and beauty of form, there is no one to blame but ourselves for what we have or have not in this world.

Why do we allow ourselves to direct the creative energy in these destructive channels, in every life there comes moments of fear and disappointment, and what happens? First, down goes the chest, we sigh and sob, the breath becomes irregular we stop inbreathing energy, stop storing energy, and the moment that we start on this downward path of fear and worry, then mind begins a chemical reaction on the body and before we realize it these moments of intense emotion have etched lines in the face, in the hands, and lines in the iris of the eye; so "He that runs may read" and the psychologist soon becomes a character reader, He knows.

Take the people who are under a business strain all the time and you will find that they never relax long enough to get a deep breath, or to digest their food, they cannot relax enough to sleep, every nerve is tied up in a knot, sore muscles in the back of the neck and down the spine. Then you are all ready for the Chiropractor to give you a shock that will relax you long enough for the life forces to start again, but no one can change your attitude of mind that is causing this. We are what we are from the thoughts we think, the statements we make. It is the mental tie up that has caused the physical tie up. Remove the cause, clean up your moods, get back to the source, if you have these undesirable thoughts change them; break the vibration, and set up a higher one. So long as we allow the image of anything undesirable a place in our mind, we will be at war with our will to overcome it; that is what keeps up quality of action—conflict. Affirm that the thing that you want is yours; it is; when you have strengthened your desire for it, and have visualized it, and willed it, you will have it. But no suggestion or affirmation sets into operation any law out-side yourself. We fill our minds with statements and words, words, words, but we never make them a part of ourselves. The change of thought must be in yourself; it is right thinking that brings right action; right action forms right habits, and right habits build success. "Some ships sail

east and some sail west," but your mental attitude sets the sail, the engine is your will. It is down in the engine room of your sub-conscious mind, out of sight but ever pumping away to keep the ship going. The only impulses that will ever be developed and manifest themselves are those that are in harmony with the sub-conscious attitude that you carry. What mental attitude do you carry? Make your chart. What is the percent of fear? faith? self confidence? or self depreciation? Do your work in the right way, and you can have anything you want—and get rid of anything you want or do not want.

A drunkard desires the stimulation of liquor: he imagines that he cannot do without it. His friends say that he can if he will; but the desire and the imagination in his case are too strong for the will; the predominant thought has mastered the will, as it always does, and he is too weak to will. But by persistent auto-suggestion (affirmation) of a higher desire, he will come to desire sobriety more than stimulation; he will imagine himself as free from the desire for liquor, and when that freedom is the predominant thought, his will will have grown strong enough to command obedience. Stimulation is the law of the conscious mind; that is why men drink; and they will spend their last dollar for stimulation, or inspiration. Resistance to drink is no part of the cure. Do your work by the positive constructive method above described and you can overcome any habit which you wish to overcome.

Mind, like all other things, functions under the law of opposites. Hypnotism has brought out many facts about the mind. It has proved that man IS mind and that mind persists separate from the body; it has also proved the existence of the secondary or submerged mind. It is the action of the two departments of mind, the conscious and the sub-conscious, which makes man a creator. Even the mind works through the Father-Mother principle, the conscious mind being the masculine or positive principle, the sub-conscious mind the feminine or receptive principle, which gives form to all desire. Persons who live entirely in the conscious mind want a religion or a philosophy which they can reason out; they are as yet unable to grasp the truth through the intuitive or psychic side of the mind, and they live in a world of sense, sound and form. This is typical of the Western mind. In the Eastern world we find a race which has developed intuition and is guided and directed by cosmic power and the use of will, while we of the West are guided by desire, which the Eastern is trying to kill. Each has what the other needs, and

the Master mind is the psychological mind which has learned the law of balance, the mind which uses both desire and will. That mind reasons out what the man wants and then wills his desires into form. That is the Middle Path of Buddha, the Enlightened One, and that is the path which Christ told us would let us into the kingdom of heaven where all things should be added unto us.

Try to grasp the idea that mind is supreme, even over itself, since it determines its own activities. It is never what happens to us from without that makes for creation or destruction; it is the reaction of one's mind to the things from without which makes or breaks the individual. No suggestion from another which does not find lodgment in your own mind will ever affect you. That which does find entrance to your own mind has ended outside your body or environment, so far as you are concerned. **Nothing can affect you if you do not let it.** Mind is all that gives life to the suggestions you hear, the actions you see. Mind is the controller, and nothing can enter its abode if it closes the door to them. That which does not enter your mind does not affect you; but once you take a thought in you can do anything you want with it. You cannot, however, accomplish anything by casual thinking; the thought which occupies your mind for a minute and passes on does you no good. It is the persistent thought that sets creative action to work; it is your predominant thought that makes you what you are. It is the predominant thought which determines both health and environment. And it is by persistent right thinking that man rises to mastery of both. Thought is the most potent thing in the world, it travels with the greatest speed, it is Omnipotent.

Mind is the predominant power in the universe; it works through the seven powers, and is one with the Trinity. Breath, mind and substance have evolved together from the beginning. All substance is radiantly alive with mind; all space is alive with substance (electrons); and mind and breath (force and intelligence) working on substance, have brought into form the entire created universe. And the laws which rule the universe are the laws which the individual must use if he would live in a harmonious world.

The principles herein taught are demonstrable. You may test them yourself by turning to objective mind within and there seeking the kingdom of harmony—the super-conscious mind which is ever one with the universal mind; there you will find the truth—in the illumination all are seeking; in the wisdom

all would have; in the peace and prosperity and joy that shall be added unto you.

Psychology is the plane where science, philosophy and religion must meet on a common level, it is where the religion gets the working faith, and the scientist will get intuitional revelation.

Huxley said: "True science and true religion are twin sisters, and the separation of either from the other is sure to prove the death of both. Science prospers exactly in proportion as it is religious, and religion flourishes in exact proportion to the scientific depth of its scientific basis." Psychology in the last analysis a scientific method of thinking that will establish a kingdom of harmony within you the kingdom that the Great Master told every man to seek, that all things might be added.

CHAPTER VI

LOVE AND MARRIAGE

THE one great law enwrit in all nature is the law of polarity, which Jesus called the law of love. It is the first law of the universe and through it is the fulfilling of all laws. The very Absolute so loved that he projected his life into his only begotten image—humanity; and he has involved humanity through the same law which he himself established and sustains. “Male and female created he them,” with the command to increase and multiply and replenish the earth and subdue it. Of course that did not mean that we were to multiply by propagation only, but by the use of all our powers, mental as well as physical; but for every creation, whether physical, mental, or spiritual, the Father-Mother principle has to be evoked, for it is the law of creation. It is the creative law.

In the beginning God said: “Let there be a firmament in the midst of the waters, and let it divide the waters from the waters.” And the elements of substance were divided, through the power of Divine Mind, into two great currents. These electrical and magnetic (Father and Mother) currents have ever been the life-giving and perpetuating principle of the universe. It is from the electric, positive principle that mind is projected, but it is from the magnetic Mother principle that life springs into form. We find the law at work on all planes, and it was this Divine creative law which gave rise to the first religious thoughts on this planet. Properly interpreted, Phallic worship is worship of the Divine. Even in very early days man sensed the truth about the Father-Mother God, and a fabric of myth and theory was woven about the principle. In those days man had many gods, and as many goddesses. The chief god was the sun, adored as the god of heaven and also as the god of light. As the god of heaven he had the earth for a wife, as the god of light, the moon. Always and in everything the olden peoples recognized that it took both masculine and feminine to carry on the work of creation. All their gods were symbols of life and light, all

goddesses, counterparts of the earth or the moon. It was the belief in the blending of the God-powers into unity (love) which gave rise to the teaching that God is love. Gender was recognized as one of the seven principles.

One of the earliest religious ceremonies took place in the spring when the sun, crossing the equinox, projected his warm rays upon the earth; the ceremony symbolized the uniting of heaven and earth, and for centuries that period was celebrated as the beginning of the New Year. It was thus that the idea of Divinity in marriage came about, and from it sprang the religious ceremony solemnizing the marriage of men and women. The first races were polygamous, but in the Christian Era marriage as we know it became a set moral law.

Jesus gave the laws regarding marriage and divorce but his teaching have been set aside, just as was the great philosophy which had been the basis of all religions in the past. Early in the Christian Era creeds were formulated which became the dividing line between the physical and spiritual, and the feminine principle was no longer recognized; but Truth never dies, and the mother principle had its part in the Christian religion for the idea of the Great Divine Mother has been kept alive by the worship of the Blessed Virgin Mary.

The early Christians were people who for ages had believed that impregnation could be caused by some supernatural power. The old myths contained many traditions of demi-gods and heroes born through the overshadowing of a human mother by a Divine Father. Of Zarathustra, it was told that his father had been a god-spirit, his mother a virgin, who ever remained such. Beliefs were not easily erased from the minds of the people even after they had adopted the Christian religion, and, "At the Council of Nice, 325 A. D., the idea of the supernatural origin reigned supreme. It was there settled that the Son must be identical with the Father. The infant Christ had been worshipped as a saviour and he had said himself that he was the Son of God. In the next hundred years there was a struggle to establish the Christian doctrine. In 431 A. D., at the Church Council in Ephesus the doctrine was adopted and given out that Mary was the mother of God, and the Madonna cult was born. Nor has any goddess ever been held in such reverence or given such worship as the Mary of all Christian art and poetry."

At that time Mary, as a Virgin, became the ideal of men.

The Christian sect firmly believed in the second coming of the Great Master; they believed that the end of the world was

near and that the kingdom of heaven was at hand. Fear of eternal punishment led them to intensify all that they believed to be spiritual. And in their ignorance they attributed everything which was ahead of the age to the supernatural origin. He was a master, and the desire for mastery was strong in his followers. It was that desire, added to the fear of punishment for sin, which led to the doctrine of the opposition of spirit and flesh; and that doctrine fixated itself in sex relations.

With the rejection of the sanctity of sex, which had been embodied in all the Phallic rituals of the pagan cults, the intuitional and psychic powers of woman were also regarded with horror. Woman was no longer looked upon as man's helpmate, but a creature which reminded him that he was flesh, for she was flesh and desire for her was the way to destruction. In his desperate effort to "save his soul," he conceived the idea that he might attain to mastery through celibacy.

It was because of the doctrine of celibacy and the belief in the impurity of love when expressed on the physical plane, that the truth of the creative law was ignored. And so the ambition for mastery actually led man to ignore and degrade the great principle of Motherhood. Woman was looked on as the devil's instrument, of passionate and licentious nature, and was finally branded as a witch. And that is what early Christianity—or churchianity—did for the Mother principle which had always symbolized love.

In spite of all this, however, the truth has been kept alive, and in the center of every living thing is the Mother principle—Love—waiting to be recognized by all for what it is, a pure and holy thing. It is a significant fact, shown by statistics, that the religions which recognize the Mother are the leading religions of the world today; and love will yet lead us all back to the truth, for love never faileth; it believeth all things, hopeth all things, endureth all things; and when the ban under which woman has lived has been fully lifted, when we acknowledge the truth about life and love and motherhood, she will come into her own again. Goddess and prophetess she was of old, and goddess and prophetess she shall be in the future.

Our civilization has been built around love and home; our great men have come from homes where the father respected the mother and where the mother was far-sighted enough to be the companion of her boy. Those things which form a man's character are the impressions stamped upon his mind during the years of infancy and early childhood, when the mother is the

central figure in his life—his “goddess”—and when home is his whole world.

Marriage is a question for deep consideration—and in these days more than ever before, the girl should ask herself: “Do I want to be a home-builder or do I want to have a career in the world of affairs?” After a long struggle, woman, in America at least, stands on absolute equality with men. Never before has she had the splendid opportunities for a career that she now has. But woman will be responsible for the great men of the next generation, and she must “choose this day” which law she will serve. Will she choose to come under the law of home and motherhood, or will she take a career and public life? Each must choose for herself. None of us can serve two masters, for either we will love the one and neglect the other, or we will neglect the one and love the other. And it is in justice to the man as well as to the children, that woman must choose; two thoughts cannot occupy the mind at the same time; and it is just as true that two careers cannot occupy one woman at the same time. One cannot manage a home and a business at the same time and do justice to each. Concentration on one thing at a time is the key to success. If home comes first, then home will be a success; if business comes first, the home will suffer. And if a woman has children she cannot afford to let them suffer neglect, for the children of today are the men and women who will bring her ideals into form in the next generation; and she cannot afford, for the sake of self-aggrandisement, to take from the growing generation of boys and girls anything which will help to make it possible for them to reach the high standard the world is striving to attain.

Today woman has her rights; but the real rights give us freedom and liberty only to the point where they begin to interfere with the rights of others. Women have the right, and the Divine privilege, of bringing children into the world. And the children have their rights. They have a right to their mother; they have a right to a real home; and they have a right to the best impulses and suggestions that can be given them, when they themselves are helpless to choose and are open to all suggestions; for the suggestions made in early childhood are wrought into the very life. That is why one may safely say, “Give me the child until he is seven, and you may have him the rest of his life.”

To be a success, woman must choose her path. But whenever necessity compels a woman to be both father and mother, she

needs and is entitled to the hearty co-operation of every business man and woman; and there, is the grand opportunity for all of us to follow the commandment, "Bear ye one another's burdens."

Marriage will be a success when we know its laws. Anything is a success when we know the rules of the game, and follow them. We cannot afford to ignore either love or marriage. All poetry, art and music have their well springs in the heart of love; and all the crime and heart-breaks of life spring from the hearts of those who have called in vain for love and freedom and expression. On all planes the problem is the same. It is love, inspiration and association which make for constructive expression, and the lack of them which makes for destruction. No man ever achieved anything great without a woman back of him—whether wife, mother or sweetheart—who inspired him and drew around him the substance of his great ideas. Nor has any woman ever accomplished great things who did not have a son, a husband or a sweetheart back of her—some man who had confidence in her talent and recognized her ability and helped her to climb.

The New World movement holds a vision of civilization built upon love; it believes in marriage, and in homes and families, and a single standard of morality for men and women. Until we understand the laws of life, the laws of polarization, marriage will continue to be a training school in which men and women receive many initiations in love, and many experiences in selfishness and intolerance; a school in which we shall learn to be patient and to give and take. There is a natural law of marriage—a true law of attraction, found in every kingdom. In the mineral kingdom it is called chemical polarization; in the vegetable it is called attraction; in the human it is known as affinity. In the external world, we can be legally married, but in the spiritual world marriage is under the atomic law of attraction and repulsion, and when we marry under the universal law of attraction, there is no divorce, for God has joined the man and the woman through perfect polarity. The couple must be polarized physically, mentally, emotionally and spiritually, and until we are married under this law we are bound to the path of experience, and divorce becomes the open door through which we pass when we have finished with the experience and are ready to pass to the next higher level of consciousness. But remember that if you have not finished with that experience and cannot leave it in harmony, and without thought of hatred, you will meet it again at the next turn. There are, however, no mistakes in

marriage. Each man marries the woman he has attracted, the one who will complement his own consciousness, and who will bring him exactly what he needs at that particular stage of his unfoldment. And what is true of man is equally true of woman. Divorce has played a great part in the tragedy of human experience, and it will continue to do so until the truth about life is taught in home and school and college. Neither priest nor man can hold two persons together, if there be no love to bind them. Nor can any law man ever made separate two whom love has joined, for that is God's marriage law. Man has made his own marriage law and any law which would make divorce impossible would deal the death blow to marriage, for freedom is the law of life, and life will express freedom; **freedom is man's birthright.**

The door to marriage has always been held wide open, and people rush in through the desire for freedom or for possession or for convenience. Yet marriage should be a thing for deep consideration. Marriage made without true love, as a stepping stone to freedom or convenience merely, results in anything but that for which we are seeking.

What are they seeking? There are seven doors to the temple of marriage, we give our reason first, "Love"—man is a triune being, body, soul, and spirit, so there is more than one manifestation of love. The love through natural instinct of sex we call physical, prompts people to marry, there is a mental love of things in common as homes, books, amusements, there is a spiritual phase where men always look for a good girl, the very first reason we have for marriage is love, and one always loves in the other the thing that they do not possess themselves, the man of the world seeks the good girl for a wife, the tall seeks the short and so on through the law of opposites.

The next reason the girl wants a home of her own over which she can preside and in which she can be free; the man she marries wants the same thing, and too seldom does either think of what the other wants in that home. The third reason is for children, there is a Divine urge in man to carry out the universal law perpetuating our tribe, our name and fame. Love, Home and Children, are the very foundation of all civilization. Then we want companionship, association with the opposite sex, the exchange of magnetism, it is the natural law, "male and female created he them," God ordained it and it is not natural for people to live alone and most people beyond middle age marry for this reason.

Then we marry for money, many a human life has been sold into the great school of experience for the dollars. Another reason is for position, many of our American girls have married royalty for social position. With these six reasons we can all get married—but every one cannot stay married.

The seventh reason is "Attraction" that marriage is made in harmony, (heaven)—no man made law can marry or divorce what God has joined together. Because of man's ignorance of the law of attraction and repulsion he has made for himself a law of good and evil, and he has eaten of the fruits of that tree, in thoughts of envy, jealousy, hatred and condemnation—these thoughts open the gates to divorce, and drive men and women out of their Garden of Home. There is only one way to draw your very own from the universal—obey the law—Love is the fulfilling of all laws, and what you draw from the universal comes through no other than the law of attraction. The human heart must go into the secret place, where the highest understanding tells it that Self, and Love and God are ONE, knowing that what we attract is a counterpart of the Self.

Woman is the spirit of love; the mother is the symbol of love. She represents the love principle in the universe, and unity must come through her. Men and woman have had enough in-harmony. What man wants is love and inspiration; what woman wants is recognition and equal rights, and now that she has them, all the world is looking toward her, for she is that thing which all the world is seeking—Love—Love means inspiration. Man may respect the woman lawyer and politician, and the police-woman, but he gets no inspiration from the woman with whom he must contend. It is man's part to be aggressive, and woman is by nature man's complement, not his adversary. They should work together and not in opposition, for each will ever be the other's complement. Man will always be the masculine, electric, Father principle in expression; woman will ever be the feminine, receptive, magnetic, Mother principle in expression. This is nature's law, and it is true in the business world as well as in the home no matter how much we would like to change it, God's law is not mocked, what we sow that shall we also reap. When woman has found herself she will not sow aggressiveness, when woman has found herself, she will become conscious of a higher power within her that will inspire man to his highest. The first woman bishop in the Protestant church, says, "now woman must fight for her rights"—but the New World movement will say woman must know her power to inspire

the good, woman is the one to stop the fighting and bring the Peace on Earth.

Bring marriage and home on the plane where they belong, the plane of harmony, into a new world. What did Jesus say about marriage? "The sons of this world marry and are given in marriage: but they that are accounted worthy to attain to that world, and the resurrection of the dead, neither marry nor are given in marriage: for neither can they die any more: for they are equal unto the angels: and are sons of God."

Jesus gave the spiritual interpretation, but the race consciousness could not grasp his meaning. And for centuries the old idea of the wife as a possession, a slave, went on; until now, when consciousness has reached a higher level and man sees that what is a law on one plane is a law on all. Marriage is the expression of a universal law—the law of opposites. And when man reaches a certain point in evolution he feels the universal urge to marry. Just as naturally as from the beginning he has breathed, eaten, slept, exercised and thought, will he love and desire a mate. True love, true marriage and true homes exist everywhere, but one never hears much about them, for harmony is not an item of interest to the newspapers. "As a man readeth in his newspaper, so he thinketh," and naturally we have come to believe that there are more inharmonious homes than really exist.

Love is one of the seven expressions of life, and by natural law it culminates in marriage. It is the Divine urge which pushes every life on in search of its mate, the exterior complement of its inner nature. Man is ever seeking to understand the laws, and as the race consciousness advances and he learns that true marriage is the perfect union of souls and that marriage symbolizes the cosmic order of things, he will come into higher and higher degrees of harmony.

CHAPTER VII

REPRODUCTION

"I KNOW and am persuaded by the Lord Jesus, that there is nothing unclean of itself: but to him that esteemeth anything to be unclean, to him it is unclean."

In these words Paul struck the keynote to purity, that Jesus taught when He said, "Blessed are the pure in heart, for they shall see God"; see the good in everything. Sex is the most misunderstood subject which we ever have to consider, because the thoughts of mankind regarding sex have been thoughts of impurity. Yet sex is but the visible phenomenon of positive and receptive energy. Gender is manifest in everything from atom to man, polarization is the law of all creation, the creative principle embodies the Truth that everything is dual, gender is seen throughout the universe; all nature is the result of the union of two forces—positive and negative, electric and magnetic, masculine and feminine. On the physical plane this principle manifests as sex, on the higher planes it takes the higher form we call gender.

The very origin of all religion lies in sex; in the church spire of today we keep one of the emblems used by the Phallic worshippers, Pagans, if you please, but with purer minds than we; for our life is no purer than our thoughts. Phallic worship was the first religion and its emblems and forms of worship were very coarse according to modern civilized thought, but Christian religions are based upon the same principle but more obscurely so. Instead of father, mother, child, our blessings go out through Father, Son, and Holy Spirit.

The Christian religion came through Judaism, and the God-head as creative principle was well understood by the Jews and taught in the secret order referred to in the Old Testament as "The School of the Prophets." Although they never spoke the word which symbolized it, believing that the world was not ready for the Keys to the Kingdom; it was thus that love as a

law, and in its full meaning, was lost, and physical love became the great mystery, and regarded as a shameful thing.

The modern church has tried to improve upon this law and believe that its members might reach a place of sanctification, without sin, and above sex desire. And many of the new movements, such as Christian Science, Unity and certain New Thought teachings are giving out the same idea. It is an erroneous idea, but suppose it were not and that all of these saintly folk arrived at the state where they did not reproduce, while the ignorant, the criminal and the diseased, those who had no spiritual thought, continued to reproduce; what sort of a race would we have in a generation or so?

Sex has long been held as an impure thing, and the world is full of children born in sin and iniquity, and our generation bears witness to this fact. If it were impure, then motherhood would be a shameful thing; and yet it is the mothers of the world that these modern religions would have us reverence.

And it is the mothers who have the power to put sex on the plane where it rightly belongs, children have been allowed to grow up in ignorance of the laws of life, all was shrouded in mystery until love lost its power of purity, and woman lost her power and become the slave instead of the wife.

"There is nothing in human economy of which men and woman should know more, and of which they know less than of sexual relationship. Ignorance is not bliss; it is a source of unhappiness, suffering, crime, vice and sorrow without end."

In order to establish an understanding of sex, we must get away from the idea that sex and passion are things to be ashamed of in woman, but to be expected in men. Sensuality and passion are two different things. Sensuality is of the physical alone, while passion works through body, mind and spirit, as intensified creative energy. The misunderstanding of passion often leads the best woman to ignore and repress a force with which she cannot afford to dispense. The sensual woman is not complete, for she is not using the forces of mind and soul which make woman distinct from the female animal; neither is the "spiritual woman" (as we like to call her) either complete or normal. Although it is seldom true that she is entirely without sex desire, she is afraid to acknowledge that desire because she has confused passion with sensuality. And this would not be so harmful if she did not carry her erroneous ideas into marriage. Repression of passion in the wife often results in a discontinuance of sexual relations between her and her husband,

because that repression on her part makes the act to him little more than masturbation. It is not always because a man does not love his wife that he follows after false goddesses. He may love his wife and his home and family, but in order to satisfy both sides of his nature he seeks the sex relationship outside.

Many of the divorces come from six to ten years after marriage. The first year and the sixth and tenth show the highest divorce rate. Who is to blame? For the first-year divorce, the man; for the sixth and tenth, usually the woman. Woman would like to blame someone else for their troubles, but fact is that woman must learn to express the love which all normal human beings have, before her troubles will be over. Woman's strongest force is passion—the expression of the divine creative energy. The woman who is vivid in every part of her nature, but in whom mind and spirit rule, can always hold the man she loves. Hers is the intensified nature, capable of inspiring men to their very best; and men are eager for inspiration; they want that thing which keeps them at their highest and best. They will spend their last dollar and their last drop of blood for the woman who answers their call on every plane—mental, physical and spiritual.

A world of tragedy is buried in the lives of women who have not come up to their husbands' ideals. As girls they had been wonderful sweethearts, magnetic and inspiring, but they had been taught nothing of their sex nature, except, possibly, that it was something to be repressed. That sort of girl goes to the altar ignorant of what is expected of her as a wife; and often the man is as ignorant of what she has a right to expect from him. By nature woman is not sensual, and she resents the merely sensual approach even of her husband. Sensuality—mere physical indulgence—on the part of the man makes for coldness in a pure woman; because the subject is not discussed between them, the man believes that she is unnatural—frigid; and even though he loves her he seeks satisfaction for his sex nature elsewhere. The beginning of many female troubles, and the beginning of many an estrangement between husband and wife, can be traced to the first night of marriage.

The teaching of Psychology is destined to put sex on a higher plane than it occupies today. For the past ten years the various cults have tried to improve on God's plan of life and have been in the effort to get sex "regenerated," or "re-sexed"; and those who are without the "sin of sex" (in other words, those not normally sexed) have arrogated to themselves the right to

throw stones at their more normal neighbors. The teachers of the largest alliance we have in New Thought are not permitted to teach sex. Still, while believing it sinful, they continue to commit the sexual act and to bring children into the world "conceived in sin." So long as mothers hold to the belief that the sexual is the sinful, so long will they continue to bring immoral children into the world—for the child is branded before he is born with the mother's consciousness of iniquity. In her heart she has sinned; and her child will sin. These new cults, however, teach that there is but one ultimate force—God's life; and when, following that to its logical conclusion, the mother begins to realize that the ultimate force—God—is the father of her child in the same sense that He was the father of the child born in Bethlehem, the children of God will walk this planet—and not until then.

Woman has the power to rid the world of the cursed idea that sex is impure. To all women I would say: acknowledge your own passion, first to yourself and then to your husband; then express it. Don't lie to your husband, and don't lie to your child. Tell the child the truth about life the very first time it asks you. If you tell it that the stork or the doctor brought it, you will not be deceiving it long; for at five or six years of age there is something in the sub-conscious mind of the child which testifies to sex. Even from birth the baby responds to the calls of sex, appetite and self. Its fear of falling shows its instinct for self-preservation; it has desire for food; and it wants to be hugged up close to the mother. It feels the exchange of magnetism. These things are all sub-conscious cravings, and all are natural.

If you are frank with your children they will never go wrong; but if you do not tell them the truth about life, little Mary Busybody and Johnnie Wise-guy will do it for you, in some garbled form. The younger the child is and the less mystery you throw about the truth, the better; then there will be no mock-modesty to overcome later. Tell the children that God's way of creation is through sex, and illustrate your story with the flower; no one associates immorality with the flower. And show the children life as it is lived among the animals. Get them a couple of rabbits or doves for pets and their natural observation will teach them much. Procure a setting of eggs, even if you have to borrow a hen to brood over them. Then break an egg every day or so and show the children how life is producing a chick, and tell them that as the chicken, the rabbit,

the dog and the cat are conceived, so is every child conceived. It is well, too, to show them the difference between the animals which have normal sex power and those who have been deprived of the power of reproduction.

Children should be told how to care for the sex life and they should be told at the right time, which is before any bad habits are formed. Eight boys out of ten and six girls out of nine form the habit of masturbation; it is practically universal among every race of people, at some age, and if the widespread, morbid misconception of the subject were true, not ten per cent of us would be sane. Tell the boy the truth—that to masturbate is to waste the only power which he has to make him great and noble; that sex indulgence saps the energy which he needs to become the master builder on any plane; but don't tell him he will go insane if he masturbates.

Take it for granted that your children are normally sexed and tell the girl that every twenty-eight days she will have a call from nature and that then she will have the sex urge, or the creative instinct, strong upon her; that then is the time for her to express in art, music, poetry. Tell her as well that it is her time of temptation and test and that if she falls in love at that time it is probably merely a physical attraction, but that she can turn from the physical and create on any plane she chooses. Then is the time to write, paint, compose music, or make a new hat; any "creation" will be a success at that time.

When your son is ready to marry, instruct him in his duty to the woman he has chosen for a wife. One thing which men do not realize is that the average girl goes to the marriage bed far more ignorant of what is expected of her than the man, even though the man may not have had sexual experience with a woman previously, he usually knows the sensations from the dreams of his boyhood. Very few women have amorous dreams; if there is a desire for contact it is more likely to spend itself in hysterical convulsions than in dreams. So, if the first sensation of genital contact comes without the preparation of love-making, it comes as a shock, and the parts grow rigid and hard to enter. That is why I have said that the beginning of many female troubles is traceable to the first night of marriage. There is a psychological moment when the young husband has it in his power to establish the perfect sexual relationship with his wife, and it is the moment in which he can make or mar his entire married life. The first sexual act is in any event a startling experience to the young bride, but if it comes about after

prolonged lovemaking, so that the parts are relaxed and the woman is as ready as the man, no harmful results are to be expected.

In our over-civilization, girls have been taught that it is immodest to show any liking for a man, or to show any desire for marital relations. The marriage ceremony does not at once break down the barrier of reserve which that teaching has erected, and all too frequently the young wife believes that she has done her conjugal duty when she submits to the sexual embrace without herself expressing any feeling. Frequently, too, she resists any answering throb of passion during the sex act, because she has been taught to believe that it is merely an animal act and she wishes to live above the physical. That attitude is the result of her mother's ignorance or of the teachings of some fanatical cult. If she continues to resist her natural impulses, she will establish in herself a strong aversion to the act; and after a time she will have cause to wonder why her husband is untrue to her and why he chooses to associate with some mere "physical" woman who has none of her own refinement, none of her intellect, perhaps none of her real affection for him. But the man wants his entire nature satisfied, and if the wife fulfills only half her part he seeks for the "physical" elsewhere. The man gives all-round expression to himself; the woman, too often, inhibits so much that that to which she denies expression turns at last and rends her; for life will not be refused legitimate expression without retaliation.

The man, however, should remember that it takes a woman longer to come to an orgasm than it does a man; and when he learns how to make his approach, how to prepare the woman—when, in a word, he is the lover rather than the sensualist—he will find that his wife responds; but she has the right to that preparation, and the man who is so selfish as to hurry through an act which should be a rite, will reap the reward of selfishness. When the husband learns to be the lover he will always have a sweetheart in his wife.

Gender is stamped on all substance; all substance is creative and is, in the last analysis, simply the great creative principle of the universe, manifesting in all created things. When each sex learns how to meet the other in this relationship, realizing that it is as "spiritual" as any other law of nature, much of the inharmony, much of the misunderstanding, and much of the actual misery and wrong-doing in the world will be eliminated.

A number of misguided sex teachings are being dissemi-

nated nowadays, among them certain erroneous teachings on regeneration, sensation, and the exchange of magnetic force. Man knows sex on the plane of function and reproduction, but he has sensed that there is something higher than that and is quick to try certain practices advised, without being prepared by definite instructions from those who know. Discretion in sex talks would be the better part until the teacher learns to talk on such matters in a constructive way. Men and women are being told by teachers to "conserve their energy," without being told how to do so, and are naturally led to the conclusion that conservation means repression. Quite frequently the teacher gives out the instruction that each person is bi-sexual—male and female in one—and that therefore there is no need for men and women to come together. It is true that every man has a feminine side to his nature and that every woman has a masculine side to hers. But if we were bi-sexual, we would be able to reproduce our kind without contact with the other sex. We are not bi-sexual; each sex needs the other and is incomplete without it.

Let us remember that the seminal fluid is for one purpose and one only—creation. In her great wisdom, Nature, in order to secure the perpetuation of the race, has surrounded the act of creation with all sorts of allurements; and it was the exchange of magnetism—maleness and femaleness—in the lower kingdoms which caused the development of the sex organs we are using and abusing today. The sex organs were first used in order to generate magnetism. The animal attained to a very high degree of life before carrying the young in the womb, and not until that time arrived did we have "womb-men." It was through the allurements of sensation that the desire to propagate came and then we had men and "womb-men" propagating through the sex act. Eventually we came to believe that propagation was the only use of the life plasm, and it was the popular belief (still cherished by many) that the semen was something of which men needed to rid themselves periodically. Yet the best nerve specialists of today tell us that it is an acknowledged tonic for the nerves. It is really prepared for absorption into the system and every expenditure exhausts the nerves. Instead of being thrown off at the slightest emotional provocation, the plasm should be absorbed through the lymphatic vessels and carried through the entire body. When that fluid is magnetized by the woman a man loves it nourishes the vocal organs; it nourishes the brains and builds up the entire nervous system

of both man and woman. As the fluid is absorbed and circulated through the blood it feeds every part of the body. It regenerates and rejuvenates.

Under the exchange of magnetism the fluid is secreted very fast, and that is another thing which every girl and boy has the right to know. Courtship is a preparation for marriage and in the little intervals of lovemaking, the life plasm is being secreted very rapidly. The kisses of the young people awaken every cell; it is the creative which is awakened within them and they should be taught what to do with the energy thus generated. When the man has left his sweetheart she should do something constructive—write a poem, make a dress, plan for the future; anything, to make use of that energy. The man can use it in his business or profession. It is the man happy in his love affairs who does the best work, and particularly if he is happily married. Let us know sex for what it is—God's creative law. Passion is the most essential thing in the world, and the times of passion are great white moments, given us for the purpose of creating the thing we want most. What we send out in those great white moments we send out on the very highest rate of vibration of which we are capable.

And now a word as to regeneration: The nervous system is controlled by mentality. That is the key to self-control. To learn to concentrate is to learn to control the mentality. The nerves are controlled by the mind and when an orgasm is controlled, there is no repression of sex, but expression takes another form. It is control which makes for the regeneration and rejuvenation of our bodies. This word will be sufficient for those who wish to live a controlled sex life. But this path is not for the libertine, not for one who merely wishes prolonged sensation. Blessed are the pure in heart; and it is only the pure in heart who can live the regenerated sex life. But that sort of a pure life makes for love and home and children. No man and woman can live a sex life in its purity and love that it does not breed love of children.

The usual sex act generates a current of magnetism; when the current is strong enough and the organs are filled with life plasm, a magnetic current is sent to the testicles, which causes a discharge of seminal fluid. That is nature's method of procuring conception. When the current is controlled (not repressed), instead of going to the testicles, it diffuses itself throughout the body, sending new life into the nerves.

"Sex is sacrament." Bring the act to a reverential plane; it

is the time when husband and wife come together for inspiration, for home-building, for creating love, and for the creation of the healthy, happy child. When a child is begotten through a cell magnetized by love, in pure and high and holy sex communion, then we have the Christ child, the Son of God, not the child of lust, "conceived in sin and born in iniquity."

What is the purpose of sex? First, it is for the exchange of magnetism. Sex life is a matter of consideration of the other person, and consideration is the very first step to spiritual development.

Second, sex is a matter of health. Exchange of magnetism makes for health. It is the prudish mind, the mind which pictures immodesty in sex, which develops cancer of the womb. Eighty per cent of hysteria and nervousness can be traced to sex, and they will be eradicated when the proper use of sex is taught and understood.

Third, sex is for strength. A bond of love springs up between the man and woman who indulge in the sex act with understanding, and that love makes for magnetic personality, strength of body and of mind. The longer the preparation for the act, the stronger will be the body on the morrow. And when both husband and wife have been thoroughly magnetized and satisfied, the act will not be too frequently repeated. The reason that the man so often is not completely satisfied is that he has not taken time to prepare his wife so that she can give all that he needs. The magnetism within her has not been released.

It was through sex repression that women were cursed with pain in childbirth. In her desire to be "civilized" and spiritual, she attempted to eliminate passion, and that resulted first in frigidity and then in rigidity. The woman who refuses expression to passion will have difficult expression of the childbirth. Incidentally, her frigidity often sends her husband to the arms of another woman; and that in spite of the fact that the average man would actually prefer to lead a monogamous life.

No well-informed person will dispute the fact that woman has, quite legitimately, the same sex desires and necessities that a man has. The sexless cults have their origin in the erroneous idea that sex is essentially corrupt. But woman herself is coming to see where any teaching that makes her essentially different from man, is wrong; and in this age of feminism the woman is coming to express herself with intensity (passion) of mind and soul and spirit, and the woman who has the intensified mental, spiritual and bodily expression, radiates purity. The hus-

band who comes to that woman brings her his highest and best.

Love is the fulfilling of the law, and passion is merely intensified love. When mind and soul and body are intensified and when intensity is guided by understanding, we can attract to ourselves whatever we desire, whether on the spiritual plane, the mental plane or the physical plane. The cults which teach that regeneration consists in killing out passion are as harmful as they are ignorant. Passion is intensified life—the life more abundant; not to be dissipated, not to be trifled with, but to be understood and directed and expressed.

It is woman who will put sex back where it was ever meant to be—on the highest plane. This is the age of woman; she has come into her own and today, so far as rights are concerned, she stands on an absolute equality with man. Can she keep the equilibrium now established? Generous men have helped her to find her place in the business and professional world. Will she remember that and co-operate as generously with all men? Or will she remember the wrongs that have been done her for centuries past and, in the effort to retaliate, tip the scales as far one way as men sent them the other? The whole world hangs on her answer. We do not dare forget that if the balance of power goes to her in the business and political world, the home will suffer, the family will suffer, the future race will suffer more greatly than it has ever done before. Business holds out opportunities for women today that are most alluring; but the woman who intends to devote her life to public affairs should make her choice. She has no right, except under stern necessity, to divide her time between her home and her business, for she cannot serve two masters. If she wants to keep her husband she must keep a home for him; and if she has children she has no right to make the home a place for them to board and sleep, and nothing more.

Pessimists have pronounced marriage a failure. Will it ever be a success? Unhesitatingly I answer: Yes—when we know the laws of marriage and keep them.

For thirty-five years the author has studied the laws of life. She has been house-wife, mother, business and professional woman, and she has mingled with men and women from every walk in life; she has learned from prostitutes as well as from honored wives; from law-breakers as well as from law-makers; and she knows what it is that makes life's harmonies and what its jarring discords.

In these chapters she has tried to show both men and women why the laws of life must be obeyed. There has been much of

repetition, but the student should let that serve, not to irritate, but to impress upon the consciousness the principles set forth.

Sex has been under a ban so heavy that the few who know the truth have not dared give it publicity, but let us dare to prophesy that within the next decade or so instruction on the subject will be given, by those who understand the psychology of sex, in public schools and colleges. That teaching will have the sanction of both Church and State, and surely it will have the blessing of God.

QUESTIONS

PART I

CHAPTER I

What is the New World movement? In what does it believe?
What was every religion built upon?
What is the natural law of spiritual growth?
What is God? From what did he create the universe?
Is there more than one substance? Of what does it consist?
How is the Trinity expressed?
What are the triple powers of God? Of man?
What is the Elohim?
Under what law was the universe created?
What is the law of polarity?
What was implied when God said, Let US make man in OUR image?
Give an example of how mind, breath and substance are used in creation.
Why did God create man? What is man?
Is the destructive power a good one?
What is the objective side of God? The subjective?
What is the devil?

CHAPTER II

In what did the belief in evil have its origin?
What is I AM?
When are you in conscious unity with all?
How do we take in the breath of life? What is that breath?
In how many ways are we connected consciously with the universe?
Why is it reasonable to suppose that we are affected by the planets?
What has the law of polar opposites to do with man's powers?
In what way have the planets had an influence on the religious consciousness of the world?
When is equilibrium attained?
What is meant by the subjective mind? The objective?
Is there more than one mind? What is the law of the objective

department of mind? Of the subjective? Through what faculties does each work?

Explain fully how our desires are fulfilled.

Where is the dwelling place of I AM?

What is the vibratory force of all nature? What is breath?

What is the directing power? What constitutes substance?

What is meant by "All that the Father hath"?

What is Nature? How is God's plan being worked out?

Why is it well to study the universal?

What are man's powers?

How may one attain to the Christ mind?

In tracing man what do we find?

Was Christ's message practical?

In what way are the religions of the East and the West polar opposites? Which is the better?

What is the religion of the future?

What do you understand to be the message of the New World movement?

CHAPTER III

What is the cause of life? What the purpose of life?

Name the powers of life. How do we create?

Name one difference between the old beliefs as to life, and the new. What is Life?

To whom does each person's life belong?

How does repression operate in life?

What is the duty of a parent to the child?

In what do thoughts of hatred, anger and revenge result?

How should we treat one who is ready to reform? Why?

What is forgiveness? What was Christ's method of reform?

Why did he never condemn the sinner?

What does it mean to "include" an experience?

Why should we take a receptive attitude toward the new environment?

Why should we love all life? How shall we solve life's problems?

What is the span of man's life?

Why should we study the evolution of consciousness?

How may we shorten our earth experiences?

How does life take form?

Is the essence of life different in man from that in other kingdoms? In what way is man different from the other kingdoms?

What is will power? How does it work?

CHAPTER IV

What is Death?
How do we know that we live after death?
How may we learn of life after death?
How many things does man express in life?
How many things are expressed in all nature?
How do we contact the currents of this world?
How would we naturally connect those of the next?
Is there a difference in the laws of the formed, and formless?
How many planes of activity or (Bodies) has man?
How are they able to interpenetrate one-another?
Tell how each plane of activity functions.
Why is our body called the "Temple of the Living God?"
What happens at Death?
Does death alter our consciousness?
Of what material do we build our mansion in the next world?
How is our future state determined?
Is there any reason to fear death?

CHAPTER V

What is the fundamental teaching of these lessons?
Is any religion a bad religion? Why?
How is the highest conception of the Creator as a personal friend
and saviour gained?
What determines one's place as leader or follower?
When did the exoteric and esoteric teaching begin?
Describe each in a general way.
What led to the worship of idols?
Who was Zarathustra? In what way did he resemble Jesus?
What is the Gatha?
Briefly, what were Zarathustra's teachings?
Into what countries did his teachings spread?
How does the Bhagavad-Gita resemble the Book of Job?
Who was the Guatama Buddha?
What is the substance of Brahminism?
How does the history of Judaism connect with the older religions?
Had the Egyptians an understanding of cosmic law?
In what ways is it shown?
Who shaped the religious destiny of the Arabs?
Who was their great religious teacher? Their sacred book?
Name other religions. When will all religions be blended?
What tests must one pass before he can enter the "kingdom"?

What is your understanding of the law of polarity?
The law of Compensation? The law of freedom?
What is meant by the second coming of Christ?
What Bible text supports your understanding of that?

CHAPTER VI

In what way have Christians been idol worshipers?
What did Christ teach?
What will the Missionaries of the future do in foreign countries?
Has Christianity fully unfolded? What has been the method of its unfoldment?
Is the Christ Ideal the same today that it was a hundred years ago?
What do you understand by the "second coming of Christ?"
What law do the Beatitudes teach?
Give one illustration.
Who are the pure in heart?
What is God's mode of action?
Can we receive the truth at any other level of intelligence than our own? Explain.
How do we attain to a consciousness of Infinite Union?
Did Christ do anything that we may not all do?
How may we acquire His power?
What is prayer? When is it answered?
What is the next step on the path of human life?
What are the signs of His coming?
How can the Savior of the world be born in humanity?

CHAPTER VII

Is healing a miracle? What is essential to secure healing?
Must one have complete understanding of the laws of mind before being able to heal? Explain.
What is the law of the conscious mind? Of the sub-conscious?
Explain in detail how wrong suggestions are replaced by right ones.
Is there anything wrong about the power to destroy?
What is the power which directs and heals?
When will we cease to use material means for healing?
What is health?
How is at-one-ment attained?
What was Christ's method of healing?
Why is it a good method?
How may we attain to complete realization of the power within?

Through what does the Trinity act? Is it a creative or a destructive power?
 In how many ways does man express? Name them.
 Which is the greatest? Why?
 Did Christ condemn sinners? How did he heal them?
 Do you think he loved sinners?
 Does the world need reforming? What does it need?
 If you wish to know whether you were fit to enter the kingdom of heaven, how would you test yourself?
 Who may heal? How is healing done?
 Is the knowledge of healing by the laying on of hands confined to this age? Who has used is previously?
 What were the beliefs about it in older times?
 How do we transmit the magnetic currents?
 Where do we get our vital energy?
 What makes us healthy or diseased?
 What causes chronic disease? Acute? Give illustrations.
 What is the Brahmin theory?
 Is there anything to fear in learning the laws of mind?
 What is prana?
 How may we acquire illumination?
 Is there anything to fear in learning the laws of mind? through the intellectual perception? Why?
 Which mind has the power to reason? Which the power to know through intuition?
 Do you believe that all that the Father has is yours? Why?
 What is God's plan for the race?
 Is perfection possible?

PART II

CHAPTER I

What is Metaphysics?
 How did man come into manifestation?
 What is eternity?
 When did cosmic activity begin? Explain your understanding of cosmic activity.
 How was energy first released in our universe?
 What did it produce?
 What exists outside of God-consciousness?
 Into how many zones does the consciousness of God unfold? Name them.
 What is involution? Evolution?
 What is pure spirit? Soul? Mind? Did God create ideas?

What is meant by the Body of God?
 Through what law are our powers evolved?
 When do we begin to get a perception of the Truth of Being?
 What is inertia?
 What is space? What is God-consciousness?
 What are the two laws of the principle of life?
 What does I AM mean?
 What is the fourth dimension? What does it mean to you?
 How do we get an understanding of it?
 What premises are we using when we teach involution and evolution of consciousness? Is there anything which does not follow that process?
 How is Truth discerned?
 How did the prophets of old receive their revelations?
 What is the First Cause? How did the prophets reason?
 On what did their success depend?
 What nation conceived the idea of Trinity spreading into a halo of light? When?
 How many dimensions are known to the mineral world?
 Is cellular life the same in animal and plant? Is it any different in the human kingdom?
 What is the link between each kingdom and the next higher one? How is memory brought from one kingdom into another?
 Why do wild animals never eat poisonous foods?
 In what do we see a consciousness of the next higher kingdom developing in animals?

CHAPTER II

What is the involution of spirit?
 Compare man with the solar system, explaining their relationship.
 What is the astral body? Explain fully.
 What is desire? What does it do for us? Explain.
 What is the great value of desire?
 What does balance represent? Where do we find equilibrium?
 What is the Christ principle?
 When was the creative power in man released?
 Through what law did we acquire the twelve powers of mind?
 What is the Great White Light?
 How is the Divine energy differentiated? Is energy in one form different from that in others?
 When does the Divine Energy come to birth in man?

What is evolution?
 What is the difference in the born and the unborn child?
 What is the first step toward spiritual unfoldment?
 What is meant by "The Great Breath of Brahm"?
 Why have the churches lost the power of the spoken word?
 When may we heal?
 How did man "fall"?
 What was Christ's greatest teaching?
 What is sin?
 Did Christ ever deviate from the law?
 When is a new consciousness born? What gives balance?
 What is the meaning of being "born again"?

CHAPTER III

Why are we looking for a Master at this time?
 What is Christ?
 What is the Christ life?
 How is the Christ coming again?
 Why are men so easily led?
 What makes man "fall"?
 By the use of what powers may we heal?
 Are the powers hypnotic? What are they?
 When will our words be spirit and truth?
 What did the Christ condemn in men?
 Why did the Jew not speak the word that symbolizes the creative power?
 How does one realize his highest ideal?
 Can you set a standard for others' unfoldment?
 When shall we see Divinity in all?
 What does "righteousness" mean?
 What is it that builds form?
 What is man, in relation to the universe?
 What is the oldest premise in regard to the universe?
 On what premise do all religions agree?
 What are the seven powers?

PART III

CHAPTER I

What is Psychology? From what is the world derived?
 How does the soul awaken?
 What is the value of meekness in studying?
 What has Psychology to do with human conduct?
 Has the individual any life separate from all life?
 Of what is all life composed?

Can we change the laws of the universe?
 Is substance magnetic or electric?
 What constitutes the law of creation?
 How have the Masters been able to bring into manifestation the things they needed?
 What is Genesis? For what designed? What do the seven days of creation symbolize?
 What did Jesus mean when he said that when we pray we should go into the closet and shut the door?
 Why do we receive the reward openly? Explain.
 What is meant by "Seek ye first the kingdom?"
 How is man linked to the universe?
 Are there any errors in God's Plan? What is the plan?
 How did the vegetable kingdom have its beginning?
 Why does the amoeba never absorb poison?
 How is memory carried from one kingdom to another?
 Is there intelligence in all cells?
 What are the primary impulses of the cell mind?
 What is the way to God?
 Where is heaven?
 Where does the Master seek guidance?
 How do we enter the kingdom?
 Explain the method of going into silence.
 What follows the mind when it is focused on any organ?
 Why should we relax?
 What is ether?
 How does the ether respond to our thoughts? Explain fully.
 What is the secret of healing? Who may receive thought?
 What is meant by "All that the Father hath?"
 How did Jesus teach the automatic action of Divine Mind?
 How may one command the sub-conscious mind?
 In what does sleep differ from the silence?
 How may we contact vibration from other realms of consciousness?
 How may you protect yourself in sleep from the thoughts of others?
 How may you locate a lost article by means of the mind?
 What thoughts reach you in your sleep? How may you shut out thoughts you do not wish to contact?
 What is prayer that is made in secret? Is it a mere thought, or is it sincere desire?
 Why should you never go to sleep thinking of things you do not want to have in your life?

What is the Life Center?

In the silence should you forget your body, or should you attempt to induce sensations?

What has its point of contact at the solar plexus?

What happens in silence?

CHAPTER II

Why is breathing the most important function of the body? Explain why "Holy Spirit" and "separate air" are synonymous terms.

What is the Yogi Science of Breath?

What is Truth?

What are facts and how do they differ from the Truth?

May a fact be the Truth? Name an instance.

When does man first breathe in the Holy Spirit?

What are we doing when we inhale and exhale?

Are air and the "spirit of life" the same things?

What is meant by "Omnipresence"?

What is concentration?

How much breathing space has each one?

Why do many persons fail in demonstrating what they desire?

Explain how breath connects us with what we want.

What do deep inhalations do for us?

Why is a rose a rose, instead of a cabbage?

What does rythmic breathing do for us?

What is prana?

How may we store up electrical and magnetic energy?

What will it do for us?

What is the solar plexus?

Why is superficial breathing incorrect?

What do you understand by the "complete breath?"

What is the method of taking the Yogi Cleansing Breath?

Why should exercising and deep breathing be practiced together?

Are the lungs the only organs of respiration?

Explain the process of respiration,

What is lymph?

What carries stimulus to the brain?

Should one inhale through the mouth?

CHAPTER III

How may the body be rejuvenated?

Is massage as valuable as exercise?

Why does fat accumulate over the abdomen?

When is the body in harmonious vibration?
 What is the law of perfect health?
 What causes disease?
 What causes colds? How may changes in the chemicals of the body be wrought?
 Of what is the human aura composed? Has the earth an aura?
 How do the emotions determine the aura of a person?
 How may you determine the predominant color of your own aura?
 In sleep how should your body lie? Why? Explain fully.
 What is the effect of sunlight and fresh air? Of moonlight and fresh air?
 What is meant by "Iridiagnosis?"
 What is meant by "If your eye be single?"
 How is the vibration of the body determined?
 What are the number of breaths to the minute in the average healthy person? What are the number of heart pulsations? Of the lymph? Of the nerve centers?
 What value has music in exercising?

CHAPTER IV

Are the cells of the body intelligent?
 How do they perform their functions?
 How do the cells perpetuate themselves?
 How is our body built?
 What is assimilation?
 Explain how the cell is fed.
 Why does man violate the laws of nutrition?
 What is the penalty?
 What happens when the cells do not receive proper food?
 Are there other causes for the same condition? name them.
 Why should there be no sudden change made in the diet?
 Explain in detail.
 In the selection of foods what things are to be considered?
 Why do we not need heating foods in a warm climate?
 What generates energy besides food?
 Have we any reserve energy? Where is the fatty tissue stored?
 Is health a natural condition? How may we keep it?
 What causes disease?
 What comes of overeating?
 Is assimilation more important than elimination?
 What are the means of elimination? What happens if elimination is clogged?

What does bathing do for us?
 Do you think meat-eating retards spiritual development?
 Can energy be absorbed from the air?
 What is likely to follow a prolonged carbo-hydrate diet?
 Could those effects be overcome if we knew how to get nitrogen
 out of the ethers? If we do not know, what is the food to
 take that does supply it?
 Who needs not to eat meat?
 Why is nitrogen necessary?
 Does the same rule apply to all? Why?
 What part has fasting played in spiritual development of the
 race?
 What is the first record of disease? What was it said to be?
 What was the first cure? What systems followed?
 What is the value of fasting? How is the body renewed?
 Where do thoughts register? Explain in detail.
 What is the sure cure for chronic diseases?
 In taking a fast what have we to consider in regard to elimina-
 tion?
 How may you build into the new cells what you want?

CHAPTER V

What is scientific thinking?
 When do the universal laws become man's servants?
 What is the most scientific thought? Why?
 What does our predominant attitude of mind do for us?
 Is fear a creative emotion?
 What effect has it?
 Why do we have to reap that which we sow?
 Explain the method of creation, from desire to fulfillment.
 What is the law of the conscious mind? Of the sub-conscious?
 Explain how to strengthen the will.
 What is set in motion by suggestions and images given the sub-
 conscious mind?
 Why should we not indulge in depressing thoughts?
 Why is it important to control our thoughts?
 What is the secret of Divine healing?
 How may we overcome undesirable habits?
 What has hypnotism proved in regard to mind?
 What is the Master mind? How is it acquired?
 Why is mind supreme?
 Through what powers does mind work?