

Life Abundant for You

By

Louise B. Brownell



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By

LOUISE B. BROWNELL
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To my good friend ²⁰⁰ 198

Haskins,
as a slight token of
appreciation of a
friendship I have
not hitherto known.

Sincerely

Eden

Nov 15/1929

Gift
Mrs. H. H. Highrie
12-22-53

1-15-54 MFP

DEDICATION

This book is lovingly dedicated to all Humanity and to my companion on The Path, whose life and love and faith have been a constant inspiration and help to me in our service together through the Aquarian Ministry.

FOREWORD

This book has been written from the heart of the author to you who read its pages. It goes forth impressed with power to heal, bless, prosper and awaken every soul, according to its need. If you read it in Silence and Relaxation, realizing that the Spirit within gives illumination and understanding to every seeking soul, you will find in it inspiration, uplift, and a continual help on the path. We hope you will keep it with you as a loving friend and companion, and refer to it when in need.

Read a chapter of this book each day in your communion with the Spirit (that period each day when you as a child of God try to realize your at-one-ment with the Great Source of your Being) and you will grow in that consciousness of Truth which will eventually set you free.

If one chapter of the book is studied and concentrated on for a week, and *actually lived* for that period of time, it will become part of you, and its Truth will be yours for all time. It is the actual living of the Truth that helps us grow in that divine, universal consciousness, possessing which we possess all things.

LOUISE B. BROWNELL.

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I.

HOW DO YOU START YOUR DAY?

DO YOU awaken in the morning, praising God and counting your blessings, or do you begin thinking of your limitations?

All those who are living up to the possibilities of this New Age and who desire illumination are trying to realize they are a channel for the Spirit. All through the Bible we find the command to Rejoice. "Let all those that put their trust in Thee rejoice: let them ever shout for joy, because thou defendest them; let them also that love Thy name be joyful in Thee." Psalms 5:11. And also, "This is the day which the Lord hath made, we will rejoice and be glad in it." Psalms 118:24. This last is a wonderful thought with which to start your day.

Awaken with a thought of praise and joyousness on your lips, thank God for all your blessings, thank Him that this day is to be the best day you have ever spent with Him, in His service. Dedicate your mind and soul and body to God, and ask Him to lead you in the way of peace, happiness, prosperity and joyous service, in whatever your brain and hands find to do this day.

Keep the constructive thought, and realize you are a channel for the Spirit. And the Spirit is Life (joyous, abundant life); the Spirit is Joy (exceeding joy); the Spirit is Harmony (peace, and strength and poise); the Spirit is Divine Energy in expression, seeking always to serve; the Spirit is Abundance everywhere manifest.

Feel and know that you are this day a radiant channel for this All-Abundant Spirit to flow through. Don't say you have nothing to give. No matter how cramped

or limited your life may seem to you, do you know you have something to give? You can give a smile, or a flower, or a kind word, or a thought of peace and blessing to the souls you meet, instead of putting on a discouraged, worried, critical or fault-finding attitude and expression. Rejoice in the sunshine, rejoice in your neighbor's good luck. Give joyously to others the pleasures they have, the possessions, the clothes, even if they are better than you can have at present. If you can give joyously to others, instead of feeling you are more worthy of them, or instead of feeling envious or covetous of their good fortune, do you know that nothing can stop the flow of good to you?

Best of all, spend a half hour each day blessing others, affirming for them the things you would desire for yourself. **DO UNTO OTHERS AS YE WOULD THAT THEY SHOULD DO UNTO YOU.** That is, do not criticize or blame them, or judge them; but bless them, and affirm peace, happiness and abundance for them. This is what God is constantly doing for His children, and when we do this we bring ourselves into at-one-ment with Him, we recognize as never before our Unity with Him and His Spirit of all good and abundance, and as we create the channel for good to flow through us nothing can stop the flow to us. It is the law! But we have to give joyously, and with a loving spirit and a desire to serve, not with a grudging spirit, looking for the reward. We have the promise always that "Our reward is with us." God always pays. It is the law of Sowing and Reaping.

Remember, in giving or in speaking the constructive word for others, the wonderful words of Paul in I Cor.: "Though I speak with the tongues of men and of angels, and have not charity (love) I am become as sounding brass, or a tinkling cymbal. And though I have the gift of prophecy and understand all mysteries, and all knowledge, and though I have all faith so that I could remove mountains, and have not charity, I am nothing. And though I bestow all my goods to feed the poor, and though

I give my body to be burned, and have not charity, it profiteth me nothing. Charity suffereth long and is kind; charity envieth not; charity vaunteth not itself, is not puffed up. Doth not behave itself unseemly, seeketh not her own, is not provoked, thinketh no evil. Rejoiceth not in iniquity (that which is weak or false or imperfect), but rejoiceth in the Truth (that which is of God, lasting and enduring). Beareth all things, believeth all things (that are Truth); hopeth all things, endureth all things. Charity never faileth."

Affirm for others each day in this Spirit of Love, sow your seed in the ground, water it with your expectancy, knowing that just as the seed put in the soil works away in the dark, gains strength to burst its sheath, and puts forth its tiny rootlet or shoot, finally breaks out of the cold, dark ground into God's blessed air and sunshine, grows into a sturdy plant, blossoms and bears fruitage, so every good seed you sow, and water with your love and expectancy, must bear fruit and bring forth of its kind.

Start now to live the Joyous, Constructive Life, and as you realize you are a divine magnet and channel for the Spirit, all the good things of life will flow to you in increasing abundance. As long as you give forth joyously in the consciousness of God's mighty wisdom, power and abundance serving and blessing *through you*, nothing can stop the Infinite Flow to you. It is the secret of all Attainment, Creation and Demonstration.

No matter what your work is in life, whether it is out in the commercial world, or in the home, or in creating art or beauty, put the thought of joyous service into it, and today's effort will surpass that of yesterday and bring greater joy and satisfaction to yourself and to those who use what you have brought forth. "THIS IS THE DAY WHICH THE LORD HATH MADE; WE WILL REJOICE AND BE GLAD IN IT."

II. REALIZATION

EVERYWHERE today people are coming into a new consciousness. Psychology (the science of the Soul) is coming to the front in many guises and disguises, and whether the mass of people realize it or not, they are confronted with the teaching everywhere, in books, in magazines, in newspapers, in the movies, in lectures both educational and under the names of various advanced philosophies and religions.

As the natural outcome of all this, we very often these days hear the cry going out—"I wish I could heal, or could demonstrate the Christ Philosophy to better my own and others' conditions." This increasing desire is the prophetic forerunner of what is to be, for the time is fast approaching when the people left on this planet will be able to demonstrate their Divine Heritage—"joint heirs with Christ."

This power to demonstrate is simply a matter of consciousness and the putting into practice the divine prerogative of every soul. "Beloved *now* are ye the sons of God, and it doth not yet appear what ye shall be."

Do you really wish to be free of your limitations, to be healed of your diseases, to be successful, happy, and to prosper and progress along the Pathway of Life? This is your heritage, *therefore claim it* for it is God's Divine Plan for every soul born on this or any other planet. God's Path is always a path of progress (we could not conceive it to be otherwise) on every plane of being, physical, mental, material and spiritual.

We came here for growth, on all planes of manifestation possible in this earth existence, and the quickest and surest

way of obtaining this growth so as to develop into universal, full-orbed souls, is to become fully conscious as Jesus was conscious of the marvelous fact, "Ye are the Temple of the Living God" and His Spirit in you enableth you to do and to be all things whatsoever you desire.

This belief that God dwells within you must be stamped indelibly on your consciousness, so you will at all times be conscious that *The Presence* is closer than any other member of your family, or any friend could possibly be, for they of necessity are aside and apart from yourself, while God is the very Essence of your Being.

This consciousness comes gradually to most souls, and only comes through faith and belief in this Presence, and the daily use of its Wisdom and Power. We grow Faith in God by using His principles, just as we grow faith in the lifting power of our hands, by daily using them.

To grow faster in this direction we must direct our life to this end. A certain time should be set aside each day to "Practice the Presence of God." Close your eyes and get as still as possible. "Be still, and know that I am God." Then try to imagine God, how He would look if He (as a person) were suddenly to appear to you. If you cannot imagine God, then visualize His nearest counterpart that we have had on this plane, the Divine Master Jesus Christ, in as ideal a form as you can imagine. See Him a Glorious, radiant Being of Love, Energy, Mercy, Compassion, filled with Wisdom and Power. Meditate on this vision daily, until you can see it instantly anywhere, always with you, ready to help you and back you in every effort you make for betterment and progress.

When you have this vision firmly fixed in your mind, watch it approaching you with the attitude of Divine Blessing, see it enter into your Being, and become part of you, your real, divine self, and realize that God has created you to manifest Him on this plane, that He is filling you with His divine energy, life, love, power, wisdom, and the realization that all things are moving toward His Divine Perfection. Feel yourself expanding in His Presence, and

let that feeling grow in you day by day that you desire to create Beauty, Harmony, Order and Perfection as God creates through His *directed thought-power* put into action through Divine Will and Purpose and Energy.

Remember, you are the temple of the Living God, and God is *Now* in you, *thinking* through you, *willing* through you, *acting* through you; and let every thought and action be dominated by the thought—How does God wish to use this body of mine, this brain, these different organs which function in my body, these senses of sight and hearing, these hands and feet? Send out the positive thought, "*This day I will use all these divine faculties and instruments which God has given to me in His service. I will put forth constructive thought and action only, and express only that which I wish to blossom forth in my life, or in the lives of any others to whom I may direct my thought this day. God has created me that I may represent Him on this plane. I will think and speak words of life, health, beauty, harmony, and love, for they are seed-thoughts to which God has promised to give increase of their kind.*"

If you wish to heal another in pain or distress of mind and body, close your eyes and visualize that person, then mentally or orally (depending upon whether you are treating a person absently, or present with you) place your hand on his forehead, call him by his full name (especially the given name which carries with it a powerful vibration to that particular soul) and say positively, "God is using me to heal and bless you. I place my hand on your forehead, knowing that God indwells me and is blessing my effort to do His will in you. God is now using me as a channel through which to pour His life and energy into your brain cells, to quicken this base of His Divine Intelligence within you, and to make you more receptive to the Spirit of Truth. He is now blessing your mental faculties that they may shine forth in a higher, purer expression of Divine Wisdom and Intelligence. God is now blessing your Subconscious Mind that it may be receptive only to

the highest and best impressions that come to it from the Universal Mind, and that it may act upon the highest stimuli given.

I place my hand upon your eyes and bless them with the God-power that they may see only Good in all persons and all things of God's creation.

I place my hands on your ears and God through me blesses them to hear perfectly and only to hear that which will be helpful to your growth and progress, material and spiritual.

I bless your lungs that they may expand as you breathe in God's blessed air and sunshine, and that your blood stream may be vitalized, purified and quickened, and its circulation be distributed perfectly to every cell of your body.

I place my hand—God's hand—on your stomach, and will with His Omnipotent Will that the digestive and assimilative processes shall go on in you to build a perfect Temple for God to manifest through on this plane.

I bless your solar plexus (your abdominal brain) with life and strength and power, that it may vitalize all the nerve centers of your body.

I bless all the internal organs of your body, the liver, the bowels, the kidneys, and the pelvic organs with God's life and energy, and I will that they function properly and according to the divine purpose for which God has created them.

I bless every cell of your being and see you glorified with the Presence of the Living God, radiating His life and love and beauty and harmony to all you meet on your daily path. I see you clothed with the Light of the Spirit (which never grows dim), and manifesting in the Divine Image of God, who sees you always perfect and divine, immortal, clothed with the Sun, and like unto Himself in whose likeness you are created.

Together you and I are lifted up to the Christ plane of consciousness and from now on we will look out upon God's world as did the Divine Master whom we wish to

emulate, realizing 'I and the Father are one.' We will claim our Divine Heritage and demonstrate it increasingly day by day. God in us is Dominion and Power. He giveth us the Victory over disease, poverty or limitation wherever it may present itself to us on the Path. We recognize these obstacles as Divine Opportunity to demonstrate the God-power within and we know that 'With God all things are possible.' "

This, dear friend, is "Practicing the Presence of God." Try it just half an hour daily for a month and you will make it a life-long practice which will pay you far greater returns than any other thing in life. As you become a conscious channel for the Indwelling Spirit, life will take on a different meaning. You will realize why you are here. You will become magnetic, and as you pour out your love and blessings to others, "your own" will flow to you increasingly in the blessed gifts of the Spirit.

You can bless your friends silently or audibly, absently or in their presence, in the manner here indicated, and *if you are filled with the desire to serve and bless*, and have the consciousness that God in you is backing every effort you make, and every word you speak, that word cannot return to you void. It will work its transformation in you, and in the person or condition to which it is directed, and it will increase in power and influence as it (through them) touches other lives, lighting many torches with its undying flame. *Let the Spirit use you! Love will reveal the way!*

III.

THE LIFE ABUNDANT

"I am come that ye might have life, and that ye might have it more abundantly."—*John 10:10.*

WHEN the Christ Spirit—the I AM POWER—comes into our consciousness, we realize that we are living the life eternal here and now, and that we are living in Eternity now, and Eternity is not an existence waiting for us beyond the Valley of the Shadow.

When one realizes he is living in Eternity now, he orders his life to get the greatest value out of it. He recognizes life as a composite of experiences and gleanings, out of which he completes the Pattern of Existence. We should therefore live our life to the fullest and get the full enjoyment and the full value out of every moment that passes through our particular experience.

When Jesus said, "I am come that ye might have life," do you think He meant physical life alone? Those He came to minister to had physical life already, but He came to show how to bring forth the love, beauty, wisdom and utility of life in the largest expression possible on this plane. He came to point the way to the fuller, richer life of love and service, the life which recognizes itself as part of the All-Life, the All-Power, the All-Presence, the All-Abundance and the All-Wisdom.

He knew that souls, in order to progress faster in their evolution toward divine perfection, must have full expression and the power of creation, and that they must not live in a rut of slow monotony. Life is necessarily action, and the highest, fullest life is that which in all its activities and interests has for its main incentive the largest service to others.

The Life Abundant! What does it mean? It certainly does not mean lack of any kind or description. It means health, joy, beauty, love, harmony and abundance, and above all, the capacity to create and express what is always in agreement with the strongest urge of the soul. It means capacity to appreciate what we have received, what we have now, and what we know we will be able to create and attract to us in the future.

God wants His children to have the Life Abundant, but each individual soul has to choose what makes for the Life Abundant in his own individual case. Jesus said: "Fear not, little flock, for it is your Father's good pleasure to give you the Kingdom."

The Life Abundant is fullness and satisfaction in those things we personally desire, for that is what we need in our next step to progress. But the fullness of life may mean one thing to you and another thing to me. Happy is the man or woman who chooses wisely.

God undoubtedly desires His children to have fullness of life and expression, and freedom to have this fullness of life according to our own standard, and if it is not the true Life Abundant we choose, but instead only satiety along some side-line of existence (off the main road of Progress), then the Guiding Power within will soon show us where we have chosen unwisely, and after we have the needed experience will guide us to some new environment or experience. The Life Abundant is made up of experiences, all valuable and necessary in the School of Life, for action is the keynote of progress. Action should be judged, however, according to its usefulness to ourselves and the world at large, and the less time we waste in useless or unnecessary action, the faster the progress. This the individual must always decide. God wants us to have the Life Abundant, which is divided into three distinct divisions—preparation, service and realization. In the preparation we have to have proper equipment to get the best out of life, and this means the best education we can get, not only academic but also in the aesthetic side of life, such as art,

beauty, music, philosophy, etc., so we may be able to appreciate life in its fullness, and add to the beauty of it. The soul must have harmony and beautiful surroundings to bring out its best, and the more we can individually contribute to these (as well as the more practical utilities of life), the more we are contributing to world progress.

But whatever your life, or your aim toward progress, remember *Action is necessary*. We cannot progress by standing still, or allowing the brain power and the many talents God has given to each soul, to rust and deteriorate for lack of expression. Act and progress, even though you fall occasionally. The harder the fall, the quicker and higher we rise again. We cannot further our own lives or anyone else's by standing still, neither can we retain what we have already attained; for by standing still we make a rut, and ruts are not productive of growth on any plane. Someone has aptly said: "A rut is a young grave," and in this statement there is food for much thought.

To progress we must live, and the more of service we crowd into a day, the more we shall have lived and learned.

IV.

THE INEXHAUSTIBLE RESERVOIR

BELOVED, let us sit down and commune together. Why do you fear? Why do you feel lack? Why do you worry and fear to make use of that thou now hast, for fear it will be exhausted?

Look around you on God's abundance of vegetation, sunshine, water, the air we breathe, great forests, wells of oil and vast supplies of coal coming out of the earth. These things came not by chance, but by the spoken word of God, to prepare the planet for the habitation of the animal and human kingdom. After these things had been prepared, then God created His Masterpiece—Man—endowing him with power like unto His own, *to also speak the creative word*, and to think the creative thought to bring forth all he needs for his comfort and progressive development on this planet. And see what man has wrought, through this creative power of the Spirit manifesting through him since God first fashioned him in the barbaric state. In the few short years he has lived on this planet he has mastered the land, the sea, created great cities to house manifold activities, and is now learning to conquer the air, through airships and radio. And the end is not yet.

Conceive if you can of the vast universe, with its many worlds and its many civilizations, countless numbers of them, probably, in advance of this tiny planet we live on. On this little globe of ours, civilizations without number have arisen, then decadence set in to make room for higher phases of development, on a higher spiral of evolution and Universal Consciousness, and this is no doubt true of many other planets.

Thought forces are things, and once put into motion cannot be lost, therefore all that has been thought or created or visioned in the past on this planet, and on all other inhabited spheres, by those who have preceded us, are mighty tangible forces swinging back and forth in currents of their own, according to the energy back of them as they went forth. These thought forces all go to make up a vast Reservoir upon which we can draw at will. "Like attracts like" is as true of the etheric planes as of the physical plane, and these visions and structures (our thought-forms) which have been builded mentally, are waiting to come forth into tangible expression out of this Inexhaustible Reservoir of wealth and power; of Wisdom (the Wisdom of the Ages), of invention, of art, of beautiful homes, of love and joy and gladness, of every possible thing the mind of man can conceive of, and as much of this is ours as we can attract to us from this great Reservoir, which is free for all to dip into increasingly.

Would you know how to attract these things to you? Sit down each morning for a few minutes (at the same time each day if possible), and commune with God. Think of His Inexhaustible Reservoir, and consciously draw from it that which you desire. You may want to write a scientific book and, if so, consciously draw from this reservoir the scientific knowledge and data you are interested in, and ask that light be given you, and the particular knowledge you need to put it into practical form may come to you. Meditate and concentrate on that one thing you desire, keeping in mind the Inexhaustible Source, and all the Minds that have lived before you (and now living) who are pouring forth their creative thought and vision on that very subject, and ask that you may be receptive to catch that particular vibration. You will surely attract to you, if you are patient and persistent, forces both visible and invisible to help you carry out your desire. If your motive is universal, and that which you desire is for universal good and betterment, you will more

surely attract to you higher forces to help you put it into operation.

The above is only one example, and *whatever one wants these same principles may be applied*. If you desire love and happiness in your life, meditate on the great love-force that has been and is now being constantly poured into the Inexhaustible Reservoir, and know that from out of it you are attracting your own, the friends, the mate, the children, and the conditions to make your life complete and happy. Vision just what you want, and then bring yourself up to that ideal so you will be a real complement to the one you attract, and be a help to the friends you wish to associate with.

If you desire wealth, think of all the wealth that has been created, imagined and visioned, and feel that you are a magnet attracting all you need from the wealth that is being continually poured into this great Reservoir. Know that there is abundance for every living Creature. If God sees to it that there is enough sustenance for His inanimate creation, and for the animal kingdoms He has created, He has surely seen to it that there is enough and to spare for the human creation, and to make it doubly sure He gives us the power to create for ourselves that which we need. A few souls have learned to do this out of the air. Others have learned to speed up the process of Nature, so that in case of necessity it could be used. A friend told us that some years ago she saw with her own eyes an Indian Swami take some grains of wheat (that a friend of hers had bought an hour previously from a local grocery store) scatter them in a little earth that was placed on an ordinary platter, water it, and in about three minutes those gathered around saw the shoots beginning to break through the earth. In about ten minutes the wheat stalks had grown several inches high and had blossoms. Then he gave the platter with the growing wheat to one of the ladies, and she took it home, gently slid it off the platter into earth she had prepared in her garden, and it went on maturing, and she and her friend later ate the wheat

that developed from these stalks. If one person can perform such a feat as this, the time will come when the race will be able to do it.

If there is some particular work you desire to do, remember that from this Reservoir you will attract to you souls who will be glad to help you consummate the task they have been unable to complete. If you wish to bring pleasure to people through literary effort, songs, games, plays, or anything to bring greater joy and diversion to the race, then meditate on all the joy forces that have been liberated into this Universal Reservoir, and daily draw on it for what you desire.

You will need to get quiet and concentrate, or put your mind on the particular thing you want out of this Reservoir, but if you keep your mind fixed on that one thing you will become a magnet to attract it.

You must not forget, however, that many other things are stored in this Great Reservoir also. All the hate, anger, jealousy, worry and passion forces which the mind of the world has let loose are stored there also, and if you think in like channels, you will just as surely attract your own to you, for "like always attracts like" from this Overflowing Reservoir.

Concentrate for those forces in your life work, which you want, and you will never lack any good thing. This Inexhaustible Reservoir is free to all who learn to contact it, an overflowing fountain from the heart of God.

Sit down daily and clearly vision all that it contains. Breathe deeply and draw from it Life, Vitality, Strength, Health and Energy. Visualize all the creative thought that has been poured into it through all the ages, and then breathe in its Wisdom. Think of all the wealth and abundance that God has created, and that man through the God-power in him has also created and brought forth, and draw to yourself abundance from this Inexhaustible Fountain of Life, Love, Joy and Power. Do this daily, and you will find your life expanding in all directions and you will become a magnet to attract God's blessings in-

creasingly for a life of fullness for every desire, and enough to spare for others who have not yet learned of the Inexhaustible Source. Pray for knowledge and wisdom to use all that comes to you wisely to better both your own conditions and the lives of those needing a little help over the stepping stones of life.

V.

PROSPERITY

DO YOU desire Prosperity? then feel prosperous now. Look only to God for your abundance. Have faith that He will supply all your needs as required. Spend what you have today for those things you need today, knowing that God will supply your need tomorrow. This does not mean to be extravagant with your means, to have costly jewels, to over-dress, or to spend all you have in a life of ease and pleasure. We are put here to work—to expand our intellects, and to unfold the divine creative attributes within, and God will supply all we need to develop the best in us, so we may be at ease, free from thought of poverty or care for the future, if we trust His word, and work with the faith that He is going to reward our efforts.

Prosperity is a good thing, otherwise the desire for it would not be universal. Why do we desire prosperity? It is mainly to free us from the eternal grind which stunts body and soul growth.

Prosperity is something different from wealth. They are defined as follows:

Wealth—an accumulation of material things.

Prosperity—successful progress in enterprise, advancement or gain.

When one is hungry, cold, or ill-clad, he is too self-conscious to feel any out-reaching for soul growth or development and, in fact, through lack and the comparison of their poverty with the wealth of others, many deny that there is a God.

The law of Prosperity is this: "Give, and it shall be given unto you, good measure, pressed down, and running

over." Now we are to give what? Surely not money alone, for some of us have little money to give, but all of us have been given something by the Father, which we can give out abundantly—something which we can pass on.

But some will say: "I have nothing to give," and this is because you do not appreciate the gifts you have, but are all the time comparing what you have with what some other person has. That other person may have more money, but not half the health or enjoyment in life that is yours.

Every one of us has an abundance of some good gift, if we would only take stock of our blessings. To some God gives strength and vitality and abounding health, and with these they are well-equipped to help and serve others, giving out of their store through magnetic contact to those weaker than themselves.

To others He gives the gift of a beautiful, full and rich love nature, which they can radiate to all their world, and to the thousands in the world who need a touch of sympathy and love more than they need anything else.

To others He has given the gift to just be happy, that they may radiate their sunshine to those lacking joy.

To others He has given the gift of art or music that they may inspire the world, refining the emotions and stimulating others to greater creative effort through emulation.

To another He has given the gift to be a mother or father, to bring a soul into the world, and give it the blessing of an uplifting environment—to teach it the beauty of love and service.

And least of all He has given to some great wealth—sometimes a blessing when used to help others, but more often a curse, stunting the development of the mind and soul, and the divine urge which pushes us on to greater progress and strength of character. Wealth can be made a great blessing by a soul seeking to use it for wise ends, and if the Father knows you to be unselfish and desirous of serving, He will find the means to give you an abundance.

But did it ever occur to you that the reason why He is reluctant to give many wealth, is that so few persons know how to use it wisely? We cannot conceive of God bestowing great wealth to be used for self-gratification, as it seems to be used in the majority of cases, for costly gowns and jewels, for unwholesome amusement, or bringing up one's children in idleness and ease, stunting the best development of all that may be latent within. Woe unto the man or woman who stunts his own soul, or worse still, the soul of his child, or friend, or brother, by over-indulgence.

Many gifts of the Father are more priceless than gold. The gift of courage, of perseverance, of ambition, of honesty; of love and hope and cheerfulness; of health; or a happy home surrounded by those you love, are not to be compared with wealth, unless accompanied by these most beautiful gifts. And if you look closely, you will see in the divine order of things, that the Father rarely gives all things to any one man or woman—always leaving something for us to strive for, otherwise the spirit within would soon die of inaction, with no incentive to stay on the physical plane.

There is not one but who, if he will take an inventory of his possessions, physical, mental, and spiritual, will find he is blessed in some measure beyond many he comes in contact with, and whatever gift you have in abundance, that is the thing you must radiate, must pass on.

"Give and it shall be given unto you"—not in the measure you give, but plussed through the Divine Law of a loving Father—"good measure, pressed down, and running over."

But don't make the mistake of giving, with the sole thought of reward, as that is only a half-hearted gift—not as the Father gives to us—and don't expect the reward too quickly, for we are told elsewhere: "Cast thy bread upon the waters and it shall return to you after many days." But the promises of God are sure, eternal, real, unchanging, and many have proved the law to their satisfaction; so whether we are looking for reward, or working in the

Father's Kingdom unselfishly, the law must be fulfilled. If we do our part of the contract—doing with a will that which is nearest at hand, serving and loving, with the faith that the Father will fulfill His promises, we need have no fear of lack. Never feel or speak poverty, lack or need, but *affirm, day by day, that you are prosperous*—that all you are doing must succeed—that God is your supply and it can never be exhausted—that you are one with the Father, an atom in the Great Magnet of Wisdom, Health, Power and Abundance, welded to the Whole, and drawing to you all you need. If you hold these truths, without wavering, you will be supplied, no matter how small or how great your need, as the Father places no limitations upon us. The Father is rich in all good things, and desires to bless His children abundantly, more than they can think or ask for, and He only waits to see how we use the gifts we already have, before bestowing more. But the Gifts of the Spirit are far more precious in His sight, than the gift of wealth, unless we are qualified to use wealth to further His Kingdom. We have the assurance, however, from the Christ, our elder brother, that “The Father knoweth that we have need of *all these things*,” and we can surely trust Him—the Omniscient One—Who knows our past, our present, and our future—to *supply our present need* in a wiser manner than we can understand.

VI.

ARE YOU LIVING IN A HAUNTED HOUSE?

WE have many times been frightened by stories of haunted houses, dim mystical stories of the past, fearsome sights of long-forgotten events kept alive by morbid, gossipy folk, who picture the unrest of the former tenants until someone imagines they see a ghost in the semblance of some former occupant, near the house or grounds, thus giving rise to all sorts of fantastic and gruesome stories inspiring terror in the mind of easily-frightened and emotional people.

Ghosts exist largely in the imagination, for as a rule spirits returning to the earth-plane come in a different guise and usually to help someone on this plane or to undo so far as possible some wrong they committed in the earth-life. They have a desire to pay their past debts so they may advance from the plane they have gravitated to, to something higher and better. They desire to get away from the thoughts of the past, and the quickest way to do this is to pay past debts, and then forget them.

The haunted house we have most to fear is the thought-forms we have built into our sub-conscious mind, not some isolated house in the country, deserted or near a graveyard, but our own thoughts of the past, built into the memory. All the memories of the past, the failures, the sicknesses, the operations, the past hurts and injustices, the past hatreds, are the ghosts in our haunted house, which we should fear above all others. These are the ghosts which must be ousted so our house will no longer be haunted, and deserted by desirable folk.

Have you ever met a person who desired to talk of nothing but the past? Their numbers are legion. I know a bright, pretty, successful business woman who of all her achievements seems most proud of the fact that she has undergone thirty-three operations. She can talk of nothing else. Every customer who comes into her place of business must hear the rehearsal anew. She is continually suffering new attacks of this, that and the other, because she continues to live in this haunted house of past experiences.

I know another business woman who gave eight years of her life as private secretary to one of the great manufacturers of this country, working early and late, only to be treated very unjustly in the end. This was so great a shock to her consciousness after the many years of faithful service and the many promises which had been made, that it nearly caused nervous prostration and mental trouble, and for ten years thereafter it so weighed upon her mind, that it inhibited her natural courage and confidence, preventing her from accepting several more responsible and lucrative positions which offered themselves. She could not speak of the experience ten years afterward, without getting into the same suppressed mental excitement that she underwent at the time. Her house was haunted and she did not know what the matter was. Finally she came into touch with New Thought and immediately she saw her trouble and forgot and forgave the entire matter. She had ousted her ghosts. Immediately she began to improve her social and business environment, and today she is teaching the Higher Truth to others. This feeling of injustice done her in the past was thrown into the discard heap, with a blessing to the one who had caused it, and with the conviction that sometime or somewhere it would be repaid. Immediately her old courage and ambition returned, and in time she left the business world to become a teacher of Metaphysical subjects, to help others also to discard their ghosts of morbidity.

Nearly everyone has a haunted house, with one or more ghosts to be laid low, and if you have any, search them out and oust them once for all. These ghosts may be playing all sorts of havoc. It may be some old grudge which must be replaced by a flow of love and good-will to the one whom you think has injured you. It may be the ghost of "inherited tendency," feeling you are subject to this or that because father or mother had it, or it runs in the family. It may be the ghost of "lack of opportunity and education" or "duty" or what not; but whatever the particular ghost you are housing you know what it is, and should throw him out, bag and baggage.

Do you know what it will mean to you when he goes? It will mean better health, greater happiness, peace and harmony, greater magnetic power to draw prosperity, wisdom and power, for if we live in an atmosphere of peace and harmony it is much easier for the Father and His hosts of angelic forces to reach us with their blessings. It will mean a broader vision, a more Christ-like consciousness and attitude toward others, more love and sympathy for others. It will mean all this and much more than you have any conception of.

Search out your ghosts then, the thought of any sickness or weakness or lack, the idea that anyone can harm you or has harmed you in the past. It is our thought and our attitude that brings all these things to us anyway, and we are more than half to blame. Deny out all feeling of inertia, ignorance or sin—they are all ghosts. Drive them one by one from your subconscious mind until your house is clean—the temple of the LIVING GOD—the mansion which Christ went ahead to prepare for you. "Let not your heart be troubled. Ye believe in God, believe also in Me. In My Father's house are many mansions. If it were not so I would have told you, I go to prepare a place for you."

The Christ is preparing the way for us to enter a new mansion continually, not at some future time when we shall have cast aside this body, but day by day as we clean

this house we live in of the past accumulations and memories, we make room for the more heavenly tenants of love, joy, confidence, courage, wisdom and power—"the house not made by hands" but created out of the divine harmony emanating from within.

VII. FAITH

FAITH is the abiding, eternal consciousness of God—omnipresent, in us, around us, above us, below us, prospering us, healing us and enlightening us.

Faith builds a wall of protection about us.

Faith draws souls of light and wisdom to us from invisible planes, to guide us on our upward path.

Faith in the God-power within us can remove mountains, accomplish miracles, bring all good to us.

Faith in our Heavenly Father, in the same degree that a little child has faith in its earthly mother and father, will bring infinitely greater results. As little children, if we hurt our fingers or our feelings, we take them to our mother and she heals the hurts; but as grown children, if we take our injuries or our limitations to the Great Physician, He dissolves them forever from our path, if we have the same faith in Him that we have in our earthly parents, which in his love he gives to us.

“Faith is the SUBSTANCE of things hoped for, the evidence of things not seen;” in other words, the Savior taught us: Ask, believing that ye have already received, for your Heavenly Father knoweth that ye have need of all these things before ye ask Him.”

Faith opens the way to eternal light and wisdom. If you have not faith you cannot approach the higher realms—there is no aspiration and no appeal to divine love, and wisdom and protection. The world is built on faith. The child has faith in its parents. The business man has faith in the banks and the men he deals with. The young man has faith in the maiden he loves and so builds a home, the cradling place for the building of the nation. The

individual has faith in himself and his power to succeed, otherwise he would have no incentive to arrive at any goal, nor would he push ahead and win the ultimate victories of life, without faith in himself and his fellow-men. The wife has faith in her husband, fed by the love she feels toward him. This faith is the incentive which often spurs him on to achievement, begetting also the faith of others in him and his ability.

The sick have faith in the healer or physician, and this faith inspired in them is the means of curing their bodily ills, for if you have faith in the physician, he can cure you just as well with a bread pill as with drugs, and often more quickly. A physician in whom you have no faith, even though he has ten times the skill, will often fail in a cure.

Faith is inborn. We all have it to a greater or lesser degree. The whole structure of our economic and social life is based on it. Where does it come from? It is a universal attribute of the All-Good, springing from the heart of the universe, and if we go back to the Fountain-head—the Source of Faith—we need not depend so much on faith in earthly channels which are apt to fail. The Source never faileth, providing we have the same faith in it as we place on those things which we can see with our eyes, hear with our ears, and feel with our touch.

If we have faith in our mother and father, in our children, in our friend and neighbor, in our doctor and lawyer; our groceryman, our coalman and our milkman, to deliver to us our needs as required, why not have faith in God who makes up the sum total of all these, and from whom even our faith is derived. Faith in the God-head means even greater faith in all manifestations of his creation, and the wonder is that we have so much faith in the external expression of his creation and so little in the unlimited resources of the Creator, still unborn, or not yet manifesting externally in our lives. "Verily, if we have faith even as a grain of mustard seed it will remove mountains." Faith in our Father supplies all our needs, and more than all, makes us great creative points in His Universal Life,

aiding Him to new expressions of beauty and utility. If we were not needed in His plan, we would not be here, each in his particular niche.

Cultivate faith in the Eternal. Feel the Christ, our Elder Brother, walking with you all the way, and you will feel His faith. Feel Him so near that you can call on Him at any hour of the night or day, when you are depressed, fearful, in pain, lacking courage, or what not—call on Him and feel his life and energy flowing through your whole being. Lift up your head in joy and thanksgiving and walk with Him. He has told you to cast your burdens on Him, because knowing His unity with the Father, He is inexhaustible strength, wisdom and power. Walk with Him on life's highway, live with Him in your heart, and He will carry your burdens gladly, willingly; and best of all, He will never feel them, for He is imbued with Faith in the Father above, who in turn carries all His burdens. He has learned to cast them all aside by living in the Presence of the Father. We, too, can go to the Father, but if the Christ seems nearer, lean on Him, and He will make you feel the Presence of inexhaustible light, strength, love, power, health, beauty and abundance.

He has asked us to lean upon Him, and why can we not heed the promise as little children, and cast our burdens upon Him, knowing that He careth for us, and will sustain us through all conditions brought to bear in our daily lives?

"Faith is the substance of things hoped for, the evidence of things not seen"—it is worth repeating—and if we lean on Him, believing that all the Father hath is ours, then according to the promise we shall surely have the substance, and be fed physically, mentally and spiritually. Call upon Him, believing, and He will hear and answer, and when the desire is fulfilled, it may not be just as you have desired or prayed, but if not, rest assured it will be infinitely better, as God never gives us less than we ask, but always many-fold more. Take Him into your heart and He will direct thee in all thy ways. Rejoice daily

that thy Friend is always with thee, and His light and love and joy will lighten the ever-ascending path to thy life's goal.

VIII.

THE POWER OF SUGGESTION

A NUMBER of years ago I went to see a stage performance given by a professional hypnotist, who was touring the country, and I saw some remarkable things. A group of dignified business men were hypnotized and went down into the aisles and played an imaginary ball game over the heads of the audience. Another very dignified man, quite prominent in the town, was put under hypnosis and made to believe that a broom was a horse. He rode it around the stage as a child rides a hobby-horse, making himself very ludicrous to the audience, and was certainly amazed when he came to his senses to find himself astride a broom.

I made up my mind then, though quite young, that I would never allow anyone to hypnotize me, but since then I have found that all of us, consciously or unconsciously are continually hypnotizing ourselves by the power of our own thoughts. These thoughts or beliefs, which become so thoroughly imbedded in our consciousness, make or mar our lives, whether we realize it or not, and much if not all of the sickness, poverty and misery in the world is due to wrong thinking and believing. It is hard for us to realize this until certain stories are brought to our attention showing how the mind works, but if it can be strongly brought home to us that fear, worry, anger, jealousy, etc., are destructive, disease-breeding thoughts that mar the life, it shows us conclusively that constructive thoughts and pictures of love, courage, faith, optimism, and abundance will have the opposite effect of improving health, character and surroundings.

It is our *faith* (belief in good or God) that builds health, happiness and harmony for us, and it is *fear* (belief in evil or the Devil) that brings sickness, poverty, in-harmony and disruption in our lives.

The following stories help to illustrate this thought, and will make a deeper impression on your subconscious minds than theorizing, or merely stating a scientific fact. They bring out to us clearly the lesson of Paul, "Be ye transformed by the renewing of your mind."

There are, of course, thousands of stories one could tell to illustrate this fact, but the following are especially apt:

A friend told me recently of a young girl whom he knew in Austria who, when about eight years of age, fell into a pond and was nearly drowned.

She was finally rescued and resuscitated, and the first thing she saw on regaining consciousness was five little ducklings swimming on the pond. From that day on she insisted the ducklings were in her stomach and that she could hear them quack. No amount of ridicule or argument could convince her to the contrary, and as the years went by she gradually declined in health. Her parents had the best advice possible for her, without freeing her from this delusion, but finally hearing of a doctor in a distant city, noted for his success in nervous cases, hypochondria, etc., they sent for him. Being wiser than other physicians who had examined her, he believed in "agreeing with the adversary while in the way with him." He listened attentively, and then said seriously, "Yes, you are right, the ducklings are in your stomach, I hear them, and there are five of them." "But," said the physician, "we can cure you. I will give you some medicine which will make you go to sleep, and in your sleep you will cough them up." She readily agreed, and he gave her a sleeping potion, and in the meantime, while she was sleeping, had a tub of water put near the bed, in which five little ducklings had been placed. Waking in the morning, she saw the ducklings, and turning triumphantly to her parents exclaimed, "There, didn't I tell you they were there!"

From that day on she was cured of her delusion. She grew up, married, and had several children, and one day, on a holiday, she visited the good doctor to let him see how well she was and to show him her children. The doctor (this time not so wise) had a chat with her, and then laughingly said, "That was a good joke we played on you, Mrs. X," and then he told her how he had cured her. She listened attentively, and when he came to the climax of the story she turned pale as death, exclaiming, "Why, you didn't get them doctor, I can hear them now." And from that day to the day of her death, not long afterward, she was under the old delusion. This is an extreme case, but goes to prove that an idea deep-rooted in the subconscious mind, is hard to dislodge.

Another story is told of a professor in perfect health, on whom his students wished to play a joke. Five of them got together and tried the experiment of impressing his subconscious mind with the thought he was ill. The Professor left his home one morning feeling perfectly fit, when one of the students meeting him as if by accident, said, "Good morning, Professor," then looking again with feigned concern, asked, "What is the matter, are you ill, you look frightfully pale?" The Professor laughed it off and walked on, only to meet a second one of the boys who followed somewhat the same procedure. The professor answered, "No, young man, I feel fine." But when the third, fourth and fifth accosted him in the same way, the seed had taken root, and he took a cab, rode home, went to bed with a high fever, and had his wife call the doctor.

The following incident happened in Russia. Some physicians there, for the sake of scientific research, obtained permission from the government to make a test on a criminal, who had been condemned to death. They conducted him to a cell which was perfectly clean and hygienic, with the serious and impressive remark that the night before a man had died in that cell from Bubonic Plague. The next day the attendant physicians found the body of the terror-

stricken criminal covered with that dread disease. Where did the germs come from, if not from a mental creation? This was a rather cruel experiment, but illustrates the powerful effect of a seed thought of fear on the subconscious mind, *if one believes it*.

Still another story, which ended more happily, is told by a physician who had two patients, both of whom were his good friends. One of them was suffering with only a bad cold, and the other had consumption in the last stages. The physician had to leave the city to attend a medical convention, and as both patients knew of his going they begged him for a frank diagnosis of their case before leaving the city. He answered their request by letter. To the first he assured him that he had only a severe cold and that with proper care he would be all right in a short time. There was nothing to fear.

To the second, he acknowledged frankly that he was beyond hope of medical skill and that the only possible way to prolong his life a few years was to go to a warm climate during the winter and to take the best care of himself.

About six months later he met the friend who had had the severe cold, on the street, and was shocked to find him looking so badly. His chest was sunken in and a terrible pallor showed him to be a very sick man. The physician asked him with surprise, "What is the matter?" "Why, doctor," he answered, "it may have been somewhat brutal of you to be so frank when you sent me the diagnosis, but you were right. There is no hope left for me. I have spent the winter in the south, but the terrible white plague continues to relentlessly eat up my life's strength. I know I am beyond help." Thunderstruck, it dawned on the good physician that he had accidentally put the letters in the wrong envelopes. He immediately explained this to his friend, but he was so deeply hypnotized by belief in the dreaded disease that for a long time the doctor could not convince him. Finally seeing the emphatic sincerity of the doctor, the mesmerism left him, he began to breathe nor-

mally, felt stronger at once, and began to trust again in life and health.

The two then went to call upon the other man, who had been hopelessly ill with consumption. They found him smiling and happy. With buoyancy he received the doctor and radiant with gratitude he confessed that the good doctor's letter had awakened him from a most dreadful nightmare, as he had believed himself to be a consumptive. The doctor's letter had convinced him he was only hypnotizing himself, and he had awakened from the dreadful self-deception and was now well. Needless to say the doctor and his friend did not inform him of the mistake in the exchange of the letters.

It is said that the best time to plant a seed-thought in the subconscious mind is when under strong emotion, as when suddenly startled. If it works in the case of adverse suggestion, it will work just as surely in the case of a good suggestion, therefore have ready at hand a creative thought which you wish to see manifest in your life, and use it at the psychological moment. Good seed thus sown is bound to bear fruit. Also, the moment a negative or destructive thought enters your mind, such as fear, worry, anxiety, anger, jealousy, or a belief in hurt or disease, deny it out immediately and replace it by a seed that you wish to actually grow, and bear fruit in your life. If you continue to deny out the evil, and sow only good seed, the subconscious will soon accept only the good, and your life and affairs will bear witness to the "renewal of your mind."

IX.

THE VALUE OF REPETITION

FEW people are so constituted as to get a clear enough realization to make their demonstration instantly. One may want prosperity, another health, another success, another happiness and companionship; but whatever the desire, it takes a clear realization of the immanence or reality of the thing desired to bring it into actual manifestation.

If you are not able to get this clear realization (the substance of things hoped for) all at once, repetition of the thought or picture or idea will strengthen the realization and sooner or later bring it into manifestation.

Those who have accomplished or achieved success along any line are those who persistently held to one idea, perfecting it not only through thought, but action. It is not enough to realize that *God is all* when trying to make a demonstration. It will come sooner if you get the perfect realization that God is working (acting) *through you* to get the perfect results you are striving for. God has created us to act for Him on this plane that we are now getting our experience on. If you get this picture or idea clearly it will help you to more fully realize that GOD IS ALL than simply thinking of it in an abstract way.

To do a thing well requires constant practice or repetition, as learning to sing, to play a musical instrument, to cook, to run the typewriter, to keep books, sell goods, or anything else one tries to do. To get a clear picture or realization of a spiritual or mental concept in order to bring it into visible manifestation, requires similar repetition or practice. One thought leads to another, each representing a brick in the structure you are building. Ideas are

enlarged upon and added to through association of ideas, and the building goes on in progressive stages as one idea after another presents itself.

Repetition of one thought or idea, which in the beginning may have been utterly foreign to our habitual belief, and which might seem absolutely impossible to bring into actuality, has often worked wonders.

For instance, we know a teacher of Truth who healed herself of blindness by the repetition of the one statement, "God is the health of my countenance." The first time she repeated this it probably made little impression on her consciousness and therefore had little or no reaction on the body cells, but the oftener she repeated it, with a clearer concept each time of just what the words meant, the deeper impression it made on the sub-conscious, and finally the intelligence in the cells began to conform and build according to the perfect picture the mind was presenting to them.

Another good illustration of this thought is the following story told by D. B. Herring in *Unity* magazine: "Some years ago I held a political position in Oklahoma and was intimately associated with the state institutions. At the state prison I knew a young man who was addicted to the drug habit. He was a total wreck. He often talked to me about his awful condition, and about how he had prayed to be free from it. This young man came of a good family, was well educated, and showed much promise. I obtained permission from the officials to try an experiment. I believed that if I could implant an idea of high spiritual truth into this man's sub-conscious mind, he would respond in better living. So one day I told him that if he would write these words ten thousand times he would be cured: 'Let the words of my mouth and the meditation of my heart be acceptable in Thy sight, Jehovah, my rock, and my redeemer.' Acting upon this suggestion the young man went to work, determined to free himself.

"Shortly after that I left the state and lost all track of my friend in the prison. A few days ago I was walking down a Kansas City street and I came face to face with

him. I noticed that he wore a diamond stud, and was well groomed in every way. He seemed healthy, happy and prosperous. I asked him how it all came about, and he told me that the statement which I had given him had worked, and that the officials had paroled him, as they had promised. 'I had written it only seven thousand times,' he said, 'when all at once the true meaning came into my mind, and I began meditating on the thoughts and the words and the actions that would be acceptable unto the Lord. This led me out into the light, and here I am.'

"The man told me that that statement from the nineteenth Psalm had changed the whole course of his life, and that it is today the most potent and vitalizing factor in his life, and that he squares every act and every business deal by it; that it forms the central idea around which he is carrying on his business. He is married, has two children, a happy home, and is prosperous."

One other point bringing out the value of the law of repetition was the method impressed upon the Hebrews. When any new law was given to them they were told to write it upon their foreheads, and on the backs of their hands, and even on their gate posts, so it would confront them at every hand, for "Reiteration is the secret of lasting impression" and "Repetition the Mother of Learning."

X.

THE HEALING CONSCIOUSNESS

IN TRAVELING Life's Highway we see and hear of many people who are sick, or in trouble of various kinds. Many of these come to our attention and make little impression, and the majority of even well-meaning people take the attitude that as it is impossible to help all the sufferers who come to their notice, they may as well pass all of them by.

There are cases, however, which come to our notice which seem to make a deeper impression than others, or keep recurring to us, and often with a powerful inner urge to help lift their burdens. In such cases we may rest assured that we have some work to do for these souls. It may be a debt incurred in the past which we are now expected to pay, and these persons are thrown in our way for that purpose, or it may be that some needed lesson will come to us through trying to help them, or we will make some contact necessary for our next step on the Path. If the feeling that comes to us is one of helpfulness, that is, if the Motive is good, we may rest assured that some "Good Angel" has brought these persons to us for our best good as well as theirs, and that we are sufficiently in tune with them to be able to help them, where perhaps some other might fail.

There are those among our Theosophical friends who have said to us that it is dangerous to treat others as we may be interfering with their "just Karma" and possibly transferring it to ourselves. In the first place, it would be impossible to help another soul unless it was time his Karmic conditions should be lifted, or if it were best that his Karma be paid "to the uttermost farthing." It should

be remembered that the soul may have incurred this Karmic debt while on a certain low plane of consciousness, and if he had stayed in that consciousness nothing could prevent him from getting the reaction, through the inevitable law of Cause and Effect, but if he has received more light, and through this light has lifted himself to a higher plane of consciousness and service, then he will no longer react to the former Cause previously put into action, for he has lifted himself above the plane of its reaction.

Then again, if God be a God of Love and Mercy, and if we are our "brother's keeper," then we should have no fear of trying to heal or help another when we feel our own soul's strong urge to do so. It is the qualities of mercy, compassion and sympathy in us that make us God-like, which the life of the Master so strongly exemplified. If one's motive is right and there is no self-seeking in his acts of mercy, he may rest assured that in lifting another's burdens he is fulfilling the law of Christ, and perfecting his own soul as well.

Treating another for health or abundance or harmony is not a difficult task, and it can be done by anyone who has a great love in his heart, and desires to alleviate the sickness and burden of the world. A little child can heal as readily, and often more readily, than an adult, for it is all a matter of faith and consciousness, and the child not having experienced the disappointments, failures and sorrows of life (which look so real to the grown man) often has that pure faith which "worketh miracles."

To treat successfully, you must feel the power within you (God's power) to do the work, and feel that you are a free channel of the Spirit through which only good can flow. Lift your mind above limitations of every kind, either of yourself or the one you are treating. Realize that you are both children of God, heirs with Christ, that your heritage is divine and God loves to give good gifts to His children.

Recall the promises of God which are as effective now as they have been all through the ages. "Before they call

I will answer; and while they are yet speaking I will hear." "Seek and ye shall find, knock and it shall be opened unto you."

Realize that as you are one with God, His *Creative-power is in you*, and that the thoughts you think and the words you speak are life to the one to whom you direct them and will take on divine substance and build according to the pattern you visualize. See the one you desire to heal and bless surrounded by the pure white light of Spirit, see him radiant with this light, a channel through which God is pouring health, vitality and creative energy. See him joyous and happy, for we are told, "In His presence is fullness of joy." See him free of all limitation and bondage, surrounded by abundance for all he needs.

See him well, strong, active and desirous of working and creating. Affirm Truth for this soul, the Truth which you believe the Master would affirm for him were He to suddenly appear in your midst. Let your love flow out to him with an intense desire to help him. We are told our Sub-conscious mind (the soul or greater part of us) acts only on intense emotion or when the thought entirely fills the mind, therefore feel that this one you desire to help is an integral part of yourself, that in lifting him you are lifting yourself and lifting the God in you into higher expression through you as a channel. Love transmutes the desire of your soul into a great dynamic force, which will make its way through all barriers, for Love knows no limitations (*God is Love*), and it goes straight to its mark. It cuts through the mental darkness, the negative thought forces, beliefs and prejudices encasing that soul, which are now holding him back; finds out the true cause of his troubles, and lifts him into a higher stratum of consciousness, as his own thought atmosphere mingles with the healing, loving, lifting thought you have sent out to him.

As you feel your love going out to him (the love which God has implanted within you) send on this dynamic current your words of life, love, health, courage, strength, faith, fearlessness, and affirm that *he now believes in the*

mighty presence of God to heal and to bless. Affirm Truth, and if the affirmations do not come to you readily, have some at hand which have come to your notice previously, and which seemed to you fraught with power and helpfulness. If they have helped you, rest assured they will help the one you are now in attunement with. Get as clear a realization as possible of that which you wish to see accomplished for this soul, and continue the treatments for him daily until you have the inward realization that the work has been done. This assurance comes in many ways, and you will know when the seed is firmly planted, though the work done may not manifest immediately. Remember it is yours to sow the seed, and the Father has promised the increase.

The following affirmations may be found helpful when treating:

You are a child of God, filled with His life, vitality, strength and power.

God's love and wisdom surround you now.

You are filled with faith and courage, and you now have the positive realization that God in you is mighty to heal and to bless.

He has cared for you and protected you from the first moment you came into the world. He slumbers not nor sleeps.

God is now planting within you the seeds of the Tree of Life, Happiness, Health and Abundance.

You must water these seeds daily with your faith in God's power to bring these seeds into abundant and immediate fruitage.

Time and space are nothing to God, and with Him there are no limitations.

The love of God now transmutes all imperfections in your mind and aura. He cleanseth thee from secret faults.

He is dissolving all barriers which shut you from His presence and His blessing, or which interfere with your progress.

You now open yourself to His divine blessing and receive it with thanks and gladness.

You are NOW made WHOLE. You go forth healed of every weakness and infirmity not forgetting to give thanks to God.

Hereafter *you will acknowledge Him in all thy ways*, knowing He directs thy path.

God is leading you forth into happiness, health and harmonious abundance.

From henceforth you are a channel through which He pours His life, love, peace, abundance and creative energy to all those who meet you on the Path.

Keep your channel open that the Spirit may flow through, and as the pure Wine of the Spirit floweth through you, the dregs (limitations that would hold you back from progress on all planes) will dissolve and disappear.

XI.

THE NEED OF PEACE

TO BE at peace is one of the first requisites of the aspiring soul, in seeking spiritual light, wisdom and attainment. To the Divine Master peace seemed to be His most prized possession, and the attribute which in His estimation His Disciples, who were to carry on His work, would most need. We have evidence of this in His last talk with them before the crucifixion, when He said, "*Peace* I leave with you, *my peace* I give unto you, not as the world giveth give I unto you. Let not your hearts be troubled, neither let them be afraid." Paul calls Jesus "The Lord of Peace." 2 Thess. 3:16.

Did you ever stop to consider why peace was so important a factor in the mind of Jesus and why it must be one of the most important factors in God-consciousness, inasmuch as He said, "I and my Father are one." It is because only the soul at peace can become so attuned to the God-Presence as to think and create with Him and accomplish anything worth while or permanent in life.

In the quiet stillness of Mother Earth, seeds germinate and sprout, with nothing to distract them from the work in hand.

As in Nature, so with the human race. A babe takes its sustenance from its mother's breast and is fed and nourished in perfect contentment and peace with its surroundings. Older children create with their playthings and invent new pastimes when they are quietly at work with no outside thing or no grown-ups to distract them. They study and learn at school when in quiet, harmonious surroundings. When man's estate is reached, the state of peace, quiet and harmony also seems absolutely necessary

in creating perfection and beauty of any kind. Healthy, happy, normal children are conceived for the most part when the parents are in a state of rhythmic harmony, and this is surely true of the more advanced children of the race.

Paintings, statuary and inventions are born when the artist or inventor is at peace, and receptive to higher impressions and inspiration. Those who write to inspire others must have quiet and peace, and be free from the distractions of the external world while they are receiving their inspiration.

As one elevates his thoughts and tries to come into attunement with higher spiritual forces and to realize his oneness with God, peace, quiet and harmony are still more essential, and we can communicate with the Most High in no other way. True, we can cultivate that inward peace and be in the midst of a crowd, or in the turmoil of a storm, and be able to shut ourselves away from the external and commune with the Father, but to do this we must be able at will to find this innermost Center and be still, making ourselves absolutely receptive to the higher, and shutting out the lower vibrations around us. "Thou wilt keep him in perfect peace whose mind is stayed on Thee." Is. 26:3.

If one desires to heal or bless another, he can only do it in the stillness of conscious communion with God and His laws of harmony, which transcend sickness, poverty, sin and decay. He must sense the spiritual forces about him. There are those who have built such a spiritual aura about them that their very presence is healing, but this comes only through the previous hours of peaceful, quiet meditation in perfect harmony with spiritual law. "The fruit of righteousness is sown in Peace." Jas. 3:18.

Jesus knew the value of peace in the lives and consciousness of the disciples who were going forth to heal and preach the Gospel of Good Tidings. He himself was always teaching peace.

Therefore we, His disciples of this day, who are trying

to demonstrate the Christ Truth and Teaching, should above all else avoid argument and controversy and cultivate an attitude of peace and poise. The daily irritations of life should not disturb us, but when they come to us (as they do to everyone to teach us wisdom), let us learn to shut the door and *go within where Christ dwells* and be shown the way to victory. He has said himself, "*Whosoever will*" may come, and it simply rests with our ability to shut the outer door on the externals of life, its worries and irritations, and go within to the Inner Sanctuary of His Presence, and be at peace.

As we cultivate this habit, it becomes second nature to us, and our lives become more and more conscious of the Indwelling Presence which never leaves us nor forsakes us. Realizing this, let us try to live the life of peace with ourselves, with our families, with our neighbors, and with all the world. So shall the Peace of the World be born and brought forth into manifestation.

XII.

“WHERE THERE IS NO VISION THE PEOPLE PERISH”

UNDoubtedly Solomon was referring to spiritual vision when he voiced the above truth. Without spiritual vision, that is, the power to visualize the Spirit in yourself and in all creation, you stagnate and die, without making any progress in this life. We stay on this physical plane, returning to it time and again, until we have attained this spiritual vision which relates us to a spiritual realm. The whole teaching of Jesus Christ was based on spiritual vision. Every utterance concerning man was based on the spiritual or inner man which He desired us to see. In making us see this vision He became the atonement, by making us realize our unity or at-one-ment with God. If you will take the time to re-read the Gospels with this idea in mind you will see that the keynote of His message to men was to make them see God and His will working through all humanity. He told us these truths so plainly that the greatest mystery lies in the attitude of the Church in misinterpreting His message all these years. Paul, the founder of the Christian church, tells us, “Ye are the Temple of the Living God” and “The Kingdom of Heaven (where men have always believed God dwelt) is within you.” He meant positively and plainly that God dwelt in us, and the churches through the past two thousand years have simply ignored this fact. The Church did not get the spiritual vision, and where this is lacking in church or people, they must perish.

When we get this spiritual vision we can do all things on this plane. We shall have perfect health, life and abundance; and the joy of creating and blessing shall be

ours. Can you conceive of a Being with all knowledge and wisdom, all power, all creative energy, all life, all abundance and all love, being unhappy? Then the way to gain happiness, the ultimate goal of all human achievement (no matter how in our present limited understanding we are trying to attain it), is to attain this spiritual vision. How can we attain it? Certainly not all at once, in the majority of cases, although some have grasped this idea in such a remarkable way as to have accomplished miracles.

The two ideas to grasp are those which the Christ taught so plainly. "Ye are the Temple of the Living God and the Spirit of the Almighty dwelleth in you." Meditate on this thought every day, take it into the silence a few minutes each morning, no matter how busy you are. The added strength, courage and understanding gained will enable you to more than make up any lost time. Then begin your day's work acting on this thought that God is within you, and whatever difficult conditions you meet or whatever obstacles beset your path, will melt before you if you hold steadily to the thought, that God in you is invincible. God in you is love. God in you is wisdom and Power. God in you cannot be harmed or injured or disturbed. If you stop every time a hard situation confronts you, and realize just for a second that God is there in you, and in the seeming obstacle on your path, and if you let the God in you, rather than the personal self, take care of the difficulty, and at the same time stop and think how this God in you is going to act to get the best results, you will soon find every obstacle melting before you. Now you cannot do this in a minute. You must carry God with you all the time in consciousness, and call upon Him in your time of need. If you practice this a few months you will begin to get this spiritual vision of *God within* fixed indelibly in your consciousness. It will become part of you, and you will feel that you are consciously walking with God.

"The Kingdom of Heaven is within you," and to attain spiritual vision, we must realize that we are in

Heaven now. Heaven is only a state of mind. It is not bound by four walls; it is only bound by our limited consciousness of what peace and joy and harmony and divine order mean. If you will extend the conscious boundaries of your mind to include God and the Kingdom of Heaven within, you can live now consciously in that Realm of Love and Power, where all is love toward one another; where progress is eternal; where each one spends his time in expanding this God-consciousness by becoming a greater and greater blessing to others.

The Kingdom of Heaven is that place where all realize that the only way to progress is through Love and Service in the particular environment in which they are placed. There are many heavens and many hells; I am only defining what Heaven is to me in my present state of consciousness, but even that looks pretty good to those struggling here on this sense plane. Heaven may mean something different to you, but whatever it means it is better than anything you now have, and worth visualizing in yourself and the world at large, and if you begin to realize that you are living in that place or state of consciousness now, you will begin to attract its better conditions to you. As you expand in consciousness your idea of Heaven and God will change, as men's minds are continually changing about these things. Looking back just a few hundred years we see what a marvelous change has come into the minds of men regarding the conception of God and His Kingdom, and this is only the beginning of a new revelation to the expanding soul.

God in you is what? Try to think of God who created this wonderfully beautiful universe, the wonders and bounty of Nature, the birds, the flowers, and then created man to enjoy and have dominion over these things. Surely He thought we could get the heavenly vision when He set us here in this wonderfully beautiful world, but instead, men have seen everything imaginable in themselves and in the creation about them, except God and His love and abundance. Not being satisfied with that, they have gone

so far as to create a devil to torment them and to rule over them, in place of a loving Father who desires every good gift for His children. They have given this devil the ascendancy, and the fear of him has brought untold miseries to the mind of the world. We surely need the spiritual vision, that is, faith and belief in the Divine Spirit of Love working in us and in all creation. Every day then for a short time try to realize what God means in you, and realize that with God's will and creative power working through you, you can accomplish all things, break down every barrier and melt all opposition. God in you is the resurrection and the life in every mental, physical and spiritual manifestation. God in you is Love and "Perfect Love casteth out fear." God in you is Omnipresent, Omnipotent and Omniscient. God in you is all Knowledge, Wisdom, Intuition and Inspiration. He is Creative Energy. God in you is Spiritual Vision, seeing things always more beautiful and perfect than they seem to the material senses. God in you is all that you can conceive, or think or dream, and with this idea expanding in you day by day you will work miracles.

This is the message Jesus Christ brought to earth, and this Spiritual vision is worth striving for both in the individual and in the nation. With it we can do all things. Without it we stagnate and perish.

XIII.

THE CONSCIOUS BREATH

BREATHING is largely an unconsciousness process but can be made much more beneficial to man than is the ordinary simple process of breathing air into the lungs for the purpose of oxygenating or electrifying the blood.

Advanced students know that life is omnipresent because God is present in every existing form. We know that the air we breathe is impregnated with life, for without it no man can live, and yet out of a million breaths we draw the mind is wholly unconscious of and takes no heed of the life principle drawn in. The more advanced of the Hindu race realize the value of conscious breathing, or Rhythmic Breathing as it is sometimes called, and many books have been written upon the subject, but some authorities believe that these breathing exercises if carried to extremes are harmful. In this lesson on Conscious Breathing, however, we outline a practice that can in no way be harmful, but on the contrary may be a great attracting power to bring benefit to the system, both mental and physical.

We believe, most of us, in the God-principle which is omnipresent, omniscient and omnipotent, all-wisdom, all-life, all-love and all-power, and we know that the life-essence which sustains all is of God. Now, if in our own breathing (say for a few minutes each hour of the day) we breathe deeply and quietly, trying to fill our lungs evenly and fully without straining, and at the same time consciously realize that we are breathing in God's life, health, peace, joy, power and wisdom, we will surely get much more from the process than we ordinarily do.

Thinking and believing that we are attracting these things with the in-breathing, and then letting them flow out with the out-breathing, to consciously bless ourselves or others, will bring good results. We can direct this outgoing breath, with the power it has gathered, to flow out to bless our body, from the head to the feet, focusing most strongly on the part which needs greatest attention. We can bless the mind and mental processes, as well as the soul and the spiritual processes. While breathing in, know that you are drawing that which you desire from the **SOURCE OF ALL-GOOD**. Let it flow through your body to bless the different parts, as you slowly breathe out. After practicing on yourself awhile, consciously direct the out-flow of life, love and wisdom to others in need, thus you will widen your own aura and fill it with the radiance of the Spirit, and thus you will extend your power for good.

Take a few minutes during each hour for this practice, or as often during the day as you can find time, and it will bring wonderful results. If you can lie down and relax occasionally while doing this, it will also help to bring that peace and inward harmony your soul craves. Each one should formulate statements while the in-breathing process is going on, to best suit his individual need, and the following will be found helpful to start with and may suggest others to your mind:

I draw life into my system from the Spring Eternal.

I breathe in the Spirit of Truth and Wisdom.

I direct this life to my brain that my mental faculties may be quickened.

I direct it to the opening up of new reservoirs in my subconscious mind.

I direct it downward to each part of my body. (Use one or more out-flowing breaths for each part of the body in turn.)

I let this divine life, love and wisdom flow out into my aura.

I store up this divine life in my solar plexus for use during the day and night.

I breathe in God's health, His peace and His prosperity.

I draw on the riches of the Spirit, and the beauty, the refinement and the harmony of life.

I draw to me the highest, the purest and the best.

I breathe in the positive vibrations of life.

I draw from out the boundless depths of love and life and wisdom that I may manifest these qualities more abundantly, and that I may be a blessing to all my world.

XIV.

DIFFERENT METHODS OF CONCENTRATION

MANY people write us that they are not able to concentrate; but there are almost as many methods of concentration as there are people. Concentration may be of a moment's duration and sometimes is just as effective, if the right impression is given to the sub-conscious mind, as a half hour's concentration on a given subject.

Affirmation and Denial is perhaps one of the commonest methods of concentration. For in affirming a certain thing, or denying another thing out of the mind and consciousness, you are really fixing the attention on that thing, for the time being, to the exclusion of everything else. To the majority of students this is the easiest and most effective form of concentration, for there is a definite object in view, and it is less difficult than to fix the mind in abstract concentration.

The Silence is another form of concentration, and this may be an abstraction (making the mind perfectly blank), or it may be getting still and taking a listening attitude. One can only tell by individual effort and trial which method brings him the best results. With some it may be best to alternate these methods.

A well-known teacher of psychology recently gave us the following method for the Silence, which he claimed his students had used to great advantage. There are many advantages to this method as it enables the student or seeker after Truth to get the entire body still before listening for the "Still Small Voice." The purpose of the Silence is to get into that realm of being where you are unconscious of space or time. It can come only through

faithful, persistent practice, and devoting a certain time to it daily (preferably the same time each day) and letting nothing interfere with it.

The method of Silence referred to is as follows:

Take four to six full breaths. Relax thoroughly, sitting in a straight chair with feet flat on floor, spine erect and arms and hands resting comfortably on the knees, the palms up, in a receiving, expectant attitude. Be sure you are perfectly relaxed and comfortable.

Place your problem or the thing you desire to demonstrate before the Father, and ask that leading and illumination may come to you in the Silence. Then start at the top of the head, focusing the attention at the hair line, and say mentally or audibly (whichever suits you better), "I am still in my brain." Center your consciousness there, as this sends the blood to that part of the body, then get as still as possible by listening in the head center. Do not do this with any sense of strain or tension, for you should feel perfectly relaxed and comfortable at all times. After listening in the head a few minutes dedicate your brain and intellect to universal service, then come down to the eyes. Repeat again, "I am still in my eyes." Dedicate them to God and universal service, and then listen at the back of the eyes. Then go to the ears, dedicating them, and getting perfectly still in these centers. Then in turn take each part of the body, nose, mouth, neck, throat, chest and lungs, arms and hands, stomach, solar plexus (the big abdominal brain), the spine, liver, kidneys, groins, abdomen, sacral plexus center, thighs, knees, ankles and feet; repeating the same process and dedicating each part to God. After you have gone down over the whole body in this way, you will be perfectly still in each part, then bring the consciousness back to the top of the head, get perfectly quiet there once more and listen for the voice of Intuition. You may get some leading, or some light on the problem that was troubling you, and this you should follow if it agrees with your own best belief and discrimination. This method if followed faithfully will tend to awaken the

higher soul faculties, and also the Intuition, which is the best guide in any individual life.

Gazing Into the Sky for Illumination—Another method of concentration recently told to me by an Occult Student is to look up into the sky for from ten to thirty minutes. One should have the sun back of him, so it is not shining in his face and eyes. If it is a warm, sunny day one can lie down on the grass and gaze directly up at the sky, or he may sit in a window and look out at the sky, if he prefers to do so. It is said if one can gaze at the sky, unblinking, for from ten to twenty minutes, wonderful pictures will appear of other realms, wonderful spires and palaces, benign beings, etc., and once experiencing this no one can ever again doubt the existence of God and the spiritual realms beyond this plane. This is an easy method all may try, and success will surely reward one for the effort.

Impressing the Sub-Conscious Mind—If you wish to impress some thought on your sub-conscious mind for it to work out for you, a good method is to look at some bright object for a few seconds, then give your mind the powerful suggestion (which you have definitely formulated beforehand) several times in quick succession. This method tends to drive out all other thoughts for the time being, and the repetition serves to impress definitely the thought you wish to manifest on the sub-conscious mind.

If you get a sudden fright at any time so that for a second the heart seems to stop beating (as for instance when riding in an automobile and you think you are colliding with another car), the consciousness is arrested at such a time, and it is a good time to plant a powerful suggestion in the subconscious mind. It is best to have a definite thought in readiness to plant in such an emergency. Many times people are hurt, but if they can *instantly* reverse the thought of pain or injury and declare perfection for the part, before the pain or injury thought has had time to sink into the consciousness, instantaneous healing often takes place.

To *Inhibit Pain* one may impress the subconscious mind, in the manner Dr. Coue has used to such splendid advantage. In rapid succession repeat several times, "IT (the pain) IS PASSING AWAY. IT IS PASSING AWAY." This repetition impresses the sub-conscious and also tends to keep any thought of pain or distress from taking possession of the mind. If you can empty the mind of all thought while you are planting a suggestion of any kind (whether for health, prosperity, harmony or adjustment of affairs) in the subconscious mind, it will work out for you.

Another way to inhibit pain (for instance when in a dentist's chair) is to clasp the hands tightly together so that the ends of the fingers on each hand are pressing tight against the knuckles of the other hand, and at the same time pressing the ends of the two thumbs together. This is one of the methods of Zone-Therapy, inhibiting the pain through the nerve terminals which correspond with the nervous system all over the body.

The Abstract Method of Concentration is to fix the mind on some definite subject on which you wish light, or to give the mind the task of keeping its entire attention on a given object, which might be a chair or anything in the room. This develops the habit of fixed attention, but this abstract method is more difficult and not so advantageous, in our opinion, as other methods outlined above. There are still other methods of concentration, but the practice of those given above will bring results if put into practice in the daily life.

XV.

A HEALING MEDITATION

IN your daily silence take this Healing Meditation with you. It will heal you of whatever is binding or limiting you, and make you a radiant center through which God shall continually bless and lift others. Life will become a joy to you such as you have not known before, and the Spirit of Truth shall lead you into paths of pleasantness and peace.

It is a Healing Blessing, that sense of the Healing Consciousness abiding in each and every soul, if they can only get quiet enough to sense the Divine Presence and let it permeate body, mind and spirit to the overflowing point in consciousness.

Father, we are Thy children and we would be still in Thy Presence, for only in utter stillness shall we know Thee.

Help us now to shut out all that can disturb the serenity of our spirit and the knowledge that we are with thee.

Remove from us the mote of criticism. May we see only through Thy eyes of love and life, and divine, creative, uplifting energy.

Remove from us all fear, all pride, self-pity and self righteousness, all feeling of superiority, and help us to blend our minds wholly with Thine in love, in compassion, in an all-conquering majesty of power that shall remove every blemish, every limitation, and set every living thing on the path of peace, health, abundance, gladness and progress.

We realize Thy Spirit enfolding us, filling us with immeasurable life, health, energy, vitality, strength and power.

We feel Thy love and beauty, and Thy joyous sense of freedom and of power filling every crevice of our minds, opening up new brain cells and new and unused centers of consciousness to new vision and unlimited energy and power.

We realize as never before that the Spirit of Truth is expanding in us and brushing aside every limitation and barrier we have ever planted in the path of progress.

We realize that Progress is eternal, and that Thy divine urge in us presses ever onward and onward.

This day we reach a new height in consciousness, and we look down over the path we have come over, rejoicing in the freedom and mastery over the obstacles we found there. We see that every obstacle surmounted gave us new faith, new power, and new vision to walk the higher level we now find ourselves upon. The former things are passed away. We loose them for all time, and push them over the cliff, for if we keep them they will only bind and hinder us on the upward journey. We will not look back at them nor the road we have journeyed over. We now set our staff on the Forward Path, and with Thee, our Ever Present Guide, our Counselor, our Life, our Stay, our Abundance of every good and perfect gift, we go forward to greater heights of Peace and Joy and Victory.

But, Father, we would not go alone. May Thy heart of compassion enter into us and show us how to help others who have been delayed on the way.

Fill us to overflowing with the consciousness of Thy divine power invested in all Thy children. May we realize that contemplating Thee, and with Thy mighty love, wisdom and intelligence ever expanding in us, as we think of Thee, we too can do Thy healing work of love. The radiance of Thy Holy Spirit flowing through us shall quicken every cell, transform nerve and bone and tissue, transmute all dross of mind and body into divine perfection, rechemicalize and rebuild the worn-out parts, and perfect us in Thy Divine Image of Health and Beauty and Power.

Thy mighty Spirit (including every good thing which can enter into our concept of Thee) shall do its mighty work in us and flow out unceasingly to bless, to heal, to cheer, to encourage, to quicken, and to lift all souls who are journeying with us toward Thee.

Together we shall find Thy Dwelling Place, and in our daily life, *here and now*, rest in the joy and gladness of our Lord. Thou shalt be the Lord of these temples (our bodies) and we will serve Thee in Gladness of Spirit and in Perfect Peace.

XVI.

"SEEK AND YE SHALL FIND"

THE only way to knowledge is through seeking. No door can be opened unto us except through knocking, and the more inaccessible the door to knowledge or wisdom, the oftener we must knock. "Not everyone who saith Lord, Lord, shall enter the Kingdom of Heaven, but he that doeth the will of my Father." Matt. 7:21.

If we desire light or wisdom on any given subject, let us not only knock on the door of hidden knowledge, but let us feel that it is God's will that we gain this particular wisdom, at the same time doing His will by seeking all avenues whereby this particular door may be opened unto us.

There are many avenues to growth on any plane of existence, and no matter how limited or cramped we may be in our environment, or how lacking in finance, some avenue will open to us if we seek it. There are avenues for higher expression on all planes, physical, mental and spiritual. On the physical plane there are always books to be had from the free libraries on the particular subject you desire, whether it be scientific, mechanical, artistic, or metaphysical. The soul seeking help with a belief only in physical means of expression, and therefore vibrating only to physical aid, will find books to answer his needs, and the study along any branch of self-advancement will naturally bring him into contact with those on this plane (teachers and students and friends), interested in the same subject, who will stimulate and interest him to further study. The competing with or, better still, emulating other minds working in the same channel is a great incentive to better

work and more sustained effort, and is therefore a great aid to self-advancement.

If a soul, however, is attuned to spiritual planes as well, that is, if he has faith in God's guidance in his life and knows that he may call to his aid souls on spiritual planes who are seeking through the Law of Progression—love and service—to aid others, then he will receive not only physical aid in his efforts at improvement, but he will have attuned himself to the vibratory current of the higher realms. He now opens up a many-fold power as contrasted to the help he has received from the physical plane alone. The greater his faith in God and His angels of love and power the stronger the current of connection he makes with the spiritual realms, and thus he draws to him from the invisible planes teachers and masters versed in the subject he is interested in.

Thus inventors, working along spiritual lines, that is, with a high purpose in view of bettering the conditions or lightening the burdens of men that they may have more time to devote to mental and spiritual progress, will draw to themselves power and inspiration from Master souls who have worked along the same line perhaps for many incarnations, and who have the power to impress their ideas on the minds of those on this plane capable of receiving them and using them wisely after they have been brought into manifestation in the physical world.

A struggling artist with the highest purpose and conception of what a beautiful picture may express to man may in the same way draw into his atmosphere the aid of a Raphael or a Michael Angelo to inspire him in his work.

A musician working with the ideal to inspire and uplift men through music and harmony may attract a Beethoven, Chopin or Wagner who will impress his greater consciousness of music upon the aspirant soul.

But an artist working along mercenary or indifferent lines will not get the power or inspiration which great artists, who are seeking to glorify God and serve their fellow-men, will get through the same effort.

Whatever your walk in life, professional or artistic, or no matter what sphere you are seeking knowledge in, you should decide, if possible, on the knowledge you desire to attain, or the work you desire to do. Feel that you want to do that particular work better than it has been done before, and be willing to work hard to that end. Then seek all avenues of enlightenment in that field on this physical plane which are open to you, but most important of all, feel that you have chosen that path of knowledge because through it you desire to bless and enlighten the world, thus glorifying your effort to the service of your Father in Heaven.

Let this idea sink into your consciousness, and give it daily thought and utterance. Feel and know that you have the aid of the Father and His host of angels to carry out your purpose, and you will soon find new avenues opening up to you. They may seem to open through physical channels (as things usually manifest physically in a material world), but nevertheless they will have been set in motion by spiritual currents. Or it may be that you will become so attuned to spiritual processes as to gradually develop the super-senses of sight, hearing and feeling on invisible planes. Some means will be found to impress your consciousness with higher truth and wisdom, and in the way best suited to your growth and development a new door will be opened for you. You will have set in motion a law of Cause and Effect, and as you continue to seek with greater and greater spiritual understanding, door after door will be opened, and you will continue to grow in Wisdom and Mastery. One avenue of expression must lead to still higher and higher attainment, the only limit being your lack of desire for further seeking. The law is plain, "Seek and ye shall find, knock and it shall be opened unto you." Abide ye in the law.

XVII.

THE POWER OF THOUGHT

YOU can be what you want to be. *Your habitual thought in action is the only factor in attainment.* He who has a goal in mind and lets no obstacle hinder him from continually aiming at that goal, and who has also an absolute belief he will reach the goal, is as sure to get there as the surety of the earth's turning on its axis. The earth meets friction in varying currents of air, but so fixed is the law, nothing can impede its progress.

Man's mind rules his body. The body may sometimes react upon the mind, but is always subordinate and never governs it.

The Mind in us is the Mind that is in the Father, or the great Universal Intelligence, which comes with us at birth and which stays with us and goes out with us to another plane of existence when so-called death or dissolution takes place. This Mind which is in us, the Universal Mind, creates us, and puts into operation many subconscious processes, such as, breathing, sleeping, assimilation, elimination, etc., which go on with very little thought or attention on our part, until some of the machinery goes wrong through our wrong thinking, or through the wrong thinking of parents, friends, and those in our environment. We may or may not be strong enough to combat this, depending largely upon our awareness of the danger of other people's negative thoughts concerning us, and our effort to offset same by an opposite, positive train of thought.

In any event, our thoughts mold our life. *What we are today is the aggregate of our thought in the past, plus what has been super-imposed on us by others.*

Our health is just what we make it. We may get up in the morning feeling too tired and ill to go to work, then all of a sudden we get a letter with some good news, or an invitation to go out to some social affair, or a sudden happy surprise comes our way, and we forget all about not feeling well and go out and enjoy the day. We were sick because we *thought* we were sick, but as soon as our attention was distracted by a more dominant and pleasant thought, we forgot to be sick, and so manifested health. Chronic or perpetual ill-health in any form is just a continual thinking and visualizing and accepting suggestions from others that you have stomach trouble or nerves, or kidney trouble, or whatever it may be. But you may say, Mrs. So and So suddenly discovered a lump on her breast and found, to her surprise it was cancer. But if you analyze Mrs. So and So's mind you will find somewhere among her friends or family there has been cancer, and she has been thinking of cancer and fearing it, or brooding over unpleasant conditions, perhaps coupled with selfishness and jealousy, and cancer has come upon her. On the other hand, as in a case which came to the writer's attention, a friend was taken with a peculiar stomach trouble which resulted in frequent spells of numbness starting at the head and proceeding downward and at the same time commencing at the feet and proceeding upward. When it would reach the lungs and heart, she would gasp for breath. Another friend persuaded her to go and see a man who had considerable reputation as a diagnostician, as he had the power to look clairvoyantly into the human body and see just what the trouble was. After some delay, my friend went to see this man, who had a tremendous practice in two large eastern cities. He diagnosed her case very accurately, telling her of many of the symptoms and troubles she had formerly had, but when he came to the stomach, he said, "You are a very sick girl, I can cure you, but it will take at least three years, as the stomach is the hardest thing to deal with. Your stomach is what I call cancer red." In spite of the correct diagnosis in other

particulars, my friend *did not believe* she had cancer and therefore cancer got no hold on her system. She sought help elsewhere and in three months the trouble had entirely disappeared.

Our thoughts also control our environment. Take several sisters of the same family living in the same house, attending the same church, etc., but one in the family thinks in the direction of art and music for a vocation, and she seeks and finds artistic and musical friends, goes to musical affairs, etc. Another is athletic and seeks friends and pleasures and finally a husband in an environment where she may gratify her particular tendencies. One in the family may be full of fun, bright, happy, optimistic, getting pleasure through everything which comes her way, and friends gravitate to her and like her and invite her to various pleasurable affairs. Another in the same family may be full of fear, worry, repining, self-pity, grumbling and never satisfied. Her habitual thought and feeling build an unsurmountable wall about her which no one has any desire to climb to see if there is anything worth while behind it.

Our thoughts also determine our occupation and success in life, or the reverse. We can make our thoughts our enemies or our friends, just as we choose. Men or women who have really achieved success or fame have kept one definite aim in view and have bent their whole effort in that direction. They think and know success is eventually coming in that field. Obstacles and delays do not daunt them or discourage them. Their motto is, "It is no disgrace to fall. The disgrace comes in not making the effort to get up and press on."

Those who have a definite purpose in view are so enthusiastic and so sure of their desire and aim, that as a rule they let their world know about it, and their world (visible and invisible) will rush to their aid and help in countless ways to bring the desire into fulfillment. Take for instance a young girl whose heart and soul from infancy is bound up in music. She desires to play the violin, and

somewhere out of God's universe (through someone who knows her desire), a violin will come to her; then opportunity for lessons, and then opportunity to play to attract publicity. Everyone knows she loves music and has sacrificed all to it, and many will help her attain her desire. In contrast, take the young man who is drifting and has no definite aim in life. A thousand may be ready to help him, but if he himself does not know what he desires to be, how can they give him help in any direction?

If you do not know what you want to do, *create a desire to do something*, if only for a limited time, and see if that is the thing you like, then bend your thought and energy for the time being in that direction. If you pursue it faithfully, you will be guided into the right vocation later when the time is right, or when you have earned it.

Your thought forces are the most powerful building factors in your life, building your health, character, environment and success. Thought has built everything in the world today, and will continue to build eternally, for thought is Universal Intelligence, the Mind of God expressed through His individual creation.

XVIII.

IN THE SECRET OF HIS PRESENCE

THE soul loves not the noisy, bustling hurry and worry of our everyday life. It knows the value of harmony, peace and serenity. The soul can only grow in an atmosphere of peace and harmony. The intellect or intelligence, the physical strength and endurance, and mayhap the mind-body and the physical body may grow through resistance and obstacles, but the soul can only expand in an atmosphere of peace, centered in divine consciousness,—reaching out to the infinite source of all good—and listening to the still small voice, through meditation in the silence.

The soul is the direct emanation from the Father—the Divine in us—all that represents peace and harmony, poise and power in itself. It can only expand in its own environment, as like attracts like, and adds to the strength and accumulation of soul-knowledge and power already gained.

Do you desire soul growth and expansion? Then keep this clearly in mind. You must live in peace and harmony with all about you. If you have not peace in your environment make peace by your own loving attitude. Be Christ-like, and you will attract peace, or conditions will change for you and a more peaceful condition will come. This may take time, but you can create this harmonious environment by taking a few minutes each day for quiet, for getting centered, to meditate and think of the soul—the Divinity within—and the power it has if allowed to expand and express in your life. Think of the attributes of the Father, the Creator of all, and know that your soul as an emanation from Him has all these qualities, "latent

though unexpressed." Reach out in prayer to the Father and you will attract souls of wonderful strength and beauty to harmonize your life and strengthen the soul-power. You cannot attract great Masters, or souls from higher planes, who are living in an atmosphere of love and harmony, unless you keep yourself harmonious on this plane. No matter how trying your conditions may be on this physical plane, it is some quality in yourself which has attracted them to you, or you to that particular environment. The way to change our conditions is to change ourselves.

"Love, and love to your heart will flow." If you would attract those souls from the highest planes who can develop your soul and expand your intellectual powers, and keep you in the best physical condition, you should live on a mental and spiritual plane here with which they can harmonize, or else they cannot get into your aura.

Love cannot enter where the mind is full of hate, nor can joy enter where the mind is full of gloom, nor can health enter if the mind is full of disease and inharmony. We must let go of all these things—get harmonized within—feel at peace with all the world—bless all as does the Sun, who shines alike upon the just and the unjust; bless and love all, as does our Heavenly Father, no matter what their state of development, or what their social status, or what their attitude toward us. These things do not concern us, but we must love, and must keep a state of harmony in our mind and body, if we would attract good things from either this plane or the higher planes of existence. It is an essential thing to know. This lesson is for all alike. May it strike home to everyone who reads it.

XIX.

SELF MASTERY

THE first step in attaining Mastery is a clear realization of the Indwelling Christ, the Christ Power within each individual soul. Of the personal self we are impotent and can do nothing, but realizing, as the Master did, "I and the Father are one," we can do all things through Christ who strengtheneth us.

Mastery comes in many forms, as in gradual soul-evolution there is always something to master. Each thing mastered makes us that much stronger for the next, just as the first problem in arithmetic fits us for the next mathematical test; so the first soul victory fits us for a still harder task. Each soul has certain things to master, and no one knows better than himself the weak spots in his armor, which need to be made strong.

The Second step in Mastery is to recognize a certain weakness and determine to overcome it.

The Third step is to have a fixed goal of attainment always before us.

The Fourth step is to realize that we do not walk alone, for "The Spirit of the Lord goeth before us to make easy the way."

"Straight is the gate and narrow is the way that leadeth unto victory." The shortcut to Mastery is the straight path, avoiding the by-paths of laziness, indifference, inertia and carelessness that can only lead to failure and defeat.

Mastery means persistent, faithful effort in the direction one has set his mind and soul to accomplish. It may be mastery of some fault or characteristic or secret sin, or it may be mastery of accomplishment in art, music, business,

law, etc. But whatever the goal, the vision must be clear and the purpose steadfast to that one end. To build up anything, whether it be a character, or an invention, or a business reputation, it is never done in a minute; it always comes by persistent, unflagging, determined effort until, step by step, the goal is won.

To attain mastery we must have self-respect, poise and ease of mind. Hurry defeats our purpose and causes waste. We must master the inner; the nerves, the emotions, the will, and make them our servants if we would master outward conditions. Jesus was master of Himself. He was calm and confident in His mind-strength and power. He knew it could not fail him, therefore the elements obeyed him, and material things raised and lowered their vibrations at His command.

Mastery can come only through the inner realization and revelation that *we are Masters*. As the mind grasps this fact, mastery follows. Confidence in the soul's power is a necessary adjunct, and this comes only through the realization that the soul is *all-wise* and has been gathering its knowledge since the beginning of time. The soul has unlimited power of expression and has passed through many experiences, many occupations, many schools, and many nationalities. If we could realize the depth and knowledge and power of our own souls, and awaken that soul-consciousness to outer expression, mastery would inevitably follow.

Persons under hypnosis can travel anywhere, as fast as the mind can think itself in any place. It can see and describe what is going on in different places. It can speak many languages. We have recently read that Mother Ann Lee, the founder of the Shaker religion, an uneducated woman, was either controlled by some outside entity or opened up some pocket in the sub-conscious (the soul's earlier experiences), and under this inspiration when on trial for heresy before a body of English clergymen, spoke sixty different languages.

The soul is a reservoir of power and knowledge, the open sesame to any door we wish to open. The soul can be awakened only through meditation, concentration, and realizing continuously its divine origin and the Indwelling Presence which energizes it and gives life to all outward expression. The soul is the abiding place of the Spirit, the all-pervading essence which animates the Universe. This Spirit is limitless in Mind and its expression, but can express only on this plane through the awakened souls it has created. It expresses through the souls of men and through the souls of beasts and flowers. It expresses through all it has created and most of all through Man, its highest creation. But man has shut the door by believing in his own puny strength instead of this Infinite Power Within. When he realizes the limitless Power of God seeking expression through his mind and soul and body, and when he takes time to listen to the Voice of His Soul, through which God speaks to him, he will gain a mastery which he can only dimly perceive now.

To hear this voice, preparation is necessary, an attuning of the body to a higher vibration of consciousness. The body is the vehicle of the soul, and the finer and cleaner the body, the more attuned it will become to the Spirit within. Pure Spirit cannot express through a gross vehicle. We must raise our vibrations more nearly to its rate of expression if we would hear its voice guiding us into higher and higher Realization and Mastery.

THE LAW OF ACTION AND REACTION

IN THE Ancient Wisdom teaching (Hermetic) we find these two significant statements:

"The Principle of Rhythm: Everything flows, out and in; everything has its tides; all things rise and fall; the pendulum-swing manifests in everything; the measure of the swing to the right is the measure of the swing to the left; rhythm compensates."—*Kybalion*.

Elsewhere in this same teaching we find a similar statement: *"The Principle of Cause and Effect: Every Cause has its Effect; every Effect has its Cause; everything happens according to Law; Cause is but a name for Law not recognized; there are many planes of causation, but nothing escapes the Law."*—*Kybalion*.

Stated still more simply than the above, we might say, Action and Reaction are always equal, and as this is an axiomatic Truth, we need not worry in life about gratitude or rewards, as no matter how we act, our reward (good or otherwise) is on the way back to us as soon as the action fares forth.

There is no fixed standard of right and wrong, for, as someone has said, this is largely geographical, for what seems right to a person in one country may be wholly wrong to a person in another, or what was right in one stage of civilization is banned by a later evolution of the same race. All things are good in their time and place, stepping stones to something better, and so far as the individual is concerned it is the motive behind his action, rather than the action itself, which determines its good or adverse effect on the one who put it forth into expression or manifestation.

If one puts forth constructive thoughts of life, health, joy, harmony and abundance, with a definite motive behind them to lift the race, the action being equal to the reaction, he gradually builds these abstract characteristics in consciousness, into concrete realities in his life.

If he sends forth curses or ill feeling toward others, desiring evil to befall them, that evil returns and blackens his own atmosphere, for "Curses, like chickens, come home to roost." Moreover, not one of these evil seeds (thought-forms) can take root in the soil of the mind to which it is directed, if that soul has been busying itself habitually in sending out constructive, helpful thoughts. In other words, "Like attracts like, and an evil seed cannot take root in good ground but will travel until it finds a murky, morbid soil it can feed upon. Good seeds will take root where they find even one stratum of good soil, and will try to burst through the other limiting sheaths in the darkness around them.

A man may be good in the ordinary sense of the word, in that he has never done any wrong deed that interfered with the Laws of Society, but if it be just negatively good, with no constructive action behind it, how can there be any reaction on his own life, either good or evil? We *must act* (mentally or physically), putting forth energy and force which will complete its circuit and boomerang back to us, if we want success and happiness or attainment in life. We must not only *be* good, but, most essential of all, we must *do* good and *think* good, realizing the creative process impregnated in our thought and putting a definite motive power behind it.

We cannot sit down supinely and do nothing in life, and expect to build anything into actual manifestation, either on the mental or the physical plane. In fact, if we live negative, inactive lives, we become prey to negative or adverse thought directed to us, or floating in the mental atmosphere about us. This Mental Atmosphere which surrounds us is a Radio Field in which messages are continually flying back and forth, and it is up to us as individ-

uals to determine what station we will tune in on. In one of the statements which preface this article we are told, "There are many planes of Causation," and as there are a thousand thousand planes (mental) between this earth consciousness and God-consciousness, we tune in on a plane commensurate with our present degree of understanding of spiritual laws and states. As we become attuned to planes a few degrees higher than our habitual plane of living, this fits us gradually to attune ourselves to still higher spiritual planes, and to learn and receive from those planes of manifestation. Just as the aviator in learning to fly has to accustom himself to the lower altitudes before he can go higher, so those reaching out in spiritual aspiration must attune themselves gradually to different planes of consciousness, tarrying a while until they are thoroughly acclimated before attempting to climb higher. If people better understood this, there would be less trouble in trying to make spiritual progress, and fewer would be impeded by psychic experiences. Take your steps gradually and note how they are affecting you, before going to extremes in any direction. The way of attainment for one person may not be the way of attainment for another, as we are not all attuned alike physically or spiritually.

The test of spiritual progress is to keep uppermost the desire for unfoldment, only that our lives may become of greater usefulness in the Divine Plan, and that we may become more Universal in consciousness, as we gradually approach the Father's throne. Whatever plane we find ourselves tuning in on for the time being, we should determine whether it is a plane that is lifting and helping us, or a plane which is lowering our mental and moral tone, making us prey to lower, instead of attuning us to still higher realms of purity and power. Keep your minds and hands and hearts busy doing or planning constructive, helpful things for yourself, your family, your neighbors, your city, or your country. The man or woman who is continually seeking to do good is continually broadening his field of expression, and becoming more universal and

God-like. Selfishness must flee, as darkness before the dawn, when we begin to think along constructive lines. We cannot long confine our field of endeavor to *ourselves*, *our family*, *our church* or *our community*. As we realize we are Co-Creators with God we know God's power of expression through us is limitless, annihilating time and space, which are only relative things. That which formerly took us a day to do, with modern machinery we can now do in an hour or less. The distance which formerly took three months to cover in a pioneer's wagon, we can now cover in five days in a train or in a few hours in an airship. Time and distance are therefore relative (changing) when Mind is at the helm of our ship of Progress creating new and better ways; and with more and more minds continually awaking to the realization of this creative power within (as we have witnessed in the past century), the world is going forward now by leaps and bounds instead of at the snail's pace we have traveled heretofore. It is said we have made greater progress in the past century than in all the previous years of this planet's existence, and we will progress still faster as we get the vision and create consciously with God instead of supinely sitting back and accepting negative conditions and believing them to be "God-sent." Wake up! and help in the great Constructive Movements on foot to redeem Humanity.

XXI.

"BE STILL AND KNOW THAT I AM GOD"

 WE are triune beings and any treatment received from others, or self-given, must be operative on all three planes. In other words, the healer must realize that he is not dealing with the physical body alone, but that the mental, emotional, desire and spiritual bodies are so inter-blended about us that harmony must exist between them before perfect health of body, mind and spirit can manifest.

People who seek health, or freedom from the many disturbances in their systems, must first be taught to live rightly and most of all must have the will and moral courage to stick to a regime of diet, exercise and constructive thinking, until sufficient time has elapsed to bring results. So much is written on the subject of corrective diet nowadays that no one need be without knowledge on this subject, if he earnestly seeks it. But in the matter of knowledge, as in all other worth-while things, some effort is necessary on our individual parts. Christ Jesus said, "Seek and ye shall find, knock and it shall be opened unto you," and this applies to all attainment. If we take the word of another for granted and do not diligently apply principles of Truth for ourselves, we do not get far in demonstration or manifestation.

Most of us go through life in too much of a rush and worry, so engrossed in the details that we never get time for real issues, and the gaining of "the eternal verities." From the woman engrossed and often over-worked by household duties and family cares, to the man who gets completely absorbed in the details of his business, we rush through life with the egotistical conviction that if we should stop for a moment or allow one of these details to

remain unattended to, the world would surely come to an end. Unfortunately, after we are worn out, we find that the world goes on just the same, so what we need to learn first of all is that God rules the world and it is going on, whether we do our bit only, or whether we try to do our own work and that which God intended someone else to do, in the bargain. We will find when we get this realization that our work will go on more efficiently, and the world also will progress much faster if we as individuals relax oftener and realize the true goal of life.

All Persons, no matter what their walk in life or how important they are in their own eyes, or the eyes of the world, should learn to relax several times a day (if only for a moment or two), shut their eyes, and realize that it is God, and not they who are running the universe. They should realize that God is all power and wisdom, all love, harmony and order, and that He is omniscient and omnipresent, that He never slumbers nor sleeps and the universe is safe in His keeping. After the relaxation they will go to work again, calmer, more poised, with the realization that Immanuel (God with us) can do all things and much more efficiently than we can do them. We learn (as we get this habit of relaxation more firmly fixed) to calmly and consciously let God manifest His creative power through us, which He is constantly trying to do with His children, just as we are trying to guide and direct and energize the earthly children He has given into our keeping, and we do our work more efficiently, and with less waste of time, and less effort than we before deemed possible. We will accomplish more and more, and new time-saving ideas will be flashed upon us inspirationally if we only let this external mind get quiet once in a while, and obey the command, "Be still, and know that I am God."

Each of us should cultivate more and more the spirit and consciousness which Browning emphasizes in his "Pippa Passes." The little flower girl (so insignificant that no one would dream she could influence the lives of

others) brought joy, gladness, peace and salvation to many through the singing of her simple song as she tramped the streets of the great city. "God's in His heaven—All's right with the world."

XXII.

THE VIRTUE OF PAIN

THERE is only one Force in the Universe, one Power, one Supreme God.

God is the First Great Cause, the maker of all the Laws of the Universe, and when we break a law we suffer the consequences. We must learn to live in harmony with the Law if we would manifest only the good in our lives.

If we break one of God's laws we suffer. But, you say, how can God, who is love and omnipotent power, so govern His universe as to allow His children to suffer? Or how can He make laws which we can break and have to suffer the consequences? God in order to create and run His universe had to bring into play great and immutable Laws and great forces, such as fire, water, electricity, radium, gravity, etc.

Water, as we all know, is a great beneficent factor in the world. We could not subsist without it, and we are glad God has given it to us. The law of water is stupendous. We use water in many forms. We drink it to maintain the proper proportion of fluid in our system. We convert it into steam and make power for many uses, or we convert it into ice to keep us cool in summer and to preserve our foods. Water then is a very beneficent factor in nature when we learn to use it wisely, but we soon learn that we can scald or drown ourselves with water; that floods and tidal waves cause great danger, and therefore man must learn the Law of Water and keep it within bounds of safety and utility. If we do not do this we become out of harmony with the law and it is apt to cause us pain and suffering.

Fire also is one of the greatest benefactors of man. What would we do without it? It warms us; cooks our food; builds machinery, and helps us to make many of the conveniences of life, but it too has its destructive as well as constructive side, and we must learn to work with the Law of Fire in order that we may use it constructively and that it may not destroy us.

This is true of every force in the world; and we will all agree we must have these powerful forces to work with, and we cannot but thank God for placing them at our disposal.

If we get out of harmony with any of these laws, however, a beneficent Providence has so ordered it that immediately we are caused pain, as this is the quickest way to bring us to our senses. Does God love us the less because this pain comes? No, it is to save us greater pain. You may warn your baby and try to prevent it from putting its finger on the stove or putting its hand into hot water, but if it persists in spite of your warning in doing this you can bear to see its suffering, knowing that it is being saved a more poignant suffering later on through still greater inharmony with the Law.

We have to learn by contrasts. This is illustrated by one learning to play any musical instrument. We learn to create harmony in music only through the contrasting discords which jar on the soul. So we learn to keep in harmony with all the laws of life through the discords of pain and suffering.

Physical pain causes us to seek to bring our bodies into harmony with the Law of Perfect Being.

Mental suffering causes us to bring our minds in tune with the universal Mind, trying to gain wisdom and knowledge of the great mental and spiritual laws.

Pain is just as necessary for us in the Divine Plan as joy, otherwise it would not be, and we must learn to thank God for the occasional pain, as well as for pleasure, know-

ing that it is reforming our natures. Pain can only affect the physical and mental bodies, which are the outermost coverings of the soul.

The time comes in our unfoldment when we work so perfectly with the law, and so move with the currents of the Divine Life that pain and suffering are no longer known, but it is through pain that we gain that perfect freedom.

God has hidden the rarest gems in the hardest rock, and the matrix must all be chipped and chiseled away and the gem ground and polished before it stands forth in all its glory and splendor; a painful process, no doubt, if the gem is in any degree a sentient thing. So God has encased the soul in a physical and mental body and it is through pain and suffering that the soul learns to shine forth in the purity of love and Divine Service.

We cannot serve unless we love. We cannot love unless we sympathize. We cannot sympathize unless we have suffered. We extend our hand to those below us on the ascending ladder of life, because we have been there and know what they are passing through.

Those who are learning to come into harmony with God's beneficent laws understand these two statements in the Bible, "Whom the Lord loveth He chasteneth," and "To him who is strong much is given to overcome."

If it is true that we come back here a number of times, we are incarnated into the environment of the soul's greatest attraction, and we know the soul chooses its own path and often a path full of thorns and pain, for the soul knows that strength of character and mastery come only through overcoming.

The finest souls we have met, the most unselfish, those seeking higher development in order that they might serve more largely, were souls who have suffered much. Surely God loves these souls, and is helping them through the narrow way, the rougher footpath of life, that they may

help themselves by binding the bruised feet and cheering the bruised hearts of those they find struggling in the way.

Be brave, dear comrade on the way, and fear not. Pain is God's great deliverer.

XXIII.

THE MYSTERY OF DARKNESS

(Written during the World-War)

○ GOD of heaven, why art thou silent still
When all the world is bowed in sorrow,
And all the hearts of men are anguish wrung?
Canst thou not hear thy children cry to thee?
And is there no alleviation for this pain?
Oh, why is all the world a battle-field,
And every man a tool in hands of high authority?
Too cowardly to stand for right and choose
Whether he shall stand and kill his brother,
Or lift the banner high for peace and joy.
O God! the times are in thy hands,
And spite of all the weary years
Of woe and desecration, and endless suffering
Of the human race, we know
The pain and misery, piled high on desolation,
Is part of the great mystery of Life,
Through which men build their soul and individuality,
And trace their footsteps one by one
Up the steps of life's dark road;
For if the way were easy, who would
Dauntless stand, and make the effort
To move onward and upward to the heights beyond?
No, we would all like sheep graze in green pastures,
And make no effort to perfect in us
The divine image, which the soul must soon or late express.
If men cannot be made to see the light ahead
When all life's path is sweet and filled with joy,
Then must the Father of us all
Turn joy to gloom, and sweetness to decay,
That we may grope from out that gloom
To find the light, which gleams upon the path
Of righteousness, and leads to God.

XXIV.

A CURE FOR SELF-DEPRECIATION

I BELIEVE it was Emerson who said: "Our chief want in life is somebody who can make us do what we can. This is the service of a friend."

This is a true aphorism, for the majority of souls on this earth need someone to bring them to a realization of their latent powers (the God within).

Occasionally we find a soul, however, who does not seem to need the push another soul can give, for he has enough initiative to make a success in life without an outside urge. These souls are rare, however, and when we find such a one we are apt to call them Egotists. We should remember, however, that there are two kinds of Egotists, the false and the true. The former is one who believes that he alone can accomplish anything he wishes to, while the genuine or true Egotist is he who recognizes that he is great because he is a child of the Infinitely Great Creator, who dwells in him, and in whose power he can do all things. In other words he recognizes that there is only one Ego, but manifesting in different ways and through different forms, and he recognizes this Presence within himself actuating him and giving him power and capacity to do what he wills.

The majority of people are of the opposite class, self-depreciatory, because they are relying upon their own puny power instead of realizing they are one with the only Power in the Universe. Did you ever stop to think that these are the real Egotists in the world? They are consumed with the thought that they of themselves must do everything and they get discouraged before they start, feeling they have not the capacity for success. They central-

ize or focus their thought on their lacks; the lack of education, the lack of opportunity, the lack of friends, the lack of money, and a dozen other lacks it is easy to conjure up when looking for an excuse for not developing and using the powers within.

The one, however, who has come into conscious realization of the Invincible power and Presence in his own soul, never sees the lacks or limitations. He knows only that there is a great creative force in himself which cannot be denied or impeded, which nothing has power to hinder (for there is no force to equal this creative energy within). It is the great principle which created the universe, and there is nothing which this principle cannot do if we focus it in faith upon the desire we have in hand.

Many men have recognized this power within and used it to advantage in their lives, some to good ends and some to selfish ends. This great force can be turned on to accomplish what we will, just as we switch on an electric current, by simply pressing the button "Realization of the Power Within." He who uses the power for good ends is blessed by the building up of treasure in a permanent spiritual Kingdom both here and hereafter, while he who uses this same force for selfish purposes builds success or wealth or power in a temporal, earthy Kingdom only.

But where we find one Egotist of either the false or genuine type, we find ten persons who are self-depreciatory because they have too narrow a vision. They are looking only to the outer appearances, the physical mind and body, and of course they see limitations. Then again when we make comparisons the majority of us compare ourselves not with the masses, but with the geniuses of earth, the giants of intellect, or the men and women who have achieved great success. In doing this it is as if we were looking at ourselves through the wrong end of an opera glass. Did you ever try this experiment? Take a string and stretch it across the floor of a room, then take an ordinary opera glass and try to walk along the string while looking at it through the large end of the glass. It will amaze you, and

you may find it as easy to walk a tight rope as to walk the length of the string. In looking at people of the world, however, through magnifying glasses we ourselves look small in comparison; therefore, do not look at yourself, or at these others, but dwell on the power of the God within and you will know without a shadow of doubt that there is power in you which can accomplish as much, and more than you have ever seen accomplished by anyone in the world. *No one places any limitations upon you but yourself.* Our friends always magnify us in vision, and there are many others (no matter how narrow or limited your life and accomplishments may seem to yourself) who would look upon your lot with envy and who would be glad to accomplish half as much.

When we get the wider vision and the Realization of the Power within, we need no one to push us; we become our own Pusher and nothing can hold us back, for we know it is God, the Invincible, urging us on to higher and higher manifestations of his power.

The way to get this realization is through Affirmation, constant repetition of the Truth of your Real Being. Affirm for yourself that which the Master affirmed for Himself and all the children of God. Repetition is one of the greatest laws of Psychology, as it creates habit, and habit becomes a fixed law of being. Affirmations of Truth also set up a powerful vibration to create the very thing you desire to manifest. Affirmations spoken with force and conviction will produce results, and build up the necessary element of faith which at first may be lacking. Whenever you find a statement of Truth which seems good to you, make it your own and repeat it constantly, and it will help you to manifest the power within.

If you lack courage, affirm that you are courageous, until you feel the element of courage growing in you.

If you lack love, affirm that you love everything and everybody in the whole world, and keep at it until you begin to feel a universal love in your own being. You can do it.

If you lack prosperity or any good thing, affirm continually that you as a child of God are prosperous, and lack for no good thing, and it must bring greater prosperity to you.

If you lack friends, affirm that you are friendly, and act friendly, and friends will come to you.

If you lack strength, affirm strength through the abounding life of God in you, and strength will come.

"Whatsoever you desire, ask *believing*," said the Master, "and it shall be given to you," and affirming that which you desire as already yours, is the way to ask believing.

Hundreds and thousands of people in the world are proving these statements and you are no exception to the rule. Begin now to affirm the living God, and His love, wisdom and power within you, helping you on the upward way.

XXV.

RHYTHMIC BREATH

THE following practice is an adaptation of the Yogi-breath which helps to develop Rhythmic Breathing, and many will find it an aid to the unfolding of the inner faculties. In using it, however, one should watch carefully its effect, and if it makes you too sensitive to inner planes, practice it only once a day, or three or four times a week. It is best not to awaken the inner faculties too suddenly, before one is ready for it.

But the majority of people can use this method (as we have outlined) with perfect safety and will find it a help not only in developing Rhythmic Breathing, but also for energizing the body, purifying the blood stream, and the curing of catarrhal conditions, deafness, colds, lung troubles, etc., all of which are benefited by deep, rhythmic breathing.

The method is as follows: Sit erect before an open door or window, or in a room filled with pure, fresh air. Press forefinger against right side of nose which closes the right nostril leaving the left one open. Breathe in through left nostril, counting seven in an even, slow manner. Then close the left nostril (just as you did the right) and open the right, breathing out the air just inhaled through the right nostril, counting seven in the same slow rhythmic manner as when inhaling. The breath should be completely exhaled from the body.

Keeping left nostril still closed, breathe in again through the right (counting as before); then, closing right, breathe the air out through the left. This constitutes what is called "One round," in other words you have inhaled through left, exhaled through right, inhaled through right

and exhaled through left, which makes one round. You should practice seven or eight rounds at each sitting, four times a day if possible, that is, on arising, before meals and before retiring. Later you may increase the number of counts as soon as you are able to do so without undue strain, which should always be avoided.

This practice (if kept up faithfully for a few months) will cure head and chest troubles by opening up the air passages and oxygenating the blood, and it will help to awaken the inner faculties of clairvoyance, clairaudience and intuition.

After you have practiced this so as to make it a habit, and can do it easily, use some seven or eight-syllabled constructive statement of Truth when inhaling, instead of counting seven as you did formerly. If you make your sentence the same number of syllables as the previous count, you will still keep the rhythm. On the outgoing breath bless the whole world (or some particular soul you wish to help), with some Truth statement, using the same number of syllables as on the intake, so the breath will be rhythmic.

The suggestions on "the Conscious Breath" given in another chapter will help you to formulate constructive affirmations.

Good statements for use in Inhaling are:

I breathe in the Life Abundant.
I breathe in Joy and Gladness.
I breathe in God's Strength and Power.
I breathe in God's Love and Harmony.
I breathe in God's Peace and Plenty.

On the Exhaling breath repeat the following, realizing the Father indwells you and is speaking through you:

I bless the world with Love and Peace.
I bless you with Health and Strength.
I bless you with God's Abundance.

I bless you with Faith and Hope.

I bless you with Life Abundant.

Many more statements will come to you to fit individual needs, as you put in practice this Rhythmic Breath. Persisted in, it will bring you health, and establish divine harmony in mind and body.

I have heard of people who healed themselves of tuberculosis, deafness, head noises, catarrh and lung troubles, by many times a day standing before an open door or window and *sniffing in the breath* until the capacity is reached, then sniffing it out in a slightly forceful manner until all the air possible is breathed out of the body. This clears all the dead air out of the passages, fills them with pure air, and opens up new cells. Sniffing in the breath in this way (in the privacy of your own apartment of course), forces you to breathe in more air than most people are in the habit of doing, and this oxygenates the blood, and if practiced faithfully several times a day cannot help but improve the general health.

Most diseases are caused by blood stasis, or non-circulation of the blood. You can cure any diseased organ by getting enough oxygen to it. Exercise forces the blood stream into congested parts, hence is of great value in health building. As the blood stream becomes purified by right breathing, health improves and with it comes immunity to disease.

XXVI.

WHY NOT BE YOUR OWN PSYCHO-ANALYST?

ONE of the latest sciences which has come into world prominence in the last decade or so, is Psycho-Analysis, or in other words, soul analysis. So-called psychoanalysts are springing up everywhere, some efficiently trained for the work, but many others with a pseudo knowledge of the subject, which often results in more harm than good to the patient.

When one goes to a psycho-analyst he must lay bare the last secret of his soul, and questions are asked, leading back to his parentage, and as far back as he can remember the family traits. His own feelings, emotions and traits are tested and analyzed, as well as his parents' and grandparents', and even his dreams, or mental experiences in the subconscious realms are also analyzed in order to discover if the disorders (largely neurotic) which he is suffering from, cannot be traced to some fear or repression set up in the earlier life.

Many psycho-analysts lay much stress on sex-repression, considering this the cause of many emotional and nervous disorders of the present day, and this in the writer's opinion, is one of the dangers of psycho-analysis, especially in the hands of those who have been insufficiently trained, and one should be extremely careful to whom they go for such analysis, as at best it is still an experimental science.

Bearing so strongly on the idea of sex-expression, it offers no palliative but freer expression along these lines, and as many people have no legitimate outlet for sex ex-

pression, it must tend, if carried to extremes, to greater immorality of the race.

There is a method of self-analysis which is more effective and productive of good results than baring the soul's secrets to a professional Psycho-analyst, who may or may not be able to interpret them correctly and give the proper remedy. Everyone who desires a soul-analysis should analyze his own mind and thoughts by sitting down for half an hour each day in the silence, making the mind as blank as possible, and then writing down in brief, clear-cut sentences, every thought which comes through the mind. Everyone knows how our minds seem to work through association of ideas, as brought out clearly in any study of psychology. One thing quickly suggests another, and your thought might run something like this: Sunday at church—fine sermon—how bald the minister is getting—good music—soprano should wear different hat—what a pretty dress, but I would not want to launder it—how the sheets are giving out—shall I ask husband for larger house allowance, etc.?

This sort of thing is what runs through most people's minds, and if we would form the practice of writing down these thoughts a few times, taking a half hour sitting, say, each day for one week, recording faithfully all that came through the mind, we would certainly be astonished at the thoughts we allowed to dominate us. No practice could better show us how aimless and futile are most of our thoughts, and this practice could not help but make us more constructive in our thinking. We might also be able to discover our most prevailing thought, and if it is negative, instead of constructive and helpful, we would have so much greater incentive to set about to change the thought current in a higher direction. If we let our thoughts drift aimlessly with the tide, or listlessly become receptive to all the negative thoughts floating in the atmosphere around us, it certainly gets us nowhere, or if anywhere at all, it is usually a toboggan slide downward. But if we direct our thoughts toward health, success, strength, power, and

helpfulness to others, it cannot help but be beneficial, and this thought affirmed and persisted in will form the habit of constructive rather than negative thinking.

Self soul-analysis may be a good thing, but even this should not be carried too far. Try it for a week to see what kind of thoughts you are constantly entertaining, then set to work positively to create your own thoughts and visions of something higher and nobler. This is real soul-analysis.

XXVII.

THE LAW OF PROSPERITY

IT IS an axiomatic law that Nature makes every effort to fill a vacuum, also that action is always followed by reaction.

If we expel air from the lungs, the inevitable reaction fills them again, and the greater effort we make in expelling the dead air the greater the capacity for refilling with new life-giving air in return, with the resultant quickening of the life-forces.

We find this law working everywhere in life. The tides carry out the waters of the sea, only to carry the incoming wave higher on to the beach. In this law of action and reaction we have the greatest example of how to gain prosperity.

Everywhere the word *Prosperity* is mentioned in the Holy Word we find this law of Action and Reaction manifest. Always we are told to give in order to receive. In order to *give*, however, we must first *get*. The first step in gaining prosperity is to rid ourselves of the idea that God wants us to remain poor. People have had so much poverty that they are afraid God does not want them to have the good things of life, or that if they had them it would in some way interfere with their spiritual growth and progression. This comes about through the two following statements in the Bible: "The love of money is the root of all evil," and the companion statement, "It is easier for a camel to go through the eye of a needle than for a rich man to enter into the Kingdom of Heaven." These two statements have brought about an ingrained idea that God does not desire us to have prosperity, and

that we cannot enter the Kingdom of Heaven if we have amassed material riches. This belief is false and must be rooted out. In many places in the Bible we find riches and prosperity mentioned and we are told how to gain them.

Jesus knew that money was necessary even in His day, and in a time of need He materialized money in a fish's mouth that he might pay his tax or tribute to Caesar. He did teach positively, however, that the *love of money* for its own sake, to hoard or to use for selfish purposes was the root of all evil, and He taught conclusively that instead of making money the paramount object of our effort, we should seek the Kingdom of Heaven (or harmony) in our daily life, and that riches would follow in its train. To seek the Kingdom of Heaven is to use and enjoy what we have as we go along, not to save our all and skimp through life, in the hopes of having something for a rainy day (which often does not come), or to save all for our children to use in waste and extravagance. It is much better for the children to earn for themselves and develop the creative instinct while they are young.

In all the teachings of Jesus, he advocated the law of circulation, and especially in his parable of the talents in which He brought out the idea that we were to use what we had in faith and not to hoard it, but to put it forth that it might increase and bear fruit of its kind. In this parable he teaches us

To have faith;

Not to hoard or fear to spend what we have;

To invest wisely with a good steward, in hope of a fair return.

In the olden days long before the time of Jesus, the Hebrews were taught that prosperity would come through tithing; that is, giving one-tenth of their gross income to the Lord. In the last book of the old testament we find this command to the true followers of God, "Bring ye all the tithes into the storehouse, that there may be meat in mine house, and prove me now herewith saith the Lord of Hosts, if I will not open you the windows of heaven and

pour you out a blessing, that there shall not be room enough to receive it." Mal. 3:10.

Tithing is a good practice for several reasons:

First, we voluntarily decide to set aside a tenth of our income for a definite purpose, the upbuilding of the Kingdom of Heaven on earth. There is no better way of seeking the Kingdom than by helping to establish it, which we are admonished to do.

Second, by thus giving freely, we create a vacuum which by the inevitable law of action and reaction must be filled again in overflowing measure.

Third, in tithing we substitute faith in God's power to supply our needs, for the old fear that we must hold tight to every penny or we shall come to want.

Fourth, in loosening our pursestrings, we often loosen many other things which we have been binding close to us, and we find we are freer in mind and soul and body; more joyous, more abounding in health and all that makes life worth while.

There is nothing like the spirit of giving to awaken a soul to the full knowledge that he is a child of God, "a child of the King" and heir to every good thing the Kingdom has in store.

Tithing has been practiced by thousands of people all down through the ages and many are tithing today and find that the law works as well now as when the law was instituted in the olden days. In giving freely we "create a right spirit within" and this self-same spirit leads us into ways of pleasantness and peace. As we give of our money (the one thing most people hold on to the longest) we give the most of the spirit of love and service that is in us, and inevitably the law returns it to us a hundred fold, in love, friendship, honor and service, not to speak of the more material benefits which follow in its train. Also as we give generously and fearlessly, in faith that we are the children of God and that our Supply is infinite, we create in some other soul the desire to give and serve also, and thus a vacuum is created in that life into which every-

thing in Nature (another name for God) will rush to fill it to overflowing.

There is no power of attraction stronger than Prosperity itself. Prosperity attracts in the degree it is acquired. A dollar put in the bank is bound to attract others to it. A dollar invested in some charity, or church or humanitarian work, likewise attracts others to it. One friend gained on the journey of life attracts other friends to us. One position gained and mastered attracts a still better one. Prosperity in itself calls for giving, and the calls are constant and increasingly large on the prosperous individual. From those who have much, more is expected in return, and as they give largely, they attract still more largely in return, that is, the larger the vacuum they create, the greater the force and capacity of the return flow, to meet the growing demand.

Giving freely of anything, of money, or love, or service, or happiness and goodwill, brings the same thing back to us in greater measure. A happy person attracts happy people around him and gets plenty of invitations to go out in pleasant and profitable society, and he creates by his own happiness a happy environment.

A person who serves largely in any capacity, for instance a minister or a humanitarian, a Red Cross worker, or a Salvation Army leader, etc., attracts others to him to help him serve. A wealthy man attracts to himself persons of wealth and power. The law is in evidence everywhere. Therefore to be rich materially we must first be rich in love, in service, in faith, in hope and expectancy. If we are rich in these things and have the generous spirit which goes with these qualities, nothing on earth can keep prosperity from our door, for the more largely we give of the good things in us, the inevitable reflex will bring to us again in ever-increasing measure.

XXVIII.

THE FIRST COMMANDMENT

THE ten commandments, the ethical standard given to humanity to live by, were revealed to Moses on Mt. Sinai. When the Christ came, however, He emphasized only the first of these commandments, because this one commandment includes all the rest. Even in Christ's day the people were supposed to be ready to understand this. It is narrated in Matt. 22:35-40, that a certain lawyer asked the Master, "Which is the greatest commandment in the Law?" And the Master answered, "Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it. Thou shalt love thy neighbor as thyself. On these two commandments hang all the law and the prophets."

Many have reduced God to a Principle, but to Jesus the Christ, God was a loving Father, a divine super-personality. If He were speaking of a Principle would He have told the people to love God with all the mind and heart and soul?

To love God, however, is to recognize God in all His creation, and to recognize our oneness with Him and with all. Unless we do this we will never love Him with our whole heart and soul. To love with our whole soul is to love as God loves all His creation, and to see the divine spark in each, and to fan that spark into a flame of higher expression.

To love God with our whole soul is to feel His nearness to us, to know He is "closer than hands and feet;" to know He is our heavenly Father and Creator, with all wis-

dom and power at His command, through which to express His love to His children.

What more do we need to know? He is infinite power and wisdom. He is our Father-Creator, therefore all is well with us.

But we also have a part in the divine drama, the part of expressing the God within us. We are told to love God first, but with the realization of Unity we know that we are to love God by loving what we see here of His manifestations on this plane. And there is much to see if we look for it, all the beauty and wonder of Nature, the glory of the heavens, the infinite variety of vegetable, mineral and animal life, not to speak of the great human family, the highest expression of God.

If we really love and appreciate all this immensity of God's creation, seeing its beauty, its power and its utility, how can we be unhappy or how can we want?

To love God with our whole heart and soul is to see Him one with His entire universe, to express Him in and through ourselves and to aid all creation to a higher expression of the divine. If you can aid in no other way than to recognize God in all, and visualize that mighty Presence building and uplifting all into higher expression, you are at least partially fulfilling the divine command.

The Master asked Peter, "Lovest thou me more than these?" Peter answered, "Yea, Lord, thou knowest that I love thee." Jesus said, "Feed my lambs." Again he asked him, "Lovest thou me?" And Peter answered, "Yea, Lord, thou knowest that I love thee." Jesus then said, "Feed my sheep." Again the Master asked, "Lovest thou me?" It grieved Peter that he should have been asked the third time and he replied, "Lord, thou knowest all things; thou knowest that I love thee." Jesus again said to him, "Feed my little sheep."

Do you think the Master meant physical food alone? He recognized that the children of men needed far more the "Bread of Life" which He Himself came to give, for at another time He said, "Man shall not live by bread alone,

but by every word that proceedeth out of the mouth of God." This, then, is the test of love. It is God's positive word through which we live, and therefore our positive word will help others to live in a larger measure and to come into their divine birthright. Recognize that you are a spiritual being—a Divine Expression—visualized and thought into being by God Himself, and placed on this plane to love the good and see the good in all; and not only this, but to think and speak and act the good, setting up a constructive vibration in the environment you are placed in. As you grow in consciousness, your thought vibration will reach out in a wider and wider circle, for there is no limit to Spirit.

Feed the sheep and the lambs (the older and the younger children of the Father), by giving to them the Bread of Life, by bringing to them the highest spiritual light you yourself have received, and by seeing in them that which you know the Father sees in them. Speak the Word to them either silently or face to face, as the Spirit gives urge, but in whatever way be open to thee, "Feed my lambs and my sheep." This is the test of Love, not to seek self-glory or self-expression in any selfish way, but to do thy work, whatever it may be, with the realization thou art expressing the God within, not forgetting in whatsoever way lies in thy power to bring all those whom you meet into the realization of the Omnipresent, Omnipotent, Loving God.

XXIX.

MAKING YOUR DEMONSTRATION

THERE seems to be a misunderstanding on the part of many people who write to a Center or Healer for spiritual help in their various problems. They seem to think that all they have to do is to ask and the healer can perform a miracle and make the demonstration for them. I believe this was one of the classes of people to whom the Master referred when He said: "Not every one that saith unto me, Lord, Lord, shall enter into the Kingdom of Heaven."

In all demonstrations several things are necessary: An understanding of the Law, and perfect faith in the Law; receptivity to the Truth, and the healing, prospering word spoken for you; keeping yourself open to the leading of the Spirit, and making the most of the creative energy the Spirit is pouring through you to create health, or to help you do the work now at hand, which is continually leading to something better. All these things are necessary, as well as the faith and consciousness of the healer who is trying to help you. The healer can treat you year in and year out, and you may have all the faith in the world, but unless you obey the Divine Urge in you seeking expression, you will not get the desired blessing, for "Faith without works is dead."

Sometimes it only takes the power of the healer's faith and consciousness, added to your own, to bring your demonstration, providing you have been using the law for some time, and putting the Truth into practice as well as you know how to.

Again, the healer may continue to speak God's freeing Truth to your soul, to get it to arise, shake off the fetters

that bind it, and come forth into its Divine Expression, but if you are filled with doubt, or in an environment filled with doubt and unbelief concerning what is being done for you, the seeds of Truth, though planted in good soil, will be washed out by that River of Doubt, and they will come forth not at all, or produce scanty fruitage.

Both faith and works are necessary in any demonstration, whether for health or for more prosperous, successful conditions.

To demonstrate health one must have faith in the God creative power continually at work within him, the power which first created him, and he should co-operate with that Power and use his divine intelligence, which God also bestowed on him, to see that the body gets proper food and exercise, and that it is not overburdened, so that the mechanism so wondrously constructed will not break under the strain. This body is an intricate system of nerves, muscles, tissues and delicately functioning organs, and it needs as much care as we would give any machine to keep it in good condition.

To demonstrate success and prosperity, both faith and works are necessary—faith in the Unfailing Reservoir of God's Abundance manifest everywhere around us, and faith in one's God-given power and intelligence to make a comfortable living for oneself and those he has taken the responsibility upon himself to care for. One must also give a just stewardship of that which he acquires. Many people complain of lack of success and think they should be at the head of some large combine or have an important post in the management of its millions, when the fact is they may not be able to manage wisely a \$2,000.00 income in their own home. We need more wise stewards in the world, and we need more "doers" and perhaps we can illustrate this best by the following story. A business man asked a young boy he met in an office, what his position was. "Oh," said the boy, "I am just a doer." Somewhat surprised, the man asked: "And pray what is that?" "Why," answered the lad, "when the manager wants any-

thing done, he tells the bookkeeper, the bookkeeper tells the cashier, the cashier tells the clerk, and the clerk tells me, and as there is no one else to tell it to, why *I do it.*"

Work, in some capacity, is necessary to develop and bring into outward manifestation the tremendous latent forces God has implanted in every soul. *These are our real assets*, not the accumulated bank account; for if we keep our talents cultivated and developed through active expression, they are always ours, and increasing in value continually (with added experience and expression), while the bank account may take wings some day and fly away, or be put into some foolish investment which soon fades into nothingness.

Prosperity is mentioned often in the Bible, but nearly always in connection with tithing or giving, and this was true either where material or spiritual demonstration was desired. Jesus said to the rich young man who desired the gifts of the Spirit, "Go, sell what thou hast and give to the poor." Not that this may have been necessary in every case, but no doubt was in this instance, and again proving the Law that to receive we must first be willing to give largely. The Jews were instructed to tithe in order that they might be prospered, and tithing is an age-old custom that has brought results to all those who have tithed in the right spirit, giving not so much with the idea of return, as with the conviction that at least one-tenth of our time and substance belongs to God through whom all blessings come. As God blesses us, we in turn are supposed to bless others, thus proving to ourselves and others our Divine sonship, by trying to emulate and manifest the Father in the environment in which He has placed us. God can express Himself only through His creation, or in what He brings forth, and we can only express our sonship as we give to our fellowmen in the same spirit we believe God is giving to us.

To tithe both one's time and substance in the service of God and humanity, *in faith and gladness*, is to tithe in the right spirit, and the tithing of one's time may be given in

so many kinds of service that we have a large field to choose from. We should help some cause we are genuinely interested in, into which we can put our whole soul with love and enthusiasm.

We do not like to make too personal an application of this Law, but a few instances have arisen in connection with our Aquarian Ministry Prosperity League service which so aptly illustrates what we have written above, that we feel it may be helpful to speak of them.

When we started the League it was with the idea of giving our readers the privilege of tithing both *their time* (in speaking the Creative Word for the other members) and *their substance* (in sending out the message of Truth to free other souls) as we believed it was fulfilling the Law of Christ, and that those who did this in the true spirit, would surely get the blessing. We know that the Spirit has unlimited channels through which to bless and prosper the generous soul (not always material blessings, but the various needs of a life in expression), and we started this service by ourselves tithing the time to give free daily treatments for two months to bless each individual member of the League, though we had felt we were giving all the time we possibly could to the work before. As a result we found we have been able to do the additional work, and hundreds of the members have been blessed, not always in the first two months' membership, nor the second, but as they went on growing in consciousness through unselfishly trying to help others and lift them from limitations and bondage. Some curious instances of this law of demonstration have manifested, however, which we believe will be helpful to anyone seeking the Path of Realization, and the demonstration of their individual needs.

One case was that of a young girl of twenty who lives in the South. She was somewhat interested in Truth teaching and had several times asked for service for herself and friends. We had given this service many times lovingly and gladly, as long as we could, though there was never any compensation offered. A few months ago this

girl wrote to us again asking us to give special treatments to an aunt who was seriously ill and for whom the doctors could do nothing. She also asked us to treat other members of her family. Her father was out of work and they were having a hard time to get along. It was not easy to refuse the special help, but we felt it necessary to write to her that there was a limit to the number of special cases we could take and we could not give free service to all who came asking treatments for themselves (let alone all their friends and relatives who were not interested enough in Truth teaching to ask or seek for themselves) as in so doing we would not be able to give the time we felt we should give to those who fulfilled the Law of Compensation (giving what they could for the work done for them). We explained as gently and lovingly as we could that we had a limited number of helpers, all consecrated to the work and all doing more than they should do, in loving service, and that we felt others had to give something also in order to make their demonstration. We recommended that she join the Prosperity League, send three subscriptions to friends, and while she was saving the money to pay for them, to bless all the members daily and at the same time to hold her own individual needs before the Spirit in faith that they would be met. At the end of the two months we received a letter from her enclosing the three dollars for the three subscriptions, and saying she had been wonderfully blessed. Her father had obtained a good position, and a brother whose term had expired in the navy had returned home and he had also immediately obtained a good position quite unexpectedly, and with no effort, and she felt her problem was solved. When she complied with the Law of Compensation her demonstration was quickly made.

One more case is worthy of mention. A middle-aged man wrote to us saying he had been out of work for some time, and, try as he would, could get nothing to do. He joined the Prosperity League and at the end of the two months he wrote saying he had not been benefited and did

not feel he should be asked to pay for the subscriptions, though they had been sent and we had given him two months' free treatment. At the end of the letter he made the rather pertinent remark: "*If you are sure you can help me* I will join again, and pay you for both memberships and the six subscriptions *if I get results.*" We wrote to him that no healer could honestly promise desired results, as even the Divine Master said of a certain town, he could do no mighty works there because of their unbelief. We also told him he could not bargain with God, but we were willing to treat him two months longer in the hope of helping his faith in the Divine Power within. At the end of another two months we received a letter containing six dollars for the two memberships, and a request for a renewal, also an apology for his former letter, and asking forgiveness for trying to bargain with the Spirit. And he added: "I have recently obtained a position at the best salary I have ever before received."

Still another class of people write us making big promises of what they will do for us if we help them to make a certain demonstration, but almost without exception in our experience such demonstrations fail, at least we never hear from them that the demonstration was made. The reason these demonstrations fail is that they are always willing to give *what they have not got*, instead of tithing what they already have in faith that God will give it increase. They expect a rich harvest without planting any seed, or cultivating it with their faith and expectation. Such demonstrations always fail of fruition. The poor widow had to bring her last cruse of oil and measure of meal to Elijah to have it multiplied and made inexhaustible.

If you believe that God will bless you out of His unfailing store of health, happiness and abundance, you will not fail to bring your tithes freely and gladly to bless others, in perfect faith that He will fill your own cup in overflowing measure.

XXX.

THE SECRET PLACE OF THE MOST HIGH

OF all the wonderful promises in the Bible none are more wonderful and more comforting than those voiced by David in the 91st Psalm. This wonderfully beautiful prose-poem voices the mighty consciousness of the Indwelling Presence in the soul of David. No one, unless he had found the "secret place of the Most High" and learned to abide there, could have voiced such a mighty psalm of faith, which has been a tower of strength to countless generations.

During the World War, the greatest struggle the world has ever passed through, this great statement of Truth inspired faith in the souls of tens of thousands of our boys on the battlefields, and built about them a wall of protection which no evil could penetrate.

We have the definite promise, "He that dwelleth in the secret place of the Most High shall abide under the shadow of the Almighty." Just what does this statement mean? To dwell in a place is to live there permanently in consciousness, and we are told (no matter what the outward environment may be) to live in this "secret place" the soul-sanctuary of every child of God. As this is the Secret place of the "Most High" it means that we are to consciously dwell with God in this inner soul sanctuary, in this Temple not made with hands. If we do this we may claim the promise and "abide under the shadow of the Almighty." If we dwell consciously *with Him* every moment of every hour, with Him who is all love, wisdom, life, energy and power, we could not possibly fear any-

thing, and truthfully could we say, "He is my refuge and my fortress; my God (Good), in Him will I trust."

To dwell with Him is to be consciously aware of His presence, to walk with Him, talk with Him and be ever conscious of His love, wisdom, guidance and protection.

David lived all the early part of his life out on the hill-sides with his sheep, close to the great heart of nature, and close to his God, and in meditation on the majesty and beauty of God's universe. He had come to recognize God within and without, and it was the strongest conviction in his soul. No one can read this consummate expression of *faith in the Abiding Presence* and not feel with this great soul who wrote it, that he was expressing his highest conviction of Truth, that which he believed because he had demonstrated it in his own life. "He that dwelleth in the secret place of the Most High, shall abide under the shadow of the Almighty."

He recognized God as the Indwelling spirit in his own soul, for in another place we find him voicing this great Truth in another way, "O Lord, thou hast been our dwelling place in all generations."

He who consciously dwells with God within his own soul can claim these mighty promises and have the positive assurance they will be fulfilled.

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

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

He shall cover me with His feathers and under His wings will I trust: His Truth shall be my shield and buckler.

I will not be afraid for the terror by night; nor for the arrow that flieth by noonday; nor for the pestilence that walketh in the darkness; nor for the destruction that wasteth at noonday.

A thousand shall fall at my side and ten thousand at my right hand but it shall not come nigh me."

He who makes the Lord his dwelling place, who realizes his body is the Temple of the Living God, will fear nothing on this physical plane or on any plane God has created, for God governs every plane of evolution in His universe.

He will recognize his divine protection and know there is nothing to fear. Fear is perverted faith, or belief in the power of evil, while faith is belief in the transcending power of good. If we have no fear, we give no substance to evil (for faith is the substance of things hoped for, the evidence of things unseen) and if we give things no substance they cannot manifest in our lives.

XXXI.

HELPERS—VISIBLE AND INVISIBLE

MANY people think they contact God direct when they pray or seek light, and in the broadest sense they do, for in reaching out for help we can contact nothing but God's universe and God's creation. In the sense that there is nothing but God or Divine Mind in manifestation, we contact God when we reach out for blessing.

However this may be if there is such a being as a Personal God, how could a person on this earthplane, in only the kindergarten of spiritual development, come directly into contact with such divine love and power without being overwhelmed by His majestic light and power? All of us desire light, but too much light all at once to those who have been in darkness, and before they have become attuned to it gradually, has a destroying effect on the optic nerve and leaves them rather in total darkness.

Or if God be not a Personal God, but Spirit or Divine Principle, as many believe (this being the only way they can comprehend God as Omnipresent, filling all space), even so we could not contact this Divine Principle all at once or in any great measure, in our present state of consciousness, and if we did it would annihilate us again unless Divine Principle could change itself to conform to our limited concept.

To my mind none on the earth plane are so highly evolved as to see or know God in His fullness or completeness, and it will take us many lives on many planes of existence to gain such comprehension. We cannot now comprehend such power as could create this vast universe, with its millions of suns and planetary systems marching majestically and unerringly on in their prescribed orbits.

The one most highly evolved on this earth-plane, Jesus the Christ, made a characteristic statement, showing organization and power on the invisible side, when He said: "Thinkest thou that I cannot now pray to my Father and He will presently give me more than twelve legions of angels." Matt. 26:53.

The law of the Christ life was Love and Service, and He came to teach the world the value of Service. His disciples carried out His teaching when they admonished the early Christian Church to "Bear ye one another's burdens and so fulfill the law of Christ."

It would seem from what limited knowledge we have that the only way to progress, no matter what plane of God's universe we may be on (whether on the earth-plane, which is considered the most material, earthy and selfish, or on a higher plane of the celestial realms far beyond), is through the Spirit of Willing Service. The only way anyone can travel up the Path of Illumination and Mastery is through Love of Service for its own sake. All who understand this Law as the great progressive step in spiritual evolution, must be seeking avenues of service, and to us on the earth-plane it is most natural and easy to serve those on the same plane, although a few are sufficiently enlightened to bless their relatives and friends who have passed beyond. Some have felt the Catholic Church to be unenlightened and superstitious because of its practice of saying masses for the dead, but there is a law underlying this that many do not understand. If you personally have reached a stage of enlightenment which someone you love or desire to help has not reached, and they have passed over to the next plane (so closely inter-related with the earth-plane) you are doing them a great service by praying for them and asking for their protection and enlightenment. They cannot get any farther nor meet you again on the path until they have reached your plane of mental or spiritual consciousness, not because of any suffering or punishment God is inflicting upon them, but because they do not vibrate to, and therefore do not understand or desire to be

with those of a higher consciousness. By your prayers you may attract souls to them to help them. We have the choice of many companions here, and many places of amusement, education, etc., and we gravitate to those fitting in most closely with our own desires or grade of unfoldment. To those in any of the varying stages of progress, mental or spiritual, it is easier to serve on the plane they are on or the one most closely allied to it. Pupils in the kindergarten grade are not classed with those in the high-school grades either in mental or spiritual education, as the babes in the school of knowledge cannot comprehend the larger and broader vision until they have grown to it. Neither can those in the elementary stages of spiritual development understand the teachers helping those on the higher planes of understanding, therefore they are apt to scoff and doubt their existence.

Whether God be a personal God or Divine Principle there is wonderful organization in His physical world, and if we are logical we must credit Him with the same marvelous organization in the mental and spiritual realms of His unfolding creation. To me it seems more easy to believe in God as a great almighty, loving, creative Being, helping His children and His creation up through a gradually unfolding scale of progressive evolution, according as His own vision expands, and as we, catching the vision, are able to bring His picture, that ever-widening vision, into external manifestation. I have never believed in a personal God, for like many others, I could not conceive of a Being who could be omnipresent, but I can conceive dimly now of a Being who could be omnipresent in the Mind of His creation ever unfolding, from within out, a more beautiful order of civilization and creation. I can also conceive of a God who is using all His creation to help Him further that work, and this is the organization of the visible and invisible worlds working out God's purpose in continual progress, physical, mental and spiritual. Even this is difficult to conceive, but it is easier for me personally than to think that some Divine Principle

can be all-wise, all-loving, all-creative, with power to think and plan. A principle can do none of these things, for it has no mind with which to think or any body through which to execute.

It therefore seems only logical to believe in a great invisible organization carrying out God's will and purpose, and in view of the fact that life is progressive and never-ending, there must be many teachers, masters and elder brothers, Angels, Archangels, etc. (of varying grades of development whose unfoldment has been going on ever since God clothed man in the Divine Image) and these souls, understanding the Divine law of Love and Service, in greater and greater ratio as they attain nearer to the Cosmic conception on the spiral path of Spiritual Evolution, are seeking to serve on the particular plane they vibrate to, or where they find a soul aspiring to their level. Thus when we reach out for help or for wisdom, we come en rapport with some more advanced soul who can bring us the light we need. A soul inspired with a great vision to teach Truth to the world, and willing to pay the price through the various tests given, will naturally attract different spiritual forces than one praying or reaching out for some personal or selfish purpose, but all will be heard, and will attract some soul to aid them in their next stage of unfoldment. It is our particular individual desire and our grade of spiritual development that determines the caliber of the souls that we attract to us, and this is true both on the physical and spiritual planes of existence. Of one thing we may be sure, whether God is a Personal God or Divine Principle, He can only bless through His unfolding creation, as it becomes more and more imbued with His divine attributes and power through unfolding consciousness.

XXXII.

THE NEED OF FORGIVING

"But I say unto you, Love your enemies, bless them that curse you and pray for them that despitefully use you."

IN investigation through Psycho-Analysis it has been found that people have what are termed complexes. This may be an unaccountable fear of some one thing, let us say of dogs, or thunderstorms, or a shyness in the presence of strangers, etc. Or it may be a feeling of hatred or revenge toward certain persons, or an unexplainable dislike.

Going back into the past the analyst is often able to uncover this complex, trace it back to its source or cause, and when it is shown to the person in its true light, the complex vanishes and the fear or revulsion for that person or thing is vanquished.

In my own early childhood I was rather frail and sickly and was often left in the care of my older sisters and brother. They delighted in rough and tumble play with the neighboring children and no doubt I was often in the way. If I made any trouble they were in the habit of threatening to put me in a fenced enclosure with a very harmless horse and cow, or would tell me the dog would get me, etc. The result was that I used to have terrible nightmares concerning animals chasing me, and for years I was afraid of dogs and horses. In fact, if I went into a stable or stall where a horse was tied, it would always try to crowd me against the side of the stall, due no doubt to some subconscious fear I had regarding horses. Fortunately I outgrew these fears, and I certainly never held them against my family, but many people do hold similar pictures of injuries, real or imaginary, and as the years go on frequently magnify them until in time they create serious mental or physical disturbances.

The Great Teacher understood this law and its effect upon those with the unforgiving spirit, and he therefore admonished us to forgive, if need be, seventy times seven, knowing that to withhold our forgiveness would wreak havoc in our subconscious minds, and react on the mind, body and environment.

Many people unconsciously hold an unforgiving spirit toward their parents who at some time or other may have punished them unjustly. I once met a man who had always hated his father, and would not even go home on a visit after his father had reached the age of seventy, because the father had punished him early in life for something he didn't do. This man allowed one tiny episode in a lifetime's experience to separate him from his entire family. It would really do him good to refocus the searchlight of truth on his own shortcomings for a little while, and remember his own sins of omission and commission in life, and then ask God to forgive him these sins (the falling short of the mark), in the hope that God would judge him by his motives (rather than his actions), which were no doubt in the majority of cases of good intent.

This man desires God to forgive him in order that he may have peace of mind and body, not realizing that this unrest and unhappiness has come through holding on to negative things of past experience.

In doing certain things in life, we choose the thing which seems wisest at the time, but it does not always turn out as we anticipated or planned, yet down in our hearts we believe God is love, and that He will judge us by our intent and not by the results, and our sins be forgiven. If we expect God to do this, we should be as willing to judge others in the same way, and as readily forgive those who have seemingly sinned against us. Their motive may have been kind and sincere, and this is usually so in the case of those in authority over us, as in the case of the father mentioned above, who acted on his best judgment, and no

doubt thought he was right at the time and acting for the boy's best interest.

In some cases, however, you will say that you know the injury came through intent and a bad motive; but even if this is occasionally true, there are no mistakes in God's plan for us, and I do not believe any experience can come to us in life that we have not earned or that in some way is not needed to teach us a lesson. In the case of our friend, he must learn through bitterness and loneliness that he magnified a small matter into a lifetime's sorrow; in other words, made a mountain out of a mole hill. He needs the lesson of Tolerance, which it would seem he could have learned in a far easier way, the Christ way, "Love your enemies, bless them that curse you and pray for them that despitefully use you." If he had done this, the bitterness would have ceased immediately. The injury would have been forgotten, and he would have spent much happy companionship with his family.

There is a two-fold reason why we should forgive the adversary quickly. First, in returning good for evil we transmute the evil so it cannot harm us. We extract the poison from the venom (of our own mind) and thus no harm can come nigh our dwelling. Second, if we forgive another quickly there is no reaction on our own mind and body, no holding on to the fear, anger or hatred which are always destructive, and instead we fill our mind immediately with constructive thought which blesses us and the one who has injured us, and which will build for us through all eternity.

Holding on to fears, grudges and hatreds and waiting for revenge often has dire consequences. The mind builds upon these things subconsciously and in some unguarded moment when under excitement or a slight provocation, the whole pent up force of the subconscious springs forth and a deed is done or crime committed, or a word spoken which may wreck not only one's own life but the lives of those he loves or is associated with.

Root out all the old enemies as quickly as possible, there-

fore, and let them go. Harbor only pleasant thoughts. If you feel someone has injured you, instead of allowing your mind to dwell on that picture, think of the kindness that person may have previously done you, or think of the good points in his character and of the Divine Spirit deep down in his consciousness which would never do an unkind act, and forgive him as you hope your Heavenly Father is forgiving you. If you do this, that person will forever have lost his power to harm you and the law will return good to you as you have sown. If you have done this then you may go to the Father with the barriers removed and ask Him to heal your diseases and forgive your sins and give you peace of mind, and it shall be done unto you. "Forgive us our trespasses as we forgive those who have trespassed against us."

XXXIII.

BANKING YOUR ASSETS

THE people who are sick, discouraged, worried, and who consider themselves failures generally in life, are banking their liabilities and not their assets.

I recently heard of a teacher of Truth who from overwork became ill. He tried many healers and many methods and remedies, to get himself back to normal, but to no avail. For two years he suffered with no apparent relief, had to give up his work, and was beginning to think he was laid on the shelf permanently, when a great light dawned upon him. He knew his mind or body must be diseased to produce the condition he was in, and there were apparently many lifeless cells, but finally he began to concentrate his attention on *the mighty energy locked in just one cell of his body*, which has been called a Cosmos in itself, and he knew while there was life left in him there must be millions of live cells still functioning, and therefore a mighty energy still locked within him. He saw that all this time he had been thinking of his liabilities, the dead cells within him, rather than of the tremendous life and energy that was still existing; so he turned about face, began to concentrate and think of that life, to exercise it, and in a very short time he had brought himself back to normal with a tremendous idea through which he could help many other souls. He concentrated on what he had read about the body, the tremendous amount of energy stored up in each atom, the constant action and motion of each cell, and while he felt the inertia of the dead cells he was carrying in mind and body, he knew there was energy enough left if only a few active cells remained (and there were countless millions of them) to bring him back to life

and strength and normality. He began to dwell and meditate on this energy, to exercise it by using the muscles gradually, and to breathe in the life force from the Great Fountain of Life all around him, and in a short time he was well and strong again.

We can well apply this lesson to many of the failures of life, and stop thinking about our liabilities and begin to build on what we still have—the assets that are left. If you look at these assets in comparison to what you have had and lost, you will never succeed, but if you look at them in comparison to what some one less fortunate than yourself had, and yet made a success in life, you will find more and more to build on. It is well for any man or woman who is discouraged and who feels life has not given them a fair deal, to read the lives of some of the great men, such as Lincoln, and see how they made the best of the little they had, and in spite of long-drawn-out obstacles made a tremendous success of life.

Many people become discouraged because they are in debt, and there seems no way out, but I venture to say that nine out of ten of these people could gradually pay off this debt and face the world squarely in the face, if they would give up some of the really non-essentials. Many people could profitably go without one meal a day, or even fast several days, and gain in health and strength through the process. They could go without eating one day in the week and be the better for it, and have that amount saved to apply on their debt. People who are in debt could make up their minds to lay aside a small amount from each day's or week's income and go without some other thing, and they would not only be able to clear themselves of the debt, but in the sacrifice and effort to do it, would probably uncover avenues of creative power they never dreamed they possessed.

People could go without new clothes, do with simpler pleasures and spend the time in libraries improving their minds, or reading some instructive literature rather than attending so many dances and movie shows. These things

are not to be condemned, but too much time spent in them hinders development in other directions. If people would spend more of their time improving their minds and taking advantage of the tremendous opportunities that are now placed before them in every city and community, they would soon find new avenues opening to them which formerly they had never thought possible.

Many people could spend a few hours a week more profitably in a public park in God's sunshine, than in some crowded dance hall or theater, or in spending several dollars to go to some beach or on excursions on crowded boats and trains, mingling with promiscuous humanity. These excursions are perhaps good occasionally, but the simpler and less costly pleasures are often better for one in the end, and more conducive to real development of mind and body.

There are a thousand ways people can help themselves if they really wish to, and every one has many assets he does not dream of. If he would make use of these assets instead of spending his life envying the other fellow who seems to have much more in life (but probably is not a whit happier), he would soon find his life broadening into the channels he is aiming for.

If we start in meditating and concentrating on the assets we have, physical, mental, material, *and spiritual most of all, because of our Divine Heredity*, and begin to make the most of them, before long (as did the man I spoke of at the beginning of this article), we will also see a great light, and new ideas and possibilities will vision themselves before us, which formerly we never dreamed ourselves capable of. Begin to use what you have now, of life, health, strength, vitality, finance, and it will create more of its kind. Everything improves with use. Nothing was ever accomplished through theory, unless put into action. The greatest successes in life and the greatest wealth has come from seemingly unimportant and commonplace things, which others have passed by as not worth the effort of promoting.

If you count your assets daily, you will find them in-

creasing and before long you will see some use to put them to which had never dawned on you before.

I know a woman who had lived to middle age. She had been saving up her money for years for a certain purpose and with the idea of doing a particular thing. Then she became ill, lost her position and had to use some of these savings which had been gathered for another purpose. It worried her greatly; she dwelt upon it, brooded over it, and even wanted to take her life. She felt she could only do one kind of work, and was not even definite about what she wanted to do, wanting some one to decide for her what her life work was, and she got herself into a terrible state mentally. Now this woman was banking her liabilities and not her assets. Instead of being glad that she had some money to care for herself while she was ill,

and instead of taking what work offered (any kind of work temporarily to get her mind off herself and her troubles), she sat down and thought only of her former position in life (or something she would like to do if someone would decide what was best for her), and gradually used up her resources. If she had gone to work at any honest occupation, enough to make her current expenses, the chances are she would have regained her health and later found the real work she needed to prosper her and make her happy.

It is a good practice to think continually of our assets, and make use of them, no matter what department of life we apply them to, and we will find it will pay infinitely better dividends than thinking of our lacks and liabilities.

XXXIV.

WE ARE CO-CREATORS WITH GOD

GOD created the universe and after each stage of its creation He looked upon His work and pronounced it *good* or *very good*. Because of this statement there are many among advanced thinkers calling themselves Absolutists, who hold that God finished His perfect creation in the beginning of time, and that all we have to do is to realize this perfection and it will manifest for us. This may be true in a sense, but it takes a gradual growth in consciousness for the world to get this realization.

God is continually creating, and slowly manifesting that perfection which He saw or visioned in the beginning. Look among your friends; look upon the world around you; then look upon yourself. Do you consider yourself a finished product? God forbid! Or do you look at any of those around you as having ceased to grow mentally and spiritually? On the contrary, all are striving to better their conditions. Who among us can even imagine a state of perfection in this limited earth consciousness?

We are set here to evolve; to continually manifest the higher vision of those who have trodden the Path before us, and praises be to God, we are shown only a bit of advancement at a time. If we were suddenly shown a picture of what we are to become, say a million years hence, most of us would be discouraged, but we are only expected to take one step at a time, with the highest vision we now have constantly in view.

If God had made us perfect, would He have implanted this divine urge in the human soul? Why this continual striving to be better, to make others better and to make this world a better place to live in? Perfection is beyond

our present conception on this plane, but the earth is so tiny a spot in God's universe it is certainly not expected that we attain the highest perfection here. We cannot comprehend the immensity of God's universe. We have just been reading about the mighty planet Betelgeuse, in the great constellation of Orion. This star is the lower of the two visible above the belt and sword, and really constitutes the head of Orion. It is said to have a diameter of 260,000,000 miles, and is larger than the orbit of Mars. It is 27,000,000 times larger than our Sun, and it takes 150 "light years" for its light to reach us; that is, its light, traveling at the rate of 186,000 miles a second, takes 150 years to reach the earth. Who can comprehend God's universe? No wonder the psalmist looking up at the sky exclaimed: "What is man that thou are mindful of him and the son of man that thou visitest him?"

Jesus said, "In my Father's house are many mansions," and there are many planes (or planets) which we will evolve to as our minds and vision sufficiently expand to relate us to those planes.

God visualizes and creates a thing perfect, or as it will appear in its perfected state, but it takes time for that thing itself to manifest the God-visioned perfection, be it man or tree. To illustrate: God may create a seed, and vision and speak the Creative-Word that from that seed shall spring a mighty redwood tree, but it takes time for the seed to germinate, sprout, flower and mature, finally creating of itself more and more of its kind, and no doubt there were many smaller forms of vegetation on the earth in successive ages before trees appeared at all.

So God may vision man in a perfected state, but it takes eons of evolution to bring that picture into manifestation.

God created this universe by thought; all its glory, beauty and immensity is God-created; and everything God has created has the creative germ within itself. From the mineral or lowest form of life, which manifests the powers of attraction, cohesion and repulsion, up through vegetable and animal life which can reproduce their kind, and still

up the scale to the human, we are co-creators with God. Even the great planets in the skies have the power to throw off great masses which in time make satellites revolving about them.

All this immensity was created by the thought-energy and visualization of God, and God has made all His creation co-creative so there is no limit to its expansion, which is continually going on. We can see this in even the smallest forms of life and when evolution reaches the vegetable stage we can see it still more creative as all plants have the power of producing millions of their kind, and these are continually combining to form new species.

Man is co-creative with God, and immeasurably more creative than the evolutionary stages which preceded him on this earth plane.

Christ said: "I and the Father are one," and Paul tells us "Ye are joint heirs with Christ," therefore we must be creators with Him, and we are continually building and creating better as our mental and spiritual vision expands. An architect may plan a house, but as he begins work on his plan, inspiration will come to him to perfect it here and there, until his completed house stands before him, very different from the first mental picture which came to him when he started the house. Even then, when it is completed, he is not satisfied, for he sees ways always where it might be improved. An artist also may see a picture mentally, and when he comes to put it on canvas, will brush out infinitely more than he has painted in, in order that he may even approach the ideal he visioned.

All God creates is good, and all we create is good in God's eyes, because He sees it is better than something we have created in the past. A little child who is given a modeling set may try to mold a horse or dog, and it will look good to us, and we will praise the child for the effort it has made, and call it "good," but we know and have faith that the child will create something better another day, when it gets a little higher vision, and so I believe God looks upon the creations of His earthly children. He

has planted in us the seed of perfection, and He rejoices to see it gradually becoming manifest. Time does not bother God; it is only we of the smaller vision who get fussed up because someone is a week doing that which we think they should do in a day, or a year doing that which should be done in a month.

Build with the larger vision, and look upon that which others are building in the same light, and you will pronounce it good. But God pity the man or woman who looks upon himself as a finished product. A finished, perfect product has reached a stage of stagnation, making no further progress. There would be no incentive to live, no incentive to die, no incentive to give a helping hand, for what would be the use if you considered everything and everyone perfect now. There would be no incentive to learn or to stir ourselves to any action. All one could do in the perfected state would be to dream in blissful content, motionless and expressionless, like the unconscious baby soul in the mother's womb. Strive ye rather "to be perfect as your Father in Heaven is perfect," and so fulfill the teaching of Christ.

"God *thought* and the universe was wrought," is the fundamental idea in New Thought. God thought and the universe was wrought and we have therefore through this God-mind which is in us, the power to create our own universe. But we must think as God thinks in order to do this, and gradually it is being revealed to us *how* God thinks.

This idea of creating what we desire, by our thought-force, is embodied in New Thought, Christian Science, Theosophy and other advanced cults, and even scientists are beginning to recognize this fact. The modern books on this subject have been written mostly in the past fifty or sixty years; although a few date back through the centuries, as there are always some prophet-souls on earth in advance of the race. We also find glimpses of this philosophy in the most ancient of the oriental religions, showing that the greatest souls who have come to earth to en-

lighten men, have understood and used these principles now being brought forth under the misnomer "New Thought." The only sense in which it is New Thought is in the fact that it is in advance of the race consciousness, but coming more rapidly forward since we have entered the Aquarian Age.

Jesus the Christ was the greatest religious teacher who has come to earth, and His message is filled with this New-Old Thought, *to those who have vision in interpretation.* He has told us unmistakably, "The Kingdom of Heaven is within you," and to make this teaching imperative He commanded His disciples "As ye go, preach, saying, the Kingdom of Heaven is at hand." Matthew 10:7. And to the multitude He said, "Repent (change your mind), for the Kingdom of heaven is at hand." Matthew 4:17.

To the majority on this plane the Kingdom still seems far off, but it is because they have misunderstood this statement of the Christ and sought the Kingdom, "far off," not looking within where the Father dwelleth.

Every man, woman and child has the power to create by his thought and action a paradise of his own, and bring into manifestation the Kingdom within, and those who recognize this are not forgetting to show others this inward path also. For no man can live in the Kingdom alone, and we will never find it a perfectly flawless Kingdom until the last child of God finds his Kingdom within. There is one great Truth to realize and that is this: Those who help others to find the way, more quickly come into the joy of the Kingdom, finding it as the Master said, close at hand.

XXXV.

THE RENEWING OF THE MIND

MIND is the contact point between man and God. There is, in fact, only one Mind, the Mind of God expressing through many channels.

Everything that exists in the universe was formulated first in Mind, thought out, and pictured. It is impossible for anything to manifest which did not first appear in the Mind. Mind in us is the creative power, which makes us kin with God, limitless in our power, for our Mind and brain are limitless in expression, being part of the Divine Mind and connected with it as a drop of water in a brook is connected with the Infinite sea.

Every manifestation in us, physical, material or spiritual, is determined by our mental concept, or is the out-picturing of our thought in this life or in previous existences. If you see a cripple on the street you may be sorry for that soul cramped in such a body, but you may be sure his body is the external manifestation of his thought-forms in this or former lives. If you see a great musician or a great artist, or a genius of any kind, you may feel envious or may feel that God has favored this man above yourself, or shown discrimination in giving him opportunities which you have not had. But this is a false conception of Truth. This man is a great artist because his Mind has desired strongly and worked unceasingly to become an artist, and his thought has finally externalized in the particular expression which he is now passing through on this plane.

The apostle Paul understood this law when he said, "Be not conformed to this world; but be ye transformed by the renewing of your mind, that ye may prove what is that good and acceptable and perfect will of God"

(Romans 12:2). In other words, we are not to comply with the appearances in this world or to make ourselves like unto them, but through our minds we are to prove what is the acceptable will of Good working through us. The only way to renew our Mind is to recognize it is the Divine Mind and use it to think constructively and divinely, according to our highest conception of Divine Love and Order and Power in us, instead of negatively or destructively as we are in the habit of doing.

Whatever desire we wish to externalize it must start in the mind first. If your body is sick or diseased, you may be sure your mind was diseased first, so begin now to manifest health by renewing your mind, rather than by feeding drugs to your body. If you use the latter method you are getting the cart before the horse, and are not removing the cause. This trouble in your body, whatever it may be, started in your mind; therefore to heal your body, first heal your mind and the body will adjust itself.

But, you say, how am I to heal my mind? Let us tell you. Your mind is only a drop in the Infinite Mind (just as the tiny drop of water is an infinitesimal part of the great ocean). If a tiny drop in the ocean becomes impure, it becomes purified or renewed by mingling with the ocean's flow, allowing this inflow to wash it clean or renew it from the inexhaustible source. So anyone on this plane who has a diseased Mind, manifesting in a diseased body, can renew his mind by becoming receptive to the Divine Inflow from the Infinite Mind. He must recognize it as pure, creative activity—all life and health and power, flowing through his little personal mind and revivifying it with the strength and power and quality of the Infinite Mind. He must recognize that the God-mind in him is now *recreating his body* perfect, as He created it in the beginning. He must picture the kind of body God would build as a dwelling place for Himself, and if he holds this mental picture as faithfully and tenaciously as he held the picture of the diseased or limited body, it will just as surely manifest.

Recognize *always* God's will in you, creating a perfect body, expanding your mental powers, uncovering your latent soul faculties and the knowledge and wisdom you have gathered in the past.

It may be that you are limited in some other direction rather than in the physical body. Instead of being ill, you may lack necessary food or clothing or pleasures, or other necessities of life. The law works just the same in either case. If you lack anything, you have created that lack through your mental picturing, and fear of lack and limitation. You may not realize this, but it is nevertheless true. It may be something you have pictured in a previous existence when you feared poverty, and were afraid to use the things God gave to you, for fear His supply had given out and He would never give you anything more. Everything manifesting now in your life is due to your mental images. Many people come to us and say, "I know the law, why don't I demonstrate it, why don't these conditions change, other people are demonstrating the law." I think it is because we have not used up the negative or imperfect substance formed in the past. All you have formulated must come forth, and if you have been building positively for several months, know you will reap a rich harvest by and by, when the Divine Builder has used up all the poor material you have constructed (and which must be used, for nothing is wasted in God's universe), and begins to use the material you are building now. The sooner you begin to build constructively, the sooner you make the foundation for success, happiness and progress, though the edifice that crowns that foundation may be a long time building brick upon brick.

Begin now to picture God in yourself as an infinite supply of health, strength, life and every good thing which your heart may crave. Know that God in you is a Mighty Magnet attracting all good into your life, and picturing and affirming this truth continually (that He dwells with you in this temple of flesh, and His mind is creating with you), is bound to bring your desires into external mani-

festation. Renew your mind daily in His strength, His love, His wisdom, and know that nothing good and desirable can be withheld from the God within you.

XXXVI.

SURMOUNTING LIFE'S INEVITABLES

NO MATTER what our experience in life may be, no matter what we are called upon to pass through, no matter how bitter we may feel or how we may rail against the "fate that pursues us," in the broad sense there is no such thing as fate, there is nothing but what we ourselves have attracted out of the myriad complexes which make up Life's experiences.

Every experience we pass through is due to an unerring law, summed up variously as "Cause and Effect," Karmic Law, etc.

All experiences, bitter or sweet, add some needed link to the soul's chain of Memory. The bitter experiences teach us the joy of mastery and overcoming; the sorrowful experiences teach us sympathy and love; the experiences which hurt our pride teach us tolerance and humility, that great lesson which Jesus had mastered, as evidenced by His answer to His disciples: "But he that is greatest among you shall be your servant." The financial losses (sometimes so hard to bear when the savings of a life-time are swept away in a minute, or a business we have spent the best years of our life in building up, has suddenly crumbled into failure), are also tests of character, meant to teach us that there is One Source and One Supply, and that the creative principle which was in us at the beginning is with us still, waiting to come forth into larger expression.

No matter what soul-struggle we pass through, if the predominant thought of the life is Faith, after the first shock, the soul takes heart and begins to rally, realizing the mighty resources of God, and His immanence and ever-present help in every life that is putting forth constructive

thought and effort. God is Divine Force or Energy, and this cannot act without some channel to act through. No matter how much God desires to help a soul, He cannot do so until that soul makes a channel for the creative force to flow through, and this channel is faith, hope, optimism, courage, persistence, ambition, energy, and a will to overcome every obstacle in its path. With God working through such a channel, once more the soul stands erect, stronger and nobler for the experience (no matter what it may have been), and goes on its Progressing Way, rejoicing in added strength and faith and power.

If one studies the Science of Astrology the first thing noticed about the horoscopes of persons who have achieved fame is that almost invariably their charts are full of square and opposition aspects, or they have what we are apt to call "bad horoscopes," tending to obstacles, delays and troubles. If, however, they had been possessed of what we call "good horoscopes," the chances are the world would never have heard of them. As it was, they had met "Life's Inevitables" with a will and purpose which no obstacle could hinder, and above all a faith in the Power within their own souls to overcome and gain the Mastery over calumny, criticism, poverty, limited circumstances and education, and every obstacle the world could place in their path. Abraham Lincoln, Columbus, Martin Luther, and instigators of reforms everywhere, have had the faith that conquered, and the Power of Will to push on to a glorious victory.

Every life has to meet its inevitables. How are you meeting yours? First of all you must try to see the lesson in each experience that comes to you, and realize that somehow it is for your good. Don't try to lay the blame on anyone else for inharmony, lack, or trouble in your life. A well-known teacher of Psychology has aptly said: "If you wish to see a person who is due to meet much grief in life, find that one who always has someone to blame for all his troubles, for, this person must repeat the same type of experiences endlessly, until he begins to look "at home"

for the roots of his ills. There is no teaching of metaphysics or psychology, which can teach you how to find the roots of your own difficulties in your neighbor's personalities. It is true that your associates may affect you, and it may be necessary for you to break away to find freedom, but, even they could not influence your life, were it not for some weak condition within yourself."

We should therefore try to analyze each experience that causes us inharmony, and find what in us attracted that thing, and if we can recognize any likeness in ourselves, set about immediately to kill out the particular fault or limitation that we may be rid of that experience for all time.

Have you ever been hurt by hearing that someone said an unkind or untrue thing about you? Instead of getting angry or seeking to retaliate, why not sit down and ask yourself this question: How many times have I criticized others who no doubt are doing the best they know under their circumstances? Or how many times have I listened (without contradiction or defense) to unkind or prejudicial things told me in regard to others? Reasoning thus, we quickly see "our own chickens have come home to roost." This is a simple illustration, but it can be applied to many experiences of life if we look deeply enough. Some effects are not so easy to trace, but back of them all there is something in ourselves that attracts "our own."

If we wish a predominance of good experiences in life, (and none I am sure, would wish only pleasant experiences, for we still have many lessons to learn) we must close the leaves of the past "Book of Experiences" so far as we can, and open a new "Book of Life." Its pages must record only constructive thinking in place of the negative, destructive thinking of the past; and a definite aim and purpose in life to *some Good End*, viz: a life of helpfulness, courage, enthusiasm into which we can put all the energies of our being; a life in which Faith shall take the place of fear, worry and pessimism, and where determination to see God's loving care and watchfulness in every

minute experience of life (even when the severest storms may be breaking around us) shall ever prevail—that deep-rooted conviction that “God watching over Israel, slumbers not nor sleeps;” a life in which we have a fixed determination to daily practice the *Presence of God* and radiate His life, love, wisdom, joy, and speak His CREATIVE-WORD to those we know to be in need of a helping hand on the Path; a life which realizes above all that God is behind every seed-thought and act and word we put into motion, giving it increase to bring forth OF ITS KIND. The Creative Life is no respecter of persons or of thoughts or deeds; it gives life and increase to what we put forth, for we are part and Partner in the great Creative Plan. Great then is our responsibility in sowing seeds of Life that shall spring up and bless every soul they contact. And as we put forth good seed, a harvest of rich fruitage is being planted in the Garden of our own souls, to come forth and bless us in God’s good time and season.

XXXVII.

ARISE, SHINE!

"Arise, shine, for thy light is come, and the glory of the Lord is risen upon thee."

NOT one in a thousand has any conception of the latent powers within his own soul or how to proceed to bring forth these powers.

The first step is *Realization*; that is, to get the firm conviction that your soul is a part of the great Cosmic Soul, with all its potential, creative powers.

All the great religious teachers who have come to this world have made this point plain to us, yet men are dead in inertia, not realizing the God creative power within.

Each of us has buried within a mine filled with the richest treasure we can possibly conceive of, and a great light is being shed upon this treasure constantly by the Father and His spiritual hosts, yet we in our blindness still fail to see it.

Isaiah told us to "Arise and shine," so the first step to soul growth must be to stand on our own feet and quit leaning on others, to go within to this great storehouse of love, wisdom, power and creative energy (which God has buried in each soul), for all we need. Why has God buried this treasure? Because He wants us to have the joy of working and digging and finding this treasure for ourselves.

Note that the first step is to *Rise*, and the second step is to *Shine*. Let the light of the treasure in you (which includes all the divine attributes with which God has endowed His children) shine out into the world. *Remember who you are*—a child of the Living, all-wise, all-loving, omnipotent God, and let the light which is in you shine.

If you get the *Realization* first, you will know positively there is a light in you which can never be dimmed, and as you get this realization you will open the door of your soul and let the light stream out.

Light contains all the colors of the spectrum and therefore includes all the attributes of the soul.

"Arise, shine, for thy LIGHT IS COME." This light is the light of realization which comes only through personal illumination, and how are we to get this illumination? It can only come through daily meditation on God and His omnipresent, omnipotent power latent within us; through constantly affirming the true nature of our Being, the real, unchanging nature of the God within; by replacing every negative thought which comes to us during the day with a positive, constructive, loving thought; by replacing every thought of weakness with strength; every thought of sickness with health; every thought of fear with faith in divine guidance; every thought of jealousy, revenge or hate with divine love.

In doing this daily we will come more and more into the realization of the true self, the God within, and the light of realization will come upon us.

"Arise, shine, for thy light is come, and the glory of the Lord is risen upon thee."

"The glory of the Lord" is His mighty power—it means victory and mastery over every situation. This wonderful light and glory shining down on this soul-reservoir within will reveal its treasures to ourselves, and shining *through us* will reveal these treasures to others.

The light of realization and the Glory of the Spirit coming upon the soul, will reveal all the hidden depths in the mental and spiritual man, and bring them into expression.

"Arise, shine, for thy light is come, and the glory of the Lord is risen upon thee." As we meditate, pray and affirm, spiritual light and power will pour into this reservoir within, until we are filled to *overflowing* with divine love and creative power. Thus will the glory of God

have arisen upon us until it bursts the bands of selfishness and inertia, and we let it flow out to bless mankind.

He who gets the realization of God within cannot live to himself alone. He will shed the light he has upon other souls, until their torch also catches the Flame of Truth and begins to shed its own light into the spiritual darkness of the world. He who gets this realization is not content just to keep his own light burning, but he must needs light the torch of his fellow-men, that they too may feel the Glory of God risen upon them, and shed their light of love and truth and wisdom into the world.

XXXVIII.

SOME ANSWERS TO THE FUNDAMENTALISTS

ONE of the chief tenets of the orthodox religions is bound up in the verse, "For God so loved the world that He gave His only begotten Son that whosoever believeth on Him shall not perish but have everlasting life."

The orthodox Christian, however, has largely lost sight of the fact that it was through the great LOVE of God for humanity that He sent Jesus to the western world, and other great teachers to eastern countries to guide the people into true salvation. Men were perishing, sick and suffering, because of their non-belief in the God power within, and Jesus the Christ came to teach the knowledge of the Omnipresent Life, Love, Wisdom and Power of God which will heal all diseases, forgive all sins, and give the strength and wisdom that will help man to sin no more. For it is sin that brings destruction to the individual and decadence to a nation. The Bible emphasizes the fact that God is Love and Jesus took that as the keynote of His message to men. And a God who is all Love could never make a law decreeing that man should suffer endlessly for the sin committed in one short lifetime on earth. In fact there is more than one reference in the New Testament to re-incarnation or re-birth, one in John 1:20 to 23, where the people ask John the Baptist if he was Elias or some one of the other prophets, which he denied. Then they questioned him as to who he really was. The Christ later on told His disciples that John the Baptist was Elijah returned to earth. Mark 6:14 to 16, and Luke 9:18 to 20, indicate that the people of the Christ time believed that souls who

lived before could return. In Mark 8:27 to 30, the Christ asked the apostles: "Whom do men say I am?" They answered, "John the Baptist: but some say Elias; and others, one of the prophets." And He said unto them, "But whom say ye that I am?" And Peter answered and said, "Thou art the Christ." In John 8:58 and 17:5, the Christ refers to His existence before His incarnation here. In Revelations 3:12, we find this significant statement: "Him that overcometh will I make a pillar in the temple of my God, and he shall GO NO MORE OUT." We gain mastery here on this plane, and that is why we are here, and we return again and again until we conquer self. This doctrine was a very prevalent belief in the orient in the Christ time and still is. St. Francis of Assisi taught it in the streets.

To the thinking man it is inconceivable that Jesus—who was one with the Father and an embodiment of the Father's perfect Love—should ask man to forgive his fellowman seventy times seven if he believed God condemned His children to endless suffering because they did not reach a state of perfection in one life time, no matter how many inequalities there may be in birth.

To the Fundamentalist (who keeps reiterating that he believes the whole Bible and therefore believes in hell), God is a jealous, revengeful being, "angry with the wicked all the day long." How can He be angry with sin-burdened men when He sent His dearly beloved Son to suffer that He might show them the way to a life of fullness of joy? If God had been angry with His children, He would never have sacrificed His Son to show them the true way of salvation.

In another passage, often quoted, we find this statement: "Be not deceived, God is not mocked, for whatsoever a man soweth that shall he also reap." People have interpreted this as referring to only one life time on earth, believing a person was judged by one life time's sowing, whether he was born in a happy, comfortable home surrounded by the love and care and wisdom of kind and

well-educated parents, or whether born in the slums, possibly in a basement, of slovenly, depraved parents, who lived in such privation that he had to lie and steal to get the bare necessities of life.

In nature we see that God has provided for a yearly harvest, and in some parts of the world several harvests a year, and the harvest produces in the measure it is sown and cared for. This must be true of the human soul which is continually sowing and reaping, and when a man stops sowing the wrong seed and sows the good seed instead, he will begin to reap accordingly.

Jesus at one time stated that those who had seen Him had seen the Father, and His whole doctrine was love, mercy and forgiveness. He healed great numbers of people suffering with diseases, deformities, and other consequences of their sins of omission and commission, all of which was an expression of the benevolence and love of God working through him. "Love is the fulfilling of the law." "Love your enemies, bless them that curse you, and pray for them that despitefully use you." "Blessed are the merciful for they shall obtain mercy." This is what Jesus taught, and He said, "I and the Father are one." And the Father must be greater than He in Love and Mercy. We surely cannot call God merciful nor give Him a high place in our conception of Heaven where all is Love, Harmony and Order, if we believe He would send a single soul into endless torment.

Recently someone wrote us that it was not God who created Hell and sent sinners there, but the devil; but if this is true, then the devil (if he exists) must have more power than God, who, the Bible tells us, is Omnipotent and "who created heaven and earth and ALL that in them is." There are many inconsistencies in the Fundamentalist doctrine.

In another place Jesus tells us: "I, if I be lifted up, will draw ALL men unto me." There are no omissions in this statement. The Fundamentalists would no doubt quote some other statement to confute this, but if two statements

in the Bible can contradict each other, then how can one believe THE WHOLE BIBLE as literally as they would have us do? "God is not a God of the dead, but of the living, for all live unto Him."

Many people who say they believe in Hell and Eternal Damnation, attribute characteristics to God the great Creator of the Universe (who the Bible tells us is omnipresent and omnipotent and omniscient, All-Knowledge and All-Power), which they would not attribute to their worst enemy. If the Devil and his Hell exist, and God is omnipresent, then God must be in Hell. Three of our readers canceled their subscriptions because we made this statement. It is evident that they prefer to believe in Hell and its ruler, the devil, than to believe that God is Love. Neither you, nor the worst person you can imagine, would desire anyone to suffer endless torment forever, and yet many still believe that God decreed and sanctions such laws as this. TO US THIS IS BLASPHEMY. God's law as laid down by Jesus Christ was "Judge not that ye be not judged," and we cannot conceive of God doing that which He knows His children should not do, and which He has instructed them not to do. Those who say they believe the whole Bible ignore the many passages which teach that God is Love, and delight in quoting reverse passages which give power to the devil, but it is only through love that men are saved from their sin. When a man has sinned, it is often the thought of a mother's or father's LOVE (not the punishment she may have inflicted upon him as a child) that brings him back to his lost manhood and helps him to live a better life. So with our Heavenly Father, it is only His great love for us that turns us Godward like tired children, and not a belief that we will be punished for our sins. It is the pulling power of that great love for us that turns the prodigal homeward, and helps us to leave the path of weakness and sin, eventually bringing about soul emancipation and mastery.

INDIVIDUALITY

PERHAPS the greatest need of civilization today is individualization.

The majority of people on this plane are not yet individuals, they are simply humans, one step in advance of the animal race, from which they have evolved, but still prey to all the more positive minds about them, visible and invisible. They are negative and receptive, following a leader, thinking his thoughts, and repeating his ideas with neither the desire or ambition to think for themselves.

Men and women who have become individualized are very different types. They think for themselves, and are not afraid if their opinions differ from the majority of those around them. They act with confidence when matters which need decision come their way.

The balanced individual is half the time receptive and half the time positive, carrying out the impressions he receives in a forceful, confident manner. He is not weak and vacillating, of this opinion today, and of another tomorrow if someone comes along to give him a different viewpoint. He listens to others, but informs himself on all sides of the question first, then forms his decision and abides by it.

The world needs such individuals who cannot be mob-swayed by the first positive leader who comes along. When the laboring man becomes more individualized he will not be so ready to fall in with the ideas of the labor leaders. He will look at the question of labor and capital in a fairer-minded manner, and see the necessity of both in the general economic scheme. He will be more concerned with production, making himself so efficient that capital cannot do

without him, than spending his time and energy uselessly fighting capital.

Individualism is necessary, first of the individual and then collectively to make an individual nation. Each nation has its ideals and characteristics, best for those living within its boundaries, and it is perfectly legitimate for a person to individualize and for a nation to follow suit, but no individual or nation has a right to make other individuals or nations conform to his standard, except by example.

People should be left alone to do their own thinking instead of having other people's ideas foisted upon them as if they were children.

Parents have long exercised the right of thinking for their children until they became of age, but this is an erroneous idea, for while children may legally become of age at 18 or 21, they do not all become of age in the same year in actual ability to think and act for themselves. Some attain this power earlier, and some later. We will never have an individualized race, or an individualized nation until parents begin with their children, helping them to be self-governing and respecting their rights and their opinions as individual souls.

Men and women who are learning to think for themselves are allowing their children more freedom in this respect, and in the next few generations we will see tremendous strides toward individualism. All the countries on the face of the globe, small and great, are crying out for individualism, and for others to let their rights, their ideals, and their customs alone. Men are beginning to emerge from the age of instinct, and the blind following of kings or leaders, and are awakening to the voice within. They are learning to think for themselves and to understand and claim their divine birth-right, the individual right to life, freedom and happiness, the heritage of the children of God.

XL.

STEPS TO MASTERY

"He that ruleth his own spirit is better than he that taketh a city."

THERE are many steps to mastery, but we can rise only one step at a time. If one sets out to obtain self-mastery the first procedure should be a close self-analysis. This does not mean that one should be self-depreciative or self-condemnatory, as these two attitudes of mind become a great bar to progress with many souls, and may become as great a sin as too great a self-appreciation.

One must, however, analyze himself closely, note the faults or characteristics which you know to be standing in the way of your highest expression and then seek patiently and persistently to eliminate the faults or failings, and build in the opposite qualities which you desire.

The eliminating or cleansing process must come first, then the building of the finer qualities, but the eliminating and the building can go hand in hand as the things we wish to build are simply the opposite polarity to those which we wish to discard.

For instance, to better illustrate this point, let us draw a contrast, showing some of the most common deterrents to progress in the majority of lives, and opposite them let us place the things we desire to build into the character. They might be summed up as follows:

<i>Deterrents to Progress</i>	<i>Helps to Progress</i>
Fear and worry.	Faith and confidence.
Anger, jealousy and revenge.	Love and forgiveness.
False appetites and passions.	Self-control.

Waste of time.	Right use of time.
Waste of money.	True economy.
Laziness and inertia.	Energy and enthusiasm.
Greed.	Generosity.

St. Paul told us, "Ye are transformed by the renewing of your mind," therefore undesirable traits in character must be recognized, and when they crop to the surface, denied out and immediately replaced with the opposite quality you wish to build.

It is easier to gain Self-Mastery if we set ourselves an ideal or pattern. We may take some personality in history, whose characteristics appeal to us and whom we wish to pattern after, and we can make this person our Court of Appeals in all the questions which are hard to settle or which demand action on our part. Or it might be easier for some to visualize themselves as a dual personality, one representing the Christ ideal or Plus-Entity toward which they are striving to build, and the other the Personal Self, which they are training into Self-Mastery, or which they are trying to blend into unity with the Plus or God-Entity, which is the true Self. When any question arises that is hard for the Personal Self to decide, put it up to this higher tribunal of the Plus-Entity and abide by its decision, for this is the God-part of you seeking expression and always beckoning the lower self on to Self-Mastery on every plane of expression.

In the diagram above, I have arranged in a certain order the characteristics most of us need to eliminate, and opposite them I have placed the contrasting or opposite polarity. Study this table carefully so that when an undesirable trait (which you may think has been long and completely buried), crops to the surface, you will know what to build in its place.

We are dealing nowadays with the law of opposites. Psychoanalysts in treating diseases, urge that where there has been repression of certain ideas or faculties, causing certain results, that this can be remedied by allowing them

expression. The principle is right, although we do not agree with them that *all things* which have been kept hidden and in the background should be given free expression.

In Color and Music Therapy the law of opposites is also being brought into expression. For instance, each disease shows a certain color and can be counteracted by using the complementary, or opposite color to heal it.

The Abrahms Electronic Theory is based on the fact that every disease has a distinctive vibration, and this is healed by setting up its counter vibration.

In Musical Therapy the same law or principle is put into action. I recently heard a lecture on this subject, where the following illustration was given. A small boy had been brought up in a very strict orthodox home, where there was little pleasure or gaiety. Solemn pictures showing religious history or death-bed scenes hung on the walls. Nothing but sad or solemn music was played in the home. This child was abnormally sensitive, and when about eight years old was attacked by a kind of nervous hysteria, becoming completely unmanageable, and was finally taken to a children's hospital. In spite of all the nurses and physicians could do, he became steadily worse under the soothing and quieting methods used. One day he was taken to listen to a graphophone, on which some soothing, quieting music was being played, and he became violent. One of the nurses, quicker-witted than the rest, immediately put on a piece of modern Jazz music, to see what effect it would have, and immediately the boy calmed down and showed every symptom of delight and pleasure. This method of treatment was kept up and in a very short time the boy was perfectly normal, and returned to a home which had learned a much-needed lesson.

These are illustrations of the Law of Opposites, further elucidating the great Truth that we are transformed by the renewing (or changing) of our minds and mental processes. The best way, therefore, to eliminate undesirable qualities in the nature is to immediately interest and fill

the mind with the opposite quality when the undesirable trait first crops up.

If you have a fear or worry-thought it is necessary to not only deny it out immediately but to replace it by a thought of absolute faith in the God Presence, Power and Protection in your life. If you feel worry, this is another form of fear, but you can overcome both by consciously practicing the Christ Presence day by day. Read the New Testament and make note of all the promises of the Divine Master, and the chiefest among them, "*Lo, I am with you always.*" To make this promise absolutely our own we must believe in this Presence of Absolute Love, Wisdom and Power every hour of the day, in every problem that comes up both for ourselves or others. Make this Presence a living reality in your life, and rely upon it in every need.

I once read of a French peasant who did remarkable healing for many years. Always when people came to him for treatment he would exclaim, "Why do you come to me for healing, can you not find God in your home?"

We can positively build faith by visualizing and using the imagination to see and feel the divine inpouring of the Spirit, and its outflow *through* us to bless and lift all we contact. Realize what God is and that He is Omnipresent, Omniscient and Omnipotent, then realize what He can and is doing through you when you direct your thought and energy to any purpose.

Visualization, Imagination and the Spoken Word are the building blocks of the Divine Mind which is *in us*, and working *through us* to good. We must constantly use them on the constructive side if we would build the desirable things into our lives and into our sphere of influence, which will grow far-reaching as we practice the Presence of God in our daily lives. The more time we spend each day in this direction, the faster progress we will make on all planes of being, physical, mental, material and spiritual, and the less time we will have for worry and fear and the living in the rut of least resistance in which so many people spend their lives.

Greed, anger and jealousy are very evil characteristics in any life. Such thoughts not only poison the lives of those to whom they are directed, but return with a doubly poisoned sting (having gathered force on the way), to destroy the sender. We cannot escape this law of Cause and Effect until we lift ourselves above the law of its reaction by functioning our thought and action on a higher plane. Such thoughts can be transmuted only by building the love quality into our mind and consciousness. If you practice the Presence you can feel the inpouring of Divine Love through you to bless every soul. It is easy to forgive any soul, no matter what wrong they may have done you, if you stop to realize for a moment how much God has had to forgive you. Forgiving is simply giving good for evil, and this is the only way to transmute evil, by the higher alchemy of love.

Just so sure as we think thoughts of jealousy, anger, and revenge, or even of unforgiveness, just so long do we hold ourselves in the plane of Karmic reaction, and the sooner we lift ourselves out of that plane by raising ourselves to a higher mental atmosphere, the faster progress the soul will make on its long journey home to the Father's house.

False appetites and passions can only be eliminated by education along these lines, and by letting the Plus-Entity in yourself decide the right from the wrong, then by eternal vigilance and the exerting of the will-power gain the Self-Control over the physical and sense appetites. Here again, devoting yourself completely to some uplifting and interesting work, or finding amusement and recreation along new lines, will help to eradicate the old desires. Keep the goal ever before you, and do not become discouraged if you make a misstep, or perhaps fall back a step or two on the path. Someone has said, "There is no disgrace in falling; disgrace comes only in staying down."

One of the greatest bars to progress and Self-Mastery is in not making the proper use of our time and money. Many people complain of lack of time for the worth-while things of life, but there are none of us, but who (if we care-

fully planned our work and the time at our disposal) could find at least some time each day, for some worth-while study or occupation, something that would benefit us personally in health, finances and environment in the days to come, and better fit us to be of greater use and service to others in the world.

Our money should be spent for only what represents true values in life and people should question themselves more closely in their spending and set in their minds a true standard of values.

The world is fast awaking to the fact that we cannot live for self alone, and the earlier we make our plans for lives of service, and then persistently and patiently work out the plan we have set before us the sooner we will arrive at the goal of Self-Mastery and real attainment.

In this attainment the laziness and inertia which so easily beset us must be overcome, and we must learn to follow the goal of achievement we have set before us, instead of drifting in the path of least resistance, which is the great curse of true progress. The lives that are full of zeal and enthusiasm for some set goal, are the lives which are contagious and which give us the inspiration to make something of our lives also. True inspiration in any soul is like a great torch which goes about from one to another, lighting the dying embers of their lack of ambition and inertia, into flaming desire for accomplishment, and if it were not for these torch bearers (those who have set themselves the goal of Self-Mastery and Accomplishment), this life would be a drab existence.

Ask yourself this question today, "Am I a torch-bearer or a torch-extinguisher on Life's highway?" If you have allowed your light to grow so dim, that it has no power to light the dying embers of another life, light your torch now from that great Source—The Christ—"The Light of the World" and start out once more on the Path of Self-Mastery and True attainment, and as you hold your torch high on this Road of Attainment, many seeing its light will follow from afar.

XLI.

CONDEMNATION

CONDEMNATION is the most cruel, ineffective thing in the world. It has never done anyone good and never will. Condemnation and damnation have the same Latin derivation.

When we condemn anything we destroy it, make it unsafe and destroy everyone's confidence in it. That is what engineers do when they condemn a building or a bridge. But if we condemn a fellow being we not only harm him in the public eye, but we are apt to destroy his confidence in himself and without self-confidence it is impossible to progress.

If we condemn a child for some fault, we magnify the fault in its eyes, instead of magnifying the power which can eradicate the fault.

I remember the story of a young man, a drug clerk, who married the daughter of a millionaire, and while away on their honeymoon, in a reckless mood or spirit of youthful bravado, he appropriated another man's automobile to take a ride. He was arrested for theft of the machine and was some time waiting trial. The whole world turned against him. In the meantime he was saddened because his young brother who had enlisted in the army abroad was killed in service; his wife started a suit for divorce and his aged father committed suicide from a broken heart. He was condemned by all, without a friend, and his life was on the verge of ruin through receiving a prison sentence, when his wife suddenly found that another little life was on its way into their world. It changed her whole attitude toward her husband, and when the trial came up she appeared for him, and the condemna-

tion of the world suddenly turned to sympathy and pity, and the judge, moved by the circumstances, released the young man on parole, and he will make good, for confidence has been restored in him. He has been put upon his honor, and given another chance, and his chance of making something of his life is ten to one against what it would be had he been condemned by law and public opinion for his one offense.

Condemnation of self is just as pernicious as condemnation of others, as it works a disintegrating power in the mind of the individual. Some people think they are creating favor in the eyes of God and man by condemning or belittling themselves, but they are greatly mistaken. If we condemn ourselves the world soon takes us at our own valuation, and confidence in our work and our ability is soon destroyed.

We recently treated a woman not yet sixty years of age, once wealthy, whose every breath was self-condemnation. She had tried to do good with her money, started a home for working girls, had given others an opportunity to bring out the talent in themselves, but because her pet schemes had fallen through and had not worked out just as she expected or willed, and because her money was gone, and she was almost without friends or resources, she felt her whole life was a failure. She came to us on the verge of a mental breakdown. Every word she spoke was full of condemnation for her wasted life, and we set to work to restore her confidence in herself, which was all she needed. She was strong and wiry and able to support herself many years, and although it was a hard lesson, it was the necessary one for her, otherwise the All-wise would not have allowed these conditions in her life. We reasoned with this soul, telling her that her motives were good, and that she had tried to do good according to her light, and although her personal will had not worked out, she had sown the seed with the best motive, and "the Father would give the increase." Her life has been a stepping-stone to many, but because she could not see each step in the lives

of those she helped she was continually reiterating that she was a miserable failure. Thank God we were able to give her a different outlook and a less distorted view of things, thus calming her soul and mind and restoring her tottering reason. We told her that in condemning herself she was condemning God, who was using her hands and brain and heart on this physical plane, for God dwelt within her, and was expressing through her and this expression, although it may not have been her best, was none the less furthering His ends.

Condemnation of self or any other person strikes at the very soul—the God within us—and builds a stronger wall or barrier between us and God (good) within.

Praise is the opposite pole of condemnation, the positive end of the magnet, which attracts the highest and best from within and without. Praise opens the door to the soul; awakens it from its lethargy; gives it courage and confidence in its divine possibilities; makes it believe in itself, and encourages it to do greater and greater things. Praise is an expanding force, while condemnation contracts and lessens every quality of mind or soul or body. You can easily prove this by condemning any organ in your body (through belief in its disease and limitation), and see how quickly you can stop its functioning. Condemn it for a while mentally, and it will not be long before you attract some doctor or friend who will suggest having it operated on and cut out if it is an accessible part, and if inaccessible, the condemnation will poison surrounding parts and you will soon be ready to depart this life.

The only antidote for condemnation is praise, so be lavish with its use. Praise, rightly administered, will never harm any one. Praise your own good qualities and believe in them (but do it in the hearing of your own ears, lest others misunderstand). Praise little children in every way possible and do not forget also to praise the animal and vegetable kingdom.

You can easily see the effect of praise on every one you try it on, and as condemnation is its opposite, you can

easily imagine the results. In condemning or resisting evil we are apt to give it more power in our minds than the power for good. Have faith in good rather than evil and in so doing you will increase its power in your own life and that of others. Love and Praise and Faith are the antidotes for condemnation and go hand in hand to uplift and heal and harmonize the race.

XLII.

TRUE PRAYER

IN this day we hear many people talking of True Prayer. Some believe that in advancing from orthodoxy to the more liberal or advanced philosophies that Prayer is left behind. This is one of the errors in the orthodox mind in regard to this higher teaching. Prayer is not discarded but rather a truer and more effective form of prayer is adopted.

In the olden days we felt we must get down on our knees and pray loudly (as I have often seen old people do in prayer meeting) to a God far off in the heavens. But those who have in some measure come to the higher comprehension of the Master's teachings, realize with the Christ that there is no separation from God, and that Prayer is simply communion with this Indwelling Presence. Prayer is necessary for soul development and expression, and to make us more conscious continually of this Indwelling Presence ever with us. It is a recognition of our Unity with this great Omnipotent, Omnipresent All-Loving, All-Wise Being, who is manifesting through each of us as He is through all His creation. The more we practice True Prayer, or this daily communion with God, the better we will understand Him.

Prayer is born the moment we come into the recognition of a Higher Power or Intelligence than we ourselves are manifesting, for immediately we wish to relate ourselves to this Power, and ask that our desires may be fulfilled. All races born on this planet have had their God, or Gods, to whom they looked for greater blessings; and prayer is the most natural thing in the world, to bring forth our higher ideals into expression. Realizing a higher Power,

which is all love, and wisdom, and which we know has brought into manifestation all we see around us, it is but natural for us to ask that Power to bring forth into expression those things we most desire, and which we think will bring us greater good, and make for health, happiness and supply on all planes of our existence.

To the ancients who were none other than ourselves in a former existence on this planet, God was a terrible Being of wrath, revenge and power, and many today have not yet evolved in consciousness away from this idea of a cruel, revengeful God. Half the race is still in fear of our God, whom Jesus, (the supreme teacher to this planet) described as a God of Love, Wisdom and Power, a loving Father, who has made us in His divine image and given us dominion over all things. What a different conception from the previous teachings and how slow the world is to grasp it!

It is easy for us to practice True Prayer, by communing daily with a loving Father who is manifesting His life, wisdom and power through us as fast as we are conscious of it, and the more often we commune with Him and take our burdens to Him, the quicker we will come into the true consciousness that with Him there can be no lack, no disease, no inharmony, no sorrow or want. We will realize now our power to create that which we desire, just as God creates through the one Mind and one Substance.

True Prayer is daily and hourly acknowledging His Presence and trying to realize what it means to us. He is the First Cause, the great Creator, the great Physician, the All in All who has brought us into manifestation with this wonderful body of ours, and its wonderful processes, physical and mental, the most marvelous piece of mechanism in the world today. He has created the functions and processes (conscious and sub-conscious), that keep it in perfect running order, as long as we visualize and realize the perfection He has made. But the trouble with most of us is that we picture limited conditions. We should remember that life and perfection on all planes come from God, from the one Mind and Substance. No one has been

able to create life and we can only accept it gratefully from God, and know that it is perfect, harmonious life and expression, because nothing less than this can come from Him. Realizing this fully it would be impossible for us to become sick or diseased, or to lack any good thing.

I have made the statement above that no one can create life, but many who have become in some measure conscious of their Unity with the one Life, have taken a seed, in which potential life existed (in a particular form), and through concentration and True Prayer have made that seed mature in half an hour, which under natural circumstances would take weeks or months to bring about the same growth.

The time is coming when all remaining on this planet will have the consciousness which will enable them to instantly create what they want. Many teachers and cults are predicting that every indication shows that the time is close at hand for the ending of the material world. This does not mean the end of the physical world, but the end of materiality which will be burned up in the presence of the great spiritual illumination fast coming into the hearts of men.

When we come to the full realization that we are Spiritual Beings and that there is only one life and one substance manifesting in various forms through different rates of vibration, we will be able to raise and lower the vibrations of different objects at will, and to change their chemical affinities as well, so that we may create different forms. There are those in the world today who can take a glass of water, concentrate on it, and so lower its vibration as to change it to ice, and then change it back into water, and raise its vibration to steam, through which it dematerializes and disappears altogether. This is simply changing its rate of vibration, and not changing in any way the chemical constituents, which can also be done by those highly enough evolved.

These things can only come about through True Prayer, which is a complete recognition of the God becoming mani-

fest through us, and creating through us. To gain this consciousness we must commune with Him daily, and recognize His presence and power in every smallest detail of our lives.

Over two thousand years ago the Divine Master taught these great truths, and yet we are slow to recognize this Indwelling Presence, the great I AM POWER which knows all things and can do all things; which knows no fear, no condemnation, nor lack nor limitation. Even David, the Psalmist of old, the progenitor of the Master Christ, had this wonderful realization in far greater measure than we who now live so many centuries later. Who can read the 139th Psalm and not recognize in David a Cosmic soul? It is a wonderful recognition of our Unity with God, and everyone would do well not only to read it but to memorize it and use it daily in their communion with the great Over-Soul.

This great psalm of David comes close to being True Prayer, that is a consciousness that God dwells close to each soul, and that His kingdom is with Him, "close at hand," as the Master said. When we recognize only His Presence and His Kingdom as NOW manifest, and continually acknowledge them in all the little things of life, they must surely manifest, with all the marvelous gifts of the Spirit which we can as yet only dimly realize. "Eye hath not seen, nor ear heard, neither have entered the heart of man, the things which God hath prepared for them that love Him."

But just as long as we acknowledge the Prince of this World as our ruler and our companion, and recognize Hell (which is only a comprehensive term for sin, sickness, sorrow, poverty, hate, jealousy and greed) instead of recognizing the True Indwelling Presence of Love, Wisdom and Power with complete rule over the Kingdom of all Creation, then just so sure as the law operates, those conditions we recognize and give power to in our own minds will manifest for us individually.

True Prayer is recognizing the one true Source which is GOOD (no matter what appearances may be) and knowing that Power from everlasting to everlasting is bringing your good to you.

XLIII.

WORDS OF LIFE

THE Christ's words were filled with Life and Power. You can make your words just as powerful to heal and bless, for He said "Greater works than these shall he do." By your words you limit your life or by your words you live more abundantly. By your words you bless others, prosper them and heal them, or by your words you condemn them, or hold them down to greater suffering and limitation.

Words have wings, flying with swiftness through space to the place thought of. Words are fraught with power and blessing to the sender and the receiver, or they are a curse to both according to the attitude of mind when spoken.

"Thoughts are things, and a small drop of ink
Falling like dew upon a thought,
Produces that which makes thousands,
Perhaps millions, think."

While this is true, the spoken word is even more powerful than thought. It has a more forceful vibration, extending to the place it is directed to, whether you are consciously directing it there or not. All of us know the power of thought, and we cannot plead ignorance of this law. Who has not had the common experience of letters crossing? It is almost an everyday experience with the writer, showing conclusively that the other persons are catching your thought while you are writing to them, or vice-versa. This is especially true when one has been delayed in writing. Invariably we find them writing when we are concentrating on them and their affairs, but

with no thought at the time of their being in vibratory connection with us. In other words, the law works whether we are conscious of it or not, or whether we are consciously directing good or evil thought to others.

Words or spoken thought have a powerful vibration, and we must be exceedingly careful what we speak in the presence of others or what we say about them, and also what we say of ourselves. It all reacts upon the brain and subconscious mind, working silently, and some day when least expected crops to the surface again. "By your words ye are condemned," said Christ. Words are the epitome of thought long pictured in the mind. Guard your speech therefore, and say nothing in regard to your health, your affairs, or your friend's and neighbor's affairs, which you do not wish to come true.

But this is the negative side of the picture. If our words can condemn they can also exalt and glorify. They can build us new minds and new bodies, new environments, new friends, greater prosperity and freedom, and all the things we desire. The use of constructive words is not a costly thing to try, being within the means and reach of all, but it does require an infinite amount of patience and faith to repeat over and over those things which we desire to manifest in our surroundings, when to all appearances they do not exist for us. Patience however, has its own reward and presently when your words have been repeated so often that they have built you positive in faith, then the thing which you have been holding in mind as already existing for you, will manifest—will come into being. Words are a powerful factor in your life; use them wisely, and you will recreate all the conditions about you.

"Every man's words shall be his burden." Jer. 23:36.

"By thy words thou shalt be justified, and by thy words thou shalt be condemned." Matt. 12:37.

"The words that I speak unto you they are spirit and they are life." John 6:53.

XLIV.

WHY ARE WE HERE?

HAVE you ever asked yourself the question, "Why am I here, and what is the purpose of my life?" This is the awakening soul's first query and when this question comes the soul is endeavoring to throw off its binding shackles and come out into the freedom of the Infinite Life, here and now.

Many people have asked themselves this question and failing of a satisfactory answer, have gone to others for the solution, oftentimes only to find themselves in a greater maze of perplexity than before.

The answer is simple, and there is no mystery about it. The only mystery is that we have not realized it before because of its very simplicity.

God has created us, you and me, in order that He might manifest Himself through us on this plane. In fact, there is no separation between us and God, except the mental barriers we ourselves set up. Paul realized this in giving us that remarkable statement: "Ye are the temple of the living God and the Spirit of the Almighty dwelleth in you." In another place we are told "God is in His holy temple—let all the earth keep silent before Him."

Realizing our oneness with the Father and that He dwells with us, supreme, we will try to make this temple a fit place of habitation for Him, that He may the more easily, *through us*, radiate His life, love, wisdom, joy, strength and power into the world.

Our special purpose in life is to realize that God through us is seeking expression in order to make this part of the world we are in happier, more peaceful, more full of life, joy, wisdom and supply.

Our purpose in life is not only to realize our oneness with the Father, but to practice His Presence by feeling unlimited life, harmony, strength and wisdom in our souls, and constantly letting these qualities flow out through whatever creative work we are doing to bless others.

There is no better way of practicing the Presence than to sit down in the silence and to literally obey the command, "Be still and know that I am God." Realize what it means to have God actually dwelling in this temple with you. Meditate on what God would do to make your temple a purer channel for radiating His blessings into the world. After dwelling for awhile on His mighty love, strength, harmony and unlimited supply, and the wonderful creative power He can set in motion *by His thought-forms*, realize that He has made you in His own divine image *with the same power to create through your thinking processes*, backed up by His mighty Presence and power within. Then let your words and your thought-forms radiate out to bless some friend in need of health, or harmony or supply. Bless that soul as you feel God Himself would bless Him. If you are not able to visualize or make a perfect picture, visualize the Christ (as He is pictured in so many beautiful ways) holding out His hands in blessing to that soul. See the white emanations from his aura and feel yourself and the one you desire to bless, flooded with that wonderful, harmonizing, life-giving, purifying and lifting power which the Christ radiates.

No matter what your seeming limitations may be, physical, mental, material, or spiritual, forget them as far as possible, and make yourself day by day and hour by hour (about your daily tasks) a radiant channel of love and energy and power. As you do this more and more, the seeming limitations will slip away and the channel of your influence for good will grow wider and wider as you open up your life to the inflow and outflow of the Spirit. *Always visualize the Divine Life so infinite and so unlimited that when it flows into you it must overflow con-*

tinually, widening your aura and your influence for good in the world.

I like the thought that God is *expressing* His will through me. To express is to press out, and God has quite a task in most of us to press his divine love, life and harmony through. We keep ourselves bound so tight with fears and beliefs in limitations, of one sort or another, that even the Infinite Himself finds it difficult to express through us. If we wish to express God in and through our lives, we must put some force and will and purpose in them. We cannot try to practice His presence today, then forget it for a week or a month before we try again. It must be a conscious daily companionship with the Father and the realization that with Him we can *do* and *be* and *have* all things "whatsoever we desire," and that we can also create these things for others and show them the way to the same realization.

This practice will free you from many limitations. God has placed His infinite life in us (the Life Abundant) to be used in the highest possible expression, therefore *we should feel this life, visualize it and actually command it to go where we see it is needed.* If you have a weak or diseased or inharmonious organ in your own body command the life force to go there, and actually see it doing God's perfect will in you. If you know of anyone in need, send the life force to him, and God in you will see that the work is done according to the thought-form and pattern you send forth.

If you lack abundance, or some friend is in need, *command the I AM Power within you to bring forth out of the infinite abundance the wherewithal for these needs.* If you do this in the right spirit, in the consciousness that God in you is doing the work, and that God expresses only in divine love, harmony, life and abundance, then you will know all the forces of the Universe will work together to the desired end, and in the Father's good time it shall manifest.

XLV.

YE ARE THE LIGHT OF THE WORLD

EVERY person you meet on the Foot-Path of Life is seeking greater freedom, greater happiness, more health, wisdom, love and supply. This is natural to the human race, and is the divine urge in each soul to manifest the Kingdom which the Master told us is within.

Most people, however, are forever seeking this Kingdom, not realizing that it is within.

Do you wish to find the Kingdom, and are you willing to pay the price?

YE ARE THE LIGHT OF THE WORLD

There is only one excuse for our being on this plane, or for that matter on any plane of God's universe. The Christ told us the "Kingdom of Heaven is within," and if the Kingdom is within, then God, the ruler of the Kingdom, dwells in this body—temple. He has manifested you and me to express Him on this plane, and He is using us to do His divine will, to *express* or press out His divine qualities to all about us. As God in the Sun is a great life center, radiating light and heat and energy through the ether (which penetrates all space, gaseous, fluid or solid) so God in you and me is a radiant energy flowing through us into all space.

God in you is life. Who can deny it? He is strength, love, wisdom and power, all of these qualities that you are manifesting. Christ understood this when he said, "Ye are the Light of the world."

But Paul tells us, "Prove all things and hold fast that which is good," and therefore each must prove conclusively to his own satisfaction that God is within his soul and con-

sciousness. Now, the only way to prove any force or power within or without, is to *use it*, and therefore, to prove that God is radiating His divine qualities into us and through us, we must use this force and *direct it* as God is directing it, *in a universal way* to bless others. God does not stop to think of self, He uses all the spiritual forces in the universe for the upliftment of the race; neither should we stop to think of ourselves, except as a channel through which God pours His divine energy.

Would you be interested to know how I found the Kingdom within? Those who have taken even the first step in universal service, dislike to speak of self, but it is the personal experience of others which makes the greatest impression upon us. I have listened to many great speakers, but when I summed up their message after I returned home, it was some little human touch of their own experience in seeking Spiritual attainment which had remained with me, therefore, I am relating this incident in my own pathway to Truth.

To go back just a little, for some twenty years I lived in one of the larger cities of the east, which is a well-known center for Advanced Thought, being the birth-place of many of the new cults and religions of today. Listening to many teachers and reading along these lines for several years, I became much interested in the Higher Philosophy, but when it came to actual demonstration of the Truth, I seemed to fall short of the mark. One day, after about seven years' seeking, and trying to demonstrate *for self* (as most of the teachers were advocating), I suddenly awakened to the fact that there was something wrong. I said to myself, "What is the matter, I love this Truth, I believe it, but why do I not demonstrate some of these truths in a tangible way? Instantly there flashed into my mind, "That was not the Christ teaching." The Master said: "Give, and it shall be given unto you, good measure, pressed down and running over." It set up a new train of thinking, and I date the demonstrations I have made from the moment I got that consciousness, that I must stop try-

ing to demonstrate for self, and instead use the God-given powers within me, and the little Truth I had gained, to bless others on the Path. In blessing others I had the sure promise, "Seek ye first the Kingdom of God and its *right-use-ness*, and all these 'things' shall be added unto you."

Not long after I came into this consciousness, I was invited to stay for a few months in the home of a well-known healer, and there I was urged to take up healing work. I had sacrificed many years of time, not to speak of money, in preparation for a different work, through which I felt I could teach this higher Truth, as well as I could through healing. As I did not feel that I was especially gifted to do healing work, I held steadily to my original purpose, but suddenly this healer decided to go away for a month's vacation, and insisted upon turning his present patients over to my husband and myself. At first it seemed impossible for me to take up this work, but I was given a day in which to think it over. It was a moment of great decision, for I desired to use the balance of my life on this plane in the path of greatest service. I thought the matter over carefully and came to the conclusion that there was only one thing for me to do. Not knowing whether I had the healing power, I left it to the Father to show me whether he desired me to do this work or not.

Two weeks later I was called upon to give my first treatment, and on this particular morning I awoke with a very bad headache, a limitation I had been accustomed to for some years. Matters continued to go from bad to worse during the day, until about two in the afternoon when it seemed to me I could bear no more mentally or physically, then suddenly I was called to go to my first patient. To say the least it was a shock to my consciousness. I had left it to the Father to show me if this was my work to do, and this was the test. Instantly there came to my mind the decision—"I am in no condition to help myself, let alone another, and this is the answer." It was just on the tip of my tongue to refuse to go, when suddenly there flashed into my mind, "Do the work, and ye shall have the power,"

and I said to myself, "Yes, I said I would do the work." I arose from my chair and went out into the hall, every nerve of my body near the breaking point, and I called upon the Christ and His realm of power, to send His mighty love and truth and healing power through me to help this other soul.

Instantly there surged through me a power which I could describe to no living soul. From head to foot I was vibrating in a mighty current. A wonderful strength surged through me, and in that instant I felt I could remove mountains. All sense of personality, all pain and physical discomfort left me instantly, and I began to literally melt into the Universal, the great Whole. I felt myself expanding upward and outward, until it seemed to me I was looking from a great height, and had merged into the great Whole with no limit to my circumference. In that consciousness I was carried or floated down the stairway to my patient.

Previous to this time one of my greatest limitations had been fear, worry and self-consciousness; fear of people, fear of my own voice even, but in that supreme moment all fear and self-consciousness left me, never to return. One statement of Truth after another came to me to speak to that soul, and she too vibrated with the mighty current sent through us. I had heard much about Cosmic Consciousness, and I knew for a brief period I had sensed it. Since then I have the absolute conviction that God is using me and you and every child of His creation to do His will on this plane, and as I have consciously made myself a channel for Him, one by one physical and mental limitations are dropping away, without my giving them any conscious thought.

Thus does the Spirit work for those who allow themselves to become a conscious channel to help other souls.

Healing is inherent in all. All you have to do is to prove it, by directing or using the power. Start in a disinterested way for some friend. Forget that you have troubles and limitations, and realize only God in you radi-

ating His wondrous light to the one you desire to heal. Visualize yourself as a mighty searchlight, for God in you is greater than any searchlight the mind of man can conceive. See this light going out from you searching out all the hidden causes of that friend's sickness, lack or trouble. See this light lightening the darkness about her. Realize that this divine light is filled with life and energy, just as the sunlight, and is recreating all conditions anew. See this light as a great flame of love, wisdom, life and energy, containing every divine attribute, and use your will and imagination to picture what this mighty light is doing for your friend.

In visualizing yourself a human searchlight, through which the light of God is radiating to others, you will prove the presence and power of the Kingdom within, and the statement of Jesus the Christ, "Ye are the Light of the World."

INVOLUTION AND EVOLUTION

AS THE tiny seed of the rose holds involved all the beauty and fragrance of the perfect full-blown rose; as the tiny acorn holds involved all the strength and majesty and beauty of the great oak; as the minute egg of the humming bird holds in embryo its rich coloring and marvelous control in all its beauty and completeness; so God has involved in the human soul the perfect image of Himself, His strength, His power, His beauty, His love, His infinite, limitless expression.

We are not perfect beings, as some would have us believe, but we have perfection latent within us, slowly evolving as the acorn slowly evolves into the mighty oak; but being only one of a finite variety of manifestation, it comes into perfection more quickly than the human race with its infinite possibilities.

God has conceived us divine and perfect like unto Himself, but we cannot evolve to this perfection until we realize what God is, after whom we have been patterned. The higher the consciousness we get of God, the closer we conform to His divine pattern. The early races pictured God as a great, warlike being, filled with hate, revenge and judgment, and therefore, they were themselves warlike and revengeful, full of hate and pride, seeking power and self-aggrandizement. As men have broadened their conception of God, they have become more civilized, and within the last hundred years or so many have beheld the vision of God as a Being of love, and thus increasing numbers in the world are now striving after the ideal of love and Brotherhood. The men who are the greatest benefactors of the race are those who first get the highest conception of

God, and then get the world to visualize and conform to the new pattern set before them.

The world is in a great state of unrest and chaos today, but it is because men are fast catching the vision of a new God and are trying to meet the new standard as they see it. If all could catch the vision of God as a God of Love, a heavenly Father with all power, and in this vision could see all men as their brothers, we would come into a newer realization and manifestation of the Divine pattern in a peaceable manner, free from sorrow, jealousy and strife; but the laggards, who have not caught the newer vision, always make trouble, and the struggle between light and darkness ensues.

Before evolution, comes the recognition of involution—the visualization of the Perfect Man which God has conceived within—and the more we dwell and meditate upon God's perfection (realizing it is involved within ourselves), the quicker the process of evolution, bringing out the divine manifestation.

If we look back just a few hundred years in the evolution of the race we cannot help but see what a part the Church and different religions have played in evolution. Men criticize the Church for its sins of omission and commission, and justly so, but we have needed the lessons the Church has taught. For instance, we have found that as we evolved someone has caught a vision of a God who loved all alike, regardless of race, color or creed, and men have gradually come to believe (in just the last century) that God could not condemn His children to eternal punishment and damnation (even innocent babes who had not been baptized) and be just or loving.

In the city of Boston, today, there stands a monument where several hundred unbaptized infants were buried in a common grave, and on the tombstone it is narrated that they died unbaptized. Just as if (as I once heard a noted divine say) it were necessary to show God where they lay, so at the last trump He would know they were to be consigned to hell and eternal fire and damnation. This

seems absurd to us now, but less than a hundred years back, it was a prevailing belief. But some men began to feel that there was too much love and justice and kindness and mercy even in their own natures to allow such a condition as that and if there was that much love and mercy in them how much greater must it be in God Who is infinite love and goodness. When they got new vision, they also got a new and higher conception of God, for we always have to visualize the God whom we worship with higher qualities than our own. So our God is growing in stature, in wisdom, in strength, in love and perfection, and as the pattern is gradually enlarging, so men gradually weave their lives to conform to this ever-perfecting pattern, and thus Evolution is the unwinding and expanding outward of the wondrous perfect image God has involved in the souls of His creation.

XLVII.

A SOUL'S EVOLUTION

IN the evolution of life on this planet there are seven great planes of development. Each of these can be subdivided or differentiated into other planes or rather different degrees of expression.

The seven primary planes of evolution may be summed up thus:

1. Mineral.
2. Vegetable.
3. Animal.
4. Emotional or Instinctive.
5. Mental or Intellectual.
6. Psychic.
7. Spiritual.

Each plane of expression is necessary at all times on this planet and we find life on the lower planes continually serving the life on the higher. Viewing evolution from this standpoint one can readily see why we did not all start together at the same point and evolve at the same rate of progress into the state of divine perfection.

All men are created free and equal, for God had the perfect vision in mind when He created the human race, but in the various stages of development and unfoldment we find degrees and varieties of expression, denoting that we were either started on the journey of evolution at different periods in the world's progress, or else some must have been laggards in the race, if we were all started on the journey at the same time and at the same point of evolution.

As we have stated above, however, each stage of evolution seems to be necessary, and the lower always serves the higher, the mineral becomes food for the vegetable: the mineral and vegetable provide food for the animal; and when we arrive at the human stage of evolution the mineral, vegetable and animal kingdoms all serve man in a thousand ways. Man, the highest animal expression, has evolved beyond the stage of mere subsistence and the survival of the fittest, for he has been created three-fold (in the divine image) and has been given dominion over the lower kingdoms in order that he may now evolve on the inner planes of expression, mental and spiritual. Previous to this human stage of evolution the expression has all been on the outer or physical plane, but now comes a new step in the soul's evolution. Up to the human stage the whole course of evolution has been to perfect the highest physical expression, and to a slight degree (as we find manifesting in the higher animals) the instinctive and emotional characteristics. In some animals we find development has gone on so rapidly (especially with those who associate much with humans) that they are beginning to manifest already some of the traits of the human family before taking on the human body.

Man, however, although he has evolved through these lower kingdoms to perfect and strengthen his physical body, is three-fold in his nature (physical, mental and spiritual) and must finally evolve perfection on the three planes. The full-orbed man is the one who is perfectly balanced on all three planes. But the majority of persons we meet are showing different degrees of development on the three planes of expression. Some are still giving all their time and attention to the building up of the physical, and those on the lower physical are still catering largely to animal appetites and passions, while those on the higher physical plane are working wholly to build up a perfect body. In this class we find the enthusiasts in physical culture such as athletes, prize fighters and professional "strong men." These take pride only in physical prowess and the build-

ing up of the physical to the neglect of the mental and spiritual qualities with which they are also endowed.

Others are trying to perfect the mental and intellectual side of their being, perhaps to the neglect of the physical, which also has its place in the evolution of the full-orbed soul. Still others are reaching through the mental and emotional planes up to the spiritual, and in making this step must necessarily encounter the psychic plane which forms the connecting plane between the two.

This psychic plane of evolution is what the world is so profoundly interested in today, and especially the more highly evolved thinkers of the race. Men have gone far in intellectual attainment only to find that in many cases it has brought them to a materialistic view of life, which is anything but satisfying, and they are now reaching to the farther heights, up to the spiritual, realizing that there is a higher attainment for the soul and a cause and reason for existence beyond what they have heretofore realized. This has brought them to an investigation of the inner realms of their being and a seeking for the Kingdom within.

This seeking cannot help but begin to unfold the inner faculties. Being three-fold beings, the faculties of sense and perception must be inherent in the mental and spiritual bodies which also encase the soul, as well as in the physical body. There must be sight on the spiritual plane to correspond to the sight on the physical plane. There must also be hearing, smelling, tasting, etc., on the spiritual plane, but in different degree or manifestation than is sensed on the physical plane. In other words there is a fourth dimension of consciousness which the race is dimly reaching up to.

Many who have not yet sensed the first glimmerings of this new consciousness, and still others who have forced it too rapidly to the neglect of the other planes of expression on this planet, are warning the world of the great dangers lying in wait in this psychic realm. While this may be a timely warning, we are of the opinion that it is over-

emphasized. The world in its evolutionary process must pass this plane in order to awaken the higher spiritual faculties, and there is nothing to be afraid of when one begins to function on these inner planes. As a rule it comes very gradually, so much so as to be hardly perceptible. In fact one is not always sure he is not experiencing something on the physical plane of existence, as the two are so closely related. We rise only a step at a time, and only as fast as the soul is ready for its next plane of evolution does it become manifest to us.

So much is being said about the dangers of psychic unfoldment by those still functioning on the intellectual planes, that this explanation seems necessary. If you will refer again to the seven basic stages in evolution you will see that the psychic is the final step between the purely intellectual and the spiritual development, and I doubt if a soul could reach the spiritual heights without passing through psychic states of mind and consciousness to prepare him for functioning on still higher planes.

"We rise on the stepping stones of our dead selves
To higher things."

This statement may raise a question in the minds of some as to the fate of those who have passed on into the great Beyond. To the orthodox mind there are only two places to go to when we leave here, either heaven or hell. To the more developed or advanced soul the knowledge has come that salvation is a process of growth and that when we pass on we go to a plane, or enter a state of consciousness and environment commensurate with our degree of spiritual progress while on this plane. But wherever we are or wherever we go we cannot escape God. In whatsoever place we are, we are always given opportunity to grow mentally and spiritually, just as we are here. We may not accept the opportunity any more than many do on this plane, but we will finally, in the ultimate summing up of all our experience on this evolutionary journey, pass through these seven stages, and become full-orbed

souls, manifesting the Divine Perfection in whose likeness we are created.

The world should therefore not be afraid of the wave of psychic interest which is spreading over the earth, because occasionally some soul becomes unbalanced through delving into psychic phenomena. The trouble with such souls is that they forget they are three-fold, that there are three separate envelopes of the soul (which can actually be seen by many who have developed the psychic vision) and as long as we remain on this physical plane we must keep these three bodies in perfect accord and harmony, and not develop one to the neglect or detriment of the other. In other words one should not become so engrossed in the psychic or spiritual states or so desirous of unfolding these qualities, as to allow his physical body to become too passive, exhausted, or ill-nourished through prolonged fasts. Balance should be attained at all times, and one is always warned by the higher feelings and intuitions when he is going wrong. One should keep the mind functioning largely in the physical plane as long as he has to live here on the earth, and not allow himself to become too sensitive or receptive to inner planes through sitting too long in the silence, prolonged meditation, or sitting in circles with all kinds of mentalities, for forced development. Those seeking higher development should sit alone, or perhaps occasionally with one or two who are in perfect sympathy and accord, and whose aims, ideals, and auras harmonize with their own. As a rule a half hour is long enough for any one sitting alone, and not more than an hour with others. If one feels exhausted or negative in such sittings they should be discontinued or else the time of sitting reduced. One should watch how he is affected by the different states of consciousness he realizes or which he passes through. Use your highest discrimination at all times, feel and affirm yourself under divine protection and proclaim the purpose of the sitting for higher unfoldment that you may be more useful and helpful to others on the Path.

While a few perhaps have become unbalanced through undue zealousness in this direction, it is always to be remembered that many more have become unbalanced through other causes, such as worry, mental strain, overwork, sorrow, or striving for some great intellectual attainment, and even if a few become unbalanced through making the step between the conscious and sub-conscious states it should debar no other soul from seeking its highest expression, and should cause no fear or worry when one begins to first dimly sense the awakening of a new consciousness.

We can safely seek this higher expression through prayer, aspiration, meditation in the silence on God and the Kingdom within, and through using the creative processes God has given to us for constructive thinking, affirming and visualizing that which we wish to manifest. We can practice through loving and serving, seeking the companionship of harmonious souls interested like ourselves in the higher spiritual unfoldment, but using discrimination and the intuitive powers God has given to us in all relationships and experiences. We must hold to that which seems good and which lifts us to a higher level of consciousness, discarding that which depletes us or tends to bring us to a lower level. This is the acid test in soul-evolution and wise is the soul who has discrimination.

All are bound for the same goal, and no one has to remain on the level he may now find himself on; there are always farther reaches, and farther heights to climb. We must keep our vision ever onward, and climb hand in hand with the Eternal God.

XLVIII.

LOVE AND SERVICE

THIS is my commandment, That ye love one another,
as I have loved you." John 15:12.

"My dear children, let us put our love not into words
or into talk, but into deeds, and make it real." 1 John
3:18. (Moffatt's translation).

"There are loyal hearts, there are spirits brave,
There are souls that are pure and true;
Then give to the world the best you have,
And the best will come back to you.

"Give love, and love to your heart will flow,
A strength in your utmost need;
Have faith, and a score of hearts will show
Their faith in your word and deed."

Divine Love and Service are part of the great plan to
build Universal Light into the character. The Spirit of
Divine Love and Goodness fills all space, and will fill your
individuality as you open your mind and thought to it
through your own will-power.

Life is very complex, but can be governed by thought
force, centered in the divine conviction that **ALL IS
GOOD.**

You are capable of responding to the Divinity within
you, or to the negligible qualities of the earth consciousness,
but as you think of the higher attributes and powers within
you and hold to them, you will loose all fear and limitation
from your nature. You must fill your consciousness with
the thought of *love overflowing through you* and radiating
out to your environment and to all about you, before you
can get the love for service manifesting in your nature.

Months of practice, affirming Divine Love upspringing in you, will soon express in Divine Service unconsciously. The Golden Rule Spirit will unknowingly begin to manifest in you, and through the unfailing law of reciprocity will rebound and bless you.

If a child gives love to an earthly father, the father returns that love, and in so far as lies in his limited power, will bless the child with material blessings. This is the law of life. But if you feel the Love of God in your own consciousness, and express it to your fellow-beings, it will rebound to you in omnipotent power from the Great Father.

Love and Service are inseparable, as we cannot love without giving and serving, and it is the Spirit which we put into the expression of Love and Service which determines its power for Good.

Every simple act we do throughout the day, should carry a divine blessing with it in our thought, as that will increase the value of the service ten-fold. Thinking a God-blessing into our service, together with our own desire to serve, increases the gift to the world, whether the recipient of the gift be ourself or another. In other words, even when doing something for ourselves, we should try to feel that God is blessing the doing.

FEELING and KNOWING that God is blessing your work, prevents you from unknowingly doing any harm, and increases tremendously the power of the work for good.

Love is the fulfillment of the Law of Life, and can accomplish all things. *Feel the Love of God* expressing through the love you have for any person or any thing. This is a universal lesson applicable to everyone, in all walks of life, and if put into practice would revolutionize the world in a short time. Putting the Father's blessing into every word and act of our lives would bring His Kingdom on earth.

In the thought of Service, most of earth's children are waiting until some big thing presents itself, but *the way*

to serve is NOW in the littlest things we do, and sending these little acts into the world with God's blessing upon them. "Whether therefore ye eat or drink or whatever ye do, do all to the glory of God." 1 Cor. 10:31. Service performed in this way opens up a reservoir of love in the soul, and new and ever-widening avenues of service.

Bear this thought in mind and live it day by day, and as you practice it, you will be the means of bringing a new heaven and a new earth in the Father's Kingdom. This is the Golden Rule doctrine put into actual practice, and will revolutionize the world.

XLIX.

THE COLOR SCHEME IN NATURE

THE study and meaning of color vibration is one of the first things to come to the attention of the occult student, for as a rule the first unfolding process to the majority of students manifests in color vision; that is, the sensing of colors on the astral planes. This usually comes before one sees symbols or visions of any kind, and is the infant stage of clairvoyance and clairsaudience, which follow in its train.

Color vibration is part of the great law of the universe, as everything has its color and also its musical tone or key, and although we have learned much about color, only a fraction has been revealed.

We know some of the effects of color used as a therapeutic agent in nervous or mental diseases. For instance red is a stimulant, while blue is just the reverse. Babbitt in his remarkable book, "Principles of Light and Color," which he received under inspiration (as nothing like it had been previously known or published), shows clearly the wonderful value of color as a therapeutic agent, and he proved his theory by many marvelous cures. These theories have since been put into practical use by many doctors in hospitals and sanitariums, and colleges are now experimenting along these lines to good advantage.

Many doctors are diagnosing by the color of the aura which they can see by placing the nude body before a dark screen. Previously it was thought that only those with clairvoyant vision could see the aura.

Diagnosis of disease by color is very complex, as the exact shade has to be determined in order to use the complementary color to cure the disease. In time, a system

will no doubt be perfected where the primary colors alone in right adjustment will effect the cure.

We are coming only dimly to realize the importance of the great laws of Nature, all of which serve their purpose in the development of life on this planet. All the colors in Nature have their effect upon us whether we are conscious of it or not. Nothing is out of tune or harmony in God's great plan. Everything, even to the smallest atom, is serving its purpose in the Divine Order.

Every color, therefore, has its purpose and let us never say this color is good or that bad, for each is necessary in the unfolding of the individual, and those who have clear etheric vision and are able to see the complete aura surrounding individuals, can often see all the colors of the spectrum mingling and intermingling in a kaleidoscope of color. These colors are constantly changing with new emotions by which that individual may be swayed, now one color more predominant and in a moment, with a changing emotion, this color fading and another coming more prominently into view.

Persons who lean to the devotional will have the pale blue dominant in their auras. Those of the spiritual type, and especially healers, will have the different shades of violet and purple more prominent, while those who lean to the intellectual will have the yellows predominating. As this yellow grows into the lighter shades it signifies intellectuality fusing into spirituality.

In the great color scheme of Nature you will notice that the rose pink and red tints flash over the sleeping earth just before the breaking of the dawn. The rose pink signifies love and affection, the highest emotion we have evolved, harmonizing the race for a new day and tending also to arouse the creative instinct in bird and beast and man. The redder tints signify life and energy and often passion, and tend to infuse new life into all living creatures for the new day. What more appropriate color could the Supreme Being, who created the Law of this planet, bring into action as an awakening force? As we awaken, we

are infused with love and the forceful creative life energy, which we need to start a new day.

As this red gives way to the golden glow of the rising sun, the intellectual and reasoning powers are stimulated and all the faculties we need in the work of the day are quickened into action.

During the day as we look about us, although we are constantly under the mental stimulation of the yellow rays of the sun, Nature has everywhere spread her mantle of harmonizing, restful green, to tone down the mental stimulation of the sun's rays.

Those who read and study evenings are stimulated intellectually by the yellow ray of the artificial light.

We note also that the sky appears to us blue in tone, and we also have to look up to it, and as blue is the color of aspiration and devotion towards that which is higher than self, how fitting that the dome of the heavens should be colored blue by the infinitely wise Creator. Also as we look out on the vast expanse of sea as well as sky, the two areas covering far the greater part of our vision on this earth, we also find this blue tone predominating, though interspersed here and there by the harmonizing greens.

And last of all as the shadows of evening begin to descend, and for several hours preceding the time of sleep, we are brought again under the dominion of the deeper blue of the heavens and the radiance of the golden stars so beautifully immortalized by Longfellow,

"Silently one by one, in the infinite meadows of heaven
Blossom the lovely stars, the forget-me-nots of the angels."

We are again brought into the devotional, aspirational attitude, and the soothing influence of the blue ray which quiets the soul and lulls it into a devotional, receptive state, so when finally sleep and rest overtake the body, the soul, which is still active, is in vibratory sympathy with the invisible planes and receptive to the light and wisdom which comes to every soul in sleep.

Surely we are in the keeping of an over-ruling Providence, and every soul is speeding toward the Light.

L.

HEREDITY, ENVIRONMENT AND SOUL POWER AS FACTORS IN HUMAN EVOLUTION

SOUL power is that which is stamped upon the Ego through successive struggle with life, from the lowest atom up to the divine creation called Man. It is the divine working upward, and creating and expanding Godward. Nothing can stop its progress. It is as certain as the unchanging law of nature, and will eventually work out its destiny. The Soul of Man (the Divine Intelligence or the aggregate of strength and wisdom which the soul has gathered) chooses its own path of development in its next existence. The soul has free-will on every plane of life, carnate or decarnate, just as it has power to choose on this plane, otherwise God would be limiting the spiritual and mental growth of His creation. The soul is bound only by its weakness and lack of knowledge or development. But it has the power in each self-imposed existence to work out further development in its ascending path toward perfection. If the Soul or Ego has free-will on this plane, there can be no question of its free-will when it has dropped its physical envelope.

If it has free-will it must have kept climbing on the spiritual planes, gaining wisdom and knowledge, and working out its gradual salvation as it saw the light ahead.

The Ego is ages old, and has developed partly on physical, and partly on spiritual planes, and the process of education, struggle and growth, continues throughout its existence. It chooses whether it shall work or play,

study or waste its time in idleness and inertia, and when it re-incarnates on the physical plane it must do so of its own choice, and in the path of its greatest need for development.

Great souls seem to choose the most difficult environment and heredity, either because bound to certain parents because they have a debt to pay, or be paid, or because they understand that those who are strong need still more to overcome in order to gain greater soul power and dominion. This is aptly illustrated in the life of Abraham Lincoln, a great soul who incarnated with the greatest possible limitations and hindrances to growth, and yet the soul force within pushed ahead and saved a nation to the ideal of democracy in its greatest hour of need.

The soul power then is unquestionably stronger than heredity or environment, and may need a rough environment to hew its way through to greatest victory. Environment is no obstacle to an active soul desirous of increasing its spiritual power, but may be a great hindrance to a sleeping soul—one which is not living and acting up to the light which it receives.

Heredity is no drawback when the soul realizes its DIVINE HEREDITY—the Original Source from which it sprang. If the parents or grandparents are not all the soul desires now, it has the sure knowledge that it has had many parents back to the Creator Himself, and therefore in the long run, looking at the development of the Ego down the vista of ages, the heredity of one soul can be no better than the heredity of another. In the scheme of its long existence each soul must have an equal chance of development—surely God sees to that—so we need not let heredity hold us back.

In the case of arrested mental development, as in the weak-minded and imbecile, heredity would seem to play an important part, but even here the soul must have needed the struggle through such an existence. It may have sunk so low that it was necessary to drain the dregs of existence that it might once more rise, step by step, toward

its self-set goal. Others who have helped this soul in its downward path may now need to pay the debt of caring for it through a life on this physical plane, helping it to regain its lost steps.

Of one thing we can be sure: **THAT** which created life, gives it an equal chance for growth and development toward the goal of Divine Perfection, and soul power gained through the evolution of the Ego can dominate environment and heredity, if it follows the guide-posts set in even the most limited existence.

Let us never say "my environment or heredity keeps me from expressing that which is in my soul," for God within the soul pushes forward continually to raise us to higher levels of spiritual force, when we exert our will and action on the upward path.

LI.

AT THE CROSS-ROADS

WE have to take life on trust, going it blind, as it were, for when we come to the cross-roads, as we often do, where so much seems to rest on the decision as to which road we will take, neither we ourselves or anyone else can tell us the outcome, which Path is best to take, or where a given path will lead us. This seems hard on the surface and we sometimes feel it is an unwise Providence which ordained such a world, but when we think more deeply is it not the surest sign of an Over-Ruling Providence, shaping our destiny better than we in our blind ignorance could shape it ourselves?

Someone has aptly said, "The greatest enemy of the soul is inertia," therefore if we could see where each of several paths would lead us, no doubt the majority would follow the easiest path, or the Path of Least Resistance, or the Path of greatest *seeming good* which required the least effort and suffering. But would that be the best path for the soul? We need to be stirred up and buffeted, to grow strong and vigorous to do our real work in life and to send our roots deeper into the "Source" that we may become strong and more resistant. We also need to feel the pressure of our fellow Brothers on the Road, with their burdens (which sometimes seem to shift unjustly to us), for when this happens ten to one we are stronger to carry them for the moment than the brother we condemn. Instead of repining at the seeming injustice of it, let us rather rejoice that for the time being at least we are deemed able to carry the additional burden, for *only through use of the powers within us can we gain additional strength*. We grow physical strength only by exerting and putting into

action the physical organs and muscles, and we grow wisdom only by using it for ourselves and for those who need our help on the Path. *We can only grow in any direction through effort and action*, and we overcome inertia only as we put personal feeling and desire aside and step boldly forward into the Unknown.

God has put a longing in every soul for expression, but the hunger must become an intense Emotion (E-motion) for the soul to conquer its inertia and overcome whatever obstacle may come up in the path, to attain its desired end. "E" is the fifth letter of the alphabet, corresponding to the fifth sign of the zodiac, therefore a five vibration, which means love, desire, enterprise, and venture; in other words, intense desire (or love) in motion or action. E-motion, therefore, means love in action, or the strongest desire of the soul for the time being. That is why Emotion is good for us to a certain extent, and that is why we strive for that which will give us a thrill, a new sensation. It is really the putting of life cells into action, along the particular line which awakened the emotion.

A man may fall in love with a woman and desire her for his own. This emotion arouses his ambition, and urges him to action, in his desire to make good for the one he loves. He wants to achieve success and begins to work harder for it, not only to supply her needs and desires, but also to arouse her admiration for his accomplishments, so he may hold her love and respect after he succeeds in winning her. Then children come, and E-motion (love in action) is again brought to the fore, that he may provide for them, and educate them that they in turn may take their rightful place in the world.

The chief lesson to be learned at the Cross-Roads, however, is Trust and Faith. No matter how we strive, no matter how far we have advanced on the Path, when we come to the fork in the road, and necessity urges the next step forward, as no one can tell us where the different roads will lead, we learn to lean on the Infinite Love and Wisdom and Power which brought us into being, and

which we know must be watching over our welfare on this plane. That Power which guides the Stars in their Courses, without clash or inharmony of any kind; that Power which prepared the earth for the advent of Bird, and Beast and Man; that Power which is everywhere in evidence, in Love, and Wisdom and Infinite Beauty and Abundance all about us; *that Power must be leading us aright*, into the best Path and Environment for us NOW. Behind us is the great Universal Urge, pushing us on, requiring of us only Obedience to God's law of Love and Action and Creation, in the Path in which He is leading us. And if it is best that we shall see the end of the trails leading from the Cross-Roads of Life, God will surely let us know.

If you follow the rulings of your own mind and desire, or the blind dictates of your fellow men, life is nothing more than "The Blind leading the Blind." But when you have faith in God, and recognize His guiding hand in your life, you will know beyond shadow of doubt or fear that *Infinite Love and Wisdom is guiding you into THE CHOSEN PATH*, the best road for your particular progress on all planes of experience. Infinite Love surrounds you and protects you. Infinite Strength sustains you, and *Divine Love supplies you and makes pleasant THE WAY*.

LII.

THE MIND AND MAGNETIC AURA

FEW of us realize how important an influence our mental attitude has, not only upon our own life, but upon others.

Men and women are prone to believe they can think what they please and it does not concern anyone else, but we are waking to the knowledge that our thought is far-reaching, and in this chapter we will try to show the process whereby one's thoughts affect another, and present it perhaps in a different light than has before occurred to you. We hope to present it in a logical way which will be convincing and make you more careful of the thoughts you project and the self-control you manifest.

In the first place, it is a well-known fact that every person has an aura, let us say a magnetic aura, which can be sensibly felt by persons coming into contact with his presence. You have all felt this in coming in contact with different persons and been attracted or repelled before they spoke a word, or perhaps before you have come within twenty feet of them, and you have wondered at this, and perhaps condemned yourself, thinking that you had a wrong attitude toward them. Persons who are negative, receptive or sensitive, are very easily affected by the magnetic auras of those about them.

If a person has a strong, robust physical body, and a positive mind, with much strength of will and purpose, his magnetic aura will be intensified for good or evil according to the good or ill feeling he is radiating. His magnetic aura is influenced by his thought, which may or may not take form in words, but in either case will be transmitted to the nervous system, traveling to the outer or sensory

organs and out through the surface of his body into the aura. If he has a strong, vital body the magnetism he generates will have more effect upon people than if his body were weak and anaemic.

We will illustrate our meaning to make it plain: Let us picture a friend, a man of the business type, of normal build and brain capacity, starting to work after a good breakfast. He is feeling mentally fit, good-tempered and genial. As he is feeling vital, strong, energetic and happy, he radiates these qualities through his magnetic aura. On the way downtown he meets a business colleague, and they exchange greetings. The latter has not slept much all night, wife and baby were sick and restless, and he has had to get himself an indifferent breakfast. He is feeling tired and discouraged and rather grouchy. He exchanges greetings with our friend and sits down beside him, pulling out his paper, and both settle back to read. Although no more words are exchanged between them, our friend (through the process noted above) is unconsciously radiating strength and vitality and good cheer around him, and soon his magnetism begins to interplay with that of the tired man beside him, and he is charged with the other's positive constructive magnetism. The sensory nerves take it up and it is communicated to his brain, and by the time he reaches his office he has forgotten his tired feeling and his grouch. In a subtle, unconscious way our friend has radiated his thought force to the man beside him, who has received it in the same unconscious way, and so he enters his office with a smile, greets his clerks pleasantly, and they in turn, more negative as a rule than the executive employer, begin to receive his radiations, and the day's work in the office starts with harmony, every one working at his best, eager to please the man who has radiated his goodwill to them.

In the meantime our friend has also reached his office and is greeted with a telegram which tells him some of his business deals are in great danger, some business colleague has double-crossed him or "turned a trick on him," in busi-

ness parlance; and immediately his thought changes, becoming vindictive and angry, and may manifest in quick, excited, snappy words, throwing the whole office into a fever of excitement. His sensory nerves convey the poison of his thought and feeling into the aura about him, and as he is a strong, positive man, he radiates this magnetic current with considerable force throughout all the office. It is taken up by the magnetic current of everyone in the force, and the whole mental atmosphere becomes impregnated with it. Everyone works on a tension, filled with fear and excitement, and no one is capable of doing his most efficient work. Clerks who are most sensitive become depressed and so filled with fear that the digestive processes of the body may be stopped under the excitement, and headache or sickness result from the poison of this one man's thought, which he has radiated unconsciously, perhaps without even leaving his private office to come in contact with the clerks outside.

This is only one example of the subtle power of thought, and if you will stop to think, many of you will realize in personal experiences the truth of this illustration. It could be emphasized or illustrated in a thousand ways.

We have read of many instances where a mother's angry thoughts poisoned the milk at her breast, causing acute indigestion, or intestinal poisoning, to the child. In like manner a mother who is nervous and excited and speaks harshly to her children, will interfere with their mental and physical efficiency.

We have also read of a mother returning home after a visit to find a griefstricken household aghast at the sudden death of the baby, who had just breathed its last. Without stopping to make inquiries, she rushed into the room and threw herself upon the body of the babe, lying still warm upon the bed, and through the love and warmth flowing through her breath and magnetic aura, the child in about half an hour regained consciousness.

Your habitual thought and your power of control over your emotions regulates the magnetic aura you carry with

you, and it has a greater influence than you can possibly realize, on the world about you, at home, in business, and in society. Your thought, if immoral or lustful, will communicate itself to your neighbors or to your children, in the same way. If they are morally strong they will be repulsed and turn away from it, but if morally weak or with any latent tendency in this direction, they will accept the thought received from you through your magnetic aura (although you may be extremely careful to refrain from harmful words), and the evil tendency will gain ascendancy in them, and they in turn will in time unconsciously prey upon the highest mental, physical and moral efficiency of those about them.

Verily we are our "Brothers' Keepers" in more ways than one, and we shall be held to account in the "Judgment Day," not the "final Judgment Day when the last trump shall sound," which we have been taught in the old creeds, but the day now at hand, when our thought-forms which we have sent forth shall have taken root in our souls and come forth into expression in our own lives and those about us; this "Judgment Day" which is daily upon us, the fruition of what we have sown in the past.

Our thought always precedes and determines our words, and "By thy words thou shalt be justified, and by thy words thou shalt be condemned." Matt. 12:37.

LIII.

GOD IS ALL IN ALL

 WE have often been asked the question, "How do you distinguish between God as Principle and God as a personality?" This is a question which puzzles many people, and we are frequently asked to express our view.

We see God in a theoretical sense as Divine Life, Love, Wisdom and Energy expressing through ALL THINGS, and yet it is hard to think of God in an abstract way. For instance, we cannot think of Love without thinking of someone expressing that love, and this is the same with life, power, etc., for we can think of no action or energy put in motion without also seeking the Cause. Therefore in thinking of God, we find difficulty in separating the abstract from the concrete.

No one can think of the origin of the universe, and see its wonderful order and precision, without recognizing the great Intelligence back of it, and it is difficult to think of Mind or Intelligence apart from Personality. Personally I believe there is a Supreme Ruler of the universe, and also a god or ruler for each planet.

There are millions upon millions of planetary bodies and systems, and more being discovered continually, and they have all been created for some purpose, and for some order of life; some perhaps lower than ours, but most of them much higher. People who are sufficiently awakened spiritually have visited planets and peoples much higher in expression than are found on our earth, and no doubt countless numbers of such exist.

All life is progression, and as people evolve continuously there must be countless thousands who have attained such mastery in the evolutionary process that to us they would

appear as high or higher than any God we can conceive of. There is no progression without Service, therefore all these souls must have work to do, and they are the ones no doubt who are given rulership over the different planetary bodies and their many organizations visible and invisible. They are sent to take embodiment when a teacher is required on any planet (as many teachers have been sent to various nations and races on this earth, as needed). Many think our earth is now ready for another teacher, or the promised Second Coming of Christ, although the world has not yet put into practice the Christ teaching.

God is All in All, the aggregate of expression through All creation. That which is the Love in us seeking expression, is God; that which is the Life and Energy in us seeking expression is God; and each one of us (and in fact, all the inanimate creation in motion, whether we see it or not), is God taking on personality and concreteness that His creation may go forward in ever ascending spirals of evolution and development.

I can conceive of great souls, who have existed for ages, and great hierarchies of souls of all grades of attainment, going up and up into celestial spheres which we are yet too gross on this planet to even glimpse intellectually or spiritually. And the farther we rise in imagination, the fewer and fewer the souls become who have been able to reach such heights, until finally we might come to ONE, THE SUPREME, who overrules all. It is easy for me to imagine this and this is the only way I can think of God, at the same time realizing that it is His Divine Life and Breath and Radiance and Thought that permeates and animates all Creation, and is the one Great Cause which brings all Creation into being.

LIV.

AS ABOVE SO BELOW

IN the Hermetic teaching there is a law, "As above so below," showing that the physical world is so related to the spiritual that to those who can sufficiently raise their rate of vibration to come en rapport with the spiritual planes, the latter will appear at first much as the physical plane does, only more refined or ethereal.

Jesus, the Christ, expressed this truth in the more commonly known phrase—"The Kingdom of Heaven is within you," that is, in your power to appreciate, and in your power to vision and spiritualize the environment in which you are placed. To those who see all the beauty and capacity there is in the present outlook and environment, just so surely will broader and more beautiful conditions open up. Only when we have received all the present has for us will we be presented with something better.

We have a physical, mental and spiritual body, and when these are working in harmony, we can function at will in each. Another might put it thus: You have an exterior consciousness, an inner or sub-consciousness, and a superior or spiritual consciousness; and it is according to the particular consciousness you are functioning in, that you see the things of this plane, your friends, your neighbors and your surroundings.

Each one has the power of developing his higher consciousness through thinking, visualizing and affirming the conditions of higher planes as he conceives them to be, and the higher and broader the vision, the more will he manifest that harmonious and creative environment and bring about his desires according to the vision he has in view.

As that which is above is gradually manifesting below, (as fast as the spiritual vision can bring it about,) so that ever widening ideal which is within man, must blossom forth and bear fruit. As that which is above must manifest below, when we get the spiritual vision, so that which is within man must come forth to make the seeming desert of his mind and heart and soul, blossom into perfection. When that which is within the soul shall come forth this earth shall indeed become a heaven of love and beauty and progress, with the inner light shining through each of earth's children.

We are learning more and more of the heavenly state of consciousness as one by one those on this plane are able to raise their consciousness to catch the message of the higher planes. Several books have come into our hands that give quite a lucid and seemingly accurate account of the spiritual worlds, but of course, in all messages received from the inner realms we must take into consideration the fact that those transmitting the messages, as well as the persons receiving them, may be on entirely different planes of consciousness. There are millions of suns in the heavens, each with its coterie of planets, and even what appears as a star to us, under a powerful telescope may resolve itself into a thousand suns. Therefore it is impossible for us to conceive even in the most limited way of the possibilities of our expression, growth and expansion in God's universe, as we journey upward toward that perfection which He has implanted in the souls of men. Even on this tiny earth there is such variety of thought and conditions that if one on Mars or Jupiter could get in touch with us here on the earth and try to find out something of our life and existence (physical, mental and spiritual), he would in all probability get a very different viewpoint and description if he contacted say a Phillips Brooks in cultured Boston, than from a business man on Wall Street, or an Esquimo in the frigid zone. Verily, "In our Father's house are many mansions," so we should not wonder or be dismayed at the seeming divergence of opinion concerning the

spiritual worlds. When we pass out we go only to that plane we have been able to relate ourselves to in consciousness while here, but there is no cessation to growth in God's universe, and we continue to progress from plane to plane.

Although these books we have referred to come through entirely different personalities, and from different spiritual sources, yet the life on the spiritual planes is described in a very similar manner. In most of the books it is stated that those who pass on learn to externalize their desires through thought processes. They build their houses and are clothed in this way, and if they have not learned yet how to do this, others build for them. They also create their food in the same way (as long as they feel the desire for food), and they progress from plane to plane through service. Evidently there is no higher message for the world than this. We grow through service, and through thought processes, and the higher we can think, *and think continuously*, the more we conform physically, mentally and spiritually to our ideal, and bring into manifestation the great law—"As above so below."

LV.

REINCARNATION

A WELL-KNOWN teacher—a man who has made an intensive study of comparative religions, once said to me, “I believe in reincarnation and I know I am coming back to this planet a million times more.”

There is much in the law of reincarnation to impress itself as Truth on the minds of those studying the Higher philosophy of life, but the subjects of Reincarnation and Karma (which go hand in hand in Theosophical parlance) are too apt to mentally and irrevocably bind one on the very “wheel of change” just as it is unduly binding the speaker above quoted.

The belief in reincarnation is growing. It explains many of the seeming inconsistencies of life. We believe God is divine love and justice, but if we have only one life to live on this planet it is hard to conceive of God as just, when some children are born in the slums, of lustful, degraded parents, while others are born in love and refinement and every opportunity given them to create a happy, successful career; when some are born sick or hopelessly crippled, or deaf, dumb and blind, while others enjoy perfect health; when some are born rich, and others have to struggle all through their lives for a mere existence.

These things are hard to explain if we do not believe in the law of Karma (the law of cause and effect in operation) and in another chance for expression on this planet. Much of course can be said for and against this theory, but many people seem to remember past incarnations and nothing could convince them they had not lived before.

One of the most convincing stories I have heard in proof of reincarnation was related by a Russian noblewoman

whom I had the pleasure of hearing in Boston some years ago when she was lecturing under the auspices of the Theosophical Society. Later, since coming to California and more particularly to Santa Barbara, I have been told this was a true incident and happened right in this city. I was glad to have it thus corroborated. This is the story: A gentleman and lady were out walking one afternoon with their little three-year-old daughter. She was walking between them and each had her by the hand. Approaching them was an elderly gentleman, a stranger, and when he came in sight of the child, she suddenly broke away from her parents before they could restrain her, ran up to the gentleman, clung to him and began to call him "Papa." Her parents were somewhat embarrassed at this scene upon the public highway and tried to take her away, but she only clung the tighter. Finally they invited the gentleman to walk with them to their home, hoping to reason with the child in seclusion. When they reached home the child seated herself on the stranger's lap. They began to argue with her, but to no avail. Finally, in great excitement, she turned to the man and said, "Why you are my papa, don't you remember? We used to live in a little house in the woods. A stream of water ran by the house and there was a log over it. You told me not to cross over the log, and one day I went across and you punished me. Then my mamma got sick and you went away and I don't remember any more." The gentleman looked at her and then at her parents in utter amazement, saying, "Many years ago when I was a young man I lived in a foreign country, in an isolated section in the woods, far from neighbors or any civilization. A stream flowed by the house, over which there lay a log for crossing. I lived there with my wife and baby girl, and as there were wild beasts in the neighborhood, I forbade the child crossing over the stream. One day she crossed and I punished her. Shortly after this my wife was stricken with fever and I left on horseback for the city, twenty miles away, to get a doctor. A murder had been committed in this

vicinity a few weeks previously and the murderer was still at large. I, being a stranger and unable to speak the local language, was mistaken for this desperado and incarcerated. It was some time before I could make known my identity and obtain my release, and when I returned home my wife had died of the fever and the child had starved to death. This child must surely be the reincarnation of the child I lost."

While this story would seem to prove conclusively the theory of reincarnation, and does to the writer's mind, it is still possible that the child was psychic and thus able to read this story in the aura of the man, as no doubt such an experience would be strongly woven into his thought forms or mental body. This would be a form of psychometry, just as many people are able to read events of the life from some article of wearing apparel. Presuming, however, that the child's version was true and she had come back for another earth experience, it does not prove that she or any other soul would have to incarnate a million times on this earth plane to get its experience.

We have other seeming proofs of reincarnation, however, in musical prodigies who can compose and render wonderful compositions at an early age, or of such great minds as Shakespeare, who was a walking encyclopedia, or of such prodigies as the Polish lad who is such a wonderful chess player, being able to carry on twenty games at one time with the most expert players in the world and defeat them. Either these souls must be reincarnated, bringing over previous knowledge with them, or they must be impressed by those on the other side who have a knowledge of the subject far surpassing their own. There seems no other explanation unless they have so developed cosmic consciousness that they can draw all knowledge along a given line from the Universal Mind.

But admitting the law of Reincarnation to be true, is it necessary that we come back a thousand or a million times to this earth plane, which is only a pin point in God's universe? I say emphatically "No!" The law of Attrac-

tion governs the law of Reincarnation, and we come back here only as long as the strongest desire or attraction in us brings us here. I can easily conceive of a man who had led a purely carnal life here, say in the slums, in saloons and brothels, when he left the physical body and went on to a spiritual plane being in torment until he could get back here to satisfy the false appetites and passions he had generated here, and thus the strongest desire in him would pull him back to this plane. I can also conceive of a man, highly spiritualized, with an impelling desire to serve (who had started some work here for humanity which he had not had time or opportunity to finish) reaching the higher planes and seeing the need of humanity, having a great desire to get back here, that he might serve in a larger way.

These things seem logical and just. The Hermetists taught "As above so below," therefore if we have freewill while here on earth (on this dense, material plane and while clothed in a material body), to choose in what part of the country we shall live, or what church we shall attend, what vocation shall occupy our attention, etc., then surely when we go out on the spiritual planes and are unhampered by this physical body we will have as much if not more freedom to go where the soul calls us. I believe we will have greater freedom on the spiritual planes of manifestation than we have here, and if we have lifted ourselves above the earth vibration, there will be nothing here to pull us back. When we have eliminated the physical desires nothing in the physical can attract us and we will go on to the plane we vibrate to. If this were not so, there would be no spiritual progression.

Our Theosophical brethren would have us believe that the law of Karma brings us back here indefinitely through successive reincarnations. The law of Karma, or rather "Cause and Effect," is always operative, that is, "As ye sow, so must ye reap," but we must remember that the God who made this law told us to forgive "seventy times seven" and I cannot believe He would ask His children to forgive seventy times seven, if the last farthing was to be

exacted every time we broke a law. The law of forgiveness and mercy also exists, otherwise Jesus would never have taught "bear ye one another's burdens and so fulfill the law of Christ," nor would He have healed thousands who came to Him and turned not a single soul away. He must have recognized that the law of love and mercy transcends all other laws.

The Law of Cause and Effect is always operative, but only on its own plane of manifestation. For instance, all planes are mental, not physical. There is no hell or no heaven bound by four walls. These are simply states of consciousness as we evolve slowly God-ward. Did not the Master say, "The kingdom of Heaven is within you," and at another time, "The Kingdom of Heaven is at hand," and we find Paul instructing us, "Be ye transformed by the renewing of your mind." Therefore if one while in the hell consciousness commits murder, if he remains in this hell consciousness (perhaps repeating his act or committing similar sins against God and his humanity), then the law will exact the last farthing and this man will reap as he has sown. But in the meantime if the man repents his act, and is made in some way to see a new light, he raises his vibration to a new and higher plane of consciousness and now tries to expiate the act by saving lives. Perhaps he chooses to come again as a life-saver on the sea, or as a fireman, where he may have the opportunity to give back to the universe that which he has taken from it. He may even sense this obligation while yet here, before he dies and reincarnates again, and if so he has raised himself from the plane of reaction where he committed the crime, and is now functioning in a higher consciousness where he will not feel the rebound which he would have received had he remained in the same hell-consciousness where he committed the crime. The return swing of the pendulum cannot strike him if he is not there to receive the return blow.

The question of Reincarnation involves the question of free will, to some extent. I believe all will agree that we

are at least partial free agents on this earth plane, and it is recognized by those who have studied into planetary vibration that this earth is the densest and most earthy and material of any of the heavenly bodies which we have any knowledge of.

Of course, the Science of Astrology shows to every earnest, sincere student that there is a law of "Karma" or "Cause and Effect," which bears out the New Testament teaching, "As a man soweth so shall he also reap," but we also know that each person is master of his destiny, for he has as much will to alter conditions or to make the most of certain talents, experiences, etc., which come in his path as he is willing to exert.

Planetary law proves beyond a doubt that certain causes set in motion strongly enough in the past will bring, sooner or later, certain effects or conditions in the life, but we are free to choose how we shall meet and bear these conditions and how they will affect our future.

Granted, then, that we have free will on this plane, when we cast off this dense outer shell at the dissolution and change called death, and pass out to the great beyond with our mental and spiritual bodies, untrammelled by this gross flesh body, we must have at least as much free will as we had on this plane and logically we should be still freer than we are here.

"Love is the fulfilling of the law" and the higher we raise ourselves in its plane of vibration, the more surely we escape the penalty of the law of the lower planes of activity. Thus are we forgiven, for we have striven to give back to the world in increasing measure what we formerly took from it.

No matter what philosophy of life for the moment engages our attention, let us never lose sight of the fact that God is love, and God is all in all.

LVI.

LOVE

LOVE is the key to the universal life, there is no other. Love is the divinest gift of the Spirit. Love makes you one with the Creator and the created. Love is the liberator of mind and soul and body. Love is the Pearl of great price, the wine of the spirit of joy, the delight of the soul. There is naught that is like unto love. It redeemeth thee; it frees thee; it cannot harm thee.

Love poured upon thee makes thee vibrate more and more to the Father's realm of love.

Love flowing through thee expands the spiritual nature, making you Creators with the Father.

Love dissolves every fear, every pain, every obstruction in the expression of your life, mental and physical.

As you make yourself one with Divine Love and feel yourself a channel for love, even as a brook blessing every flower and blade of grass, and every human soul who contacts its banks; so your own nature will expand, fed by myriads of reservoirs of love which the Father will open up to you from the mountain heights of spiritual planes, and your channel of influence will spread as the brook into a mighty river of power.

Love flows with ever increasing force, radiates in ever-widening channels, and attracts its own. Love never dies, but flows on and on, back to its source, revived and refreshed, and rehabilitated with new power, gaining a new element through every soul it contacts with which to bless and reach still others yet untouched by love.

Love flowing freely through the soul of man or child, attracts love, friends, prosperity, health and other blessings. It expands the whole system, and with love con-

sciously flowing through you, there is a constant feeling of being surrounded by divine love, and a constant radiation of that love that you sense and feel around you to others, which lifts your own soul to greater power of expression, and is a constant and ever-widening blessing to others on the path.

Love fulfilleth the law of all life. Love is the beginning and the end. Out of Divine Love you sprang into existence, and through Divine Love you continue to live and move and have your being. Love springeth from the heart of God, the Creator of the Whole, and love can do all things. Jesus Christ who came nearer to the Father in understanding and expression than any living soul, summed up the Divine Completeness in these short words—**GOD IS LOVE.** Therefore love is completeness, the ultimate goal of the pilgrim's progress to the heights of spiritual expression. Divine love flowing free through you and me will free our bodies of pain and disease—will liberate our minds from selfishness and greed—will uncover the casings of the soul, and make us shine with the glory of the Divine Image, the vision the Father had in mind when your soul and mine took form so many ages ago.

LVII.

"HE GIVETH HIS BELOVED SLEEP"

THE shadows gather, and the night
 Her quiet mantle sheds upon the ground.
 All earth is hushed, and stars come forth,
 Their silent vigil of the night to keep
 O'er sleeping children of the earth.
 The Moon looks down, to shed her vital ray
 On all alike.

The beauty of the night enthalls the waking eye,
 But, when deep sleep falls o'er the earth,
 And every living thing is hushed in Morpheus' arms,
 Then doth the Masters of the Spheres
 Upon the minds of men their silent work perform.
 The minds of men, and also lesser forms,
 Unharrassed by the petty cares of daily life,
 Relaxed and calm, unmindful of their burdens,
 Can now be reached by Masters from afar.
 And so the souls of men move upward in the night,
 Taking their wings of flight to unknown realms
 Of beauty and of power.

Dreaming their dreams our bodies sleep,
 But souls awake to their reality.
 They rise in their own atmosphere
 To learn new power, to hear new songs,
 To see more glorious visions,
 To hear new wisdom, from the lips of Master souls
 Gone on before, culled from their past experience;
 To catch the sound and sight of new devices,
 Wrought by Master brains and hands
 To ease the tasks of men, to lighten burdens,
 That the mind and soul may find it easier to expand.

The soul soars upward on its journey through the night,
 With every sense wide open;
 That it may catch the beauty and the power,
 The wisdom and the love of higher realms,
 And then, with fresh renewing of its powers,
 It seeks its earthly home, the tenement of flesh,
 And through the wakeful hours of sun-crowned day
 It weaves the vision of the night
 On earthly looms, that man may step by step
 Attain the promise of the Spheres.

LVIII.

THE LAW OF THE LORD IS PERFECT
CONVERTING THE SOUL

PSALMS 19:7

PERHAPS you have been seeking for the Truth regarding the two doctrines, Absolute and Relative, presented by the Advanced Thought message, which are going forth with many seeming contradictions. Meditate now upon this one phrase which has been given thee and thou shalt know the Truth. "The Law of the Lord is perfect converting the soul." Converting (or conversion) signifies change or growth, and therefore the soul grows or evolves, and the Law of the Lord contributes to this growth.

The *Law* of the Lord is *perfect*, you will notice, and not the soul. It is the Law which is absolute, perfect and unchanging, and this Law implies Order, Sequence and Periodicity. The word LAW here used is inclusive, for there are many laws, all going to make up the complete or perfect law of the Universe. We could name many laws which together constitute this Grand Law of the Universe. There is the Law of Sex, one of the primary laws of evolution; there is Planetary law, having its peculiar effect on man and nature; there is the law of Electricity; the law of Magnetic Force; the law of Attraction and Repulsion manifesting in all lines of energy; there is the law of Chemical Attraction or Affinity, and many other laws, too numerous to mention; but the Law of the Lord in its entirety is perfect, converting or evolving the soul, or the Divine Principle in everything which manifests.

The Law of the Lord manifests in Order. We cannot

conceive of it manifesting in any other way, in fact we are told "Order is Heaven's first law," and there is a divine order in all things, no matter how much confusion apparently exists. There is no chance and no confusion in the manifestation of God's law. It is all working out according to the prescribed order. *Every happening in the world today was seen and predicted centuries ago by those who had learned wisdom*, and the law of Periodicity shows the same conditions occurring on earth with recurring cycles of influence. Planetary law is another guide-post on the way, that men may see the trend of the times. God's law works according to the Divine Plan and man may see in countless ways his place in the great scheme. The manifold law of the Universe shows him his particular place and path of progress; in the planetary configuration at birth, in the palm of the hand, in the shape of the head in the lines of the face and the markings on the feet. God's law thus works out in mysterious ways, and those who are able to read, see His divine order operating in many ways. The purpose of the Law, according to the prophet David, was "to convert the soul," and the working of the perfect law, in its many varieties of expression, is to unfold the divine spark of intelligence in all forms, animate and inanimate, evolving them to the ultimate perfection of divine expression.

LIX.

STRENGTH IN WEAKNESS

IN 2 Cor. 12:9, we find these words, "My strength is made perfect in weakness." It seems paradoxical, but it is Truth, for only through our weakness do we seek and find strength.

We are made in God's image and likeness and slowly we are making this Temple (with its three envelopes—physical, mental and spiritual, which protect the Spirit within), a more glorious habitation for the Living God, that His Spirit may shine through us and manifest more abundantly through us continually. We have the wonderful promise of God that we are made in His divine image, that we are only a little lower than the angels, that we are joint-heirs of the Kingdom with Christ, and co-creators with God, our Maker.

We have the promise, but the important thing is to prove our own divine heritage. Many of us complain because of our particular lot in life with its sorrow and suffering, the continual obstacles in our path, and the continual struggle against poverty and trying to make ends meet. We are apt to blame God that these things exist, but if we would look at them in the right spirit, with an understanding heart, we would thank Him for these greatest of all blessings, for how would we ever be able to prove our divine sonship, and the great promise that we are co-creators with Him, if the Father had set us down in this world on a flowery bed of ease and arranged to have everything done for us with no effort or mistakes on our part? Instead of the Gods we are intended to become, and into whose stature we are slowly growing, we would be nothing more than automatons, almost too lifeless to move.

He who recognizes his divine sonship can and will overcome every obstacle but only through the consciousness first of his weakness will his strength be perfected. That is, we must first recognize that we are weak physically, and have the great urge and desire to make these bodies more fitting temples for the Indwelling Spirit, before we will set about through proper exercise, diet and living to keep them in proper condition.

We must first recognize that we are weaklings mentally and intellectually before we will stir ourselves and take the necessary pains or make the necessary sacrifices to study, read, think and exercise our mental faculties, that we may create mentally as God intended we should do.

We must recognize the weakness of our spiritual life, the starved and unawakened areas of the soul or sub-conscious part of us, before we are willing to give up some of the material pleasures and possessions to make way for the gifts of the spirit; before we will joy in meditation, aspiration, prayer, practicing the Presence, and expressing the divine qualities in loving service to our fellow men.

It is only through weakness then that we find the strength which God has endowed everyone of us with, and its discovery is accompanied with the highest joy in life, that joy which comes through overcoming, through creating and through serving.

ALL IS GOOD

GOD is Good and He can create only good. We must get this thought clearly fixed in our minds. Know also, that He is creating better and better all the time and bringing His perfect pictures into manifestation. He has given us certain forces to work with, all good in their place and when used rightly, but we may misdirect these forces in nature and in our physical bodies, disobeying the laws laid down since the beginning of time, and in so doing we bring seeming evil into the world, and suffer the consequences of our ignorance and weakness.

Let us take a very simple illustration. God created the apple and no one would say that it was not a good and wise creation, bringing pleasure and health to many; but if we eat them before they are ripe, or if we eat too many of them, we are liable to suffer, and then perhaps blame God for bringing suffering and evil into the world. God created this wonderful physical organism, the human body, and it is good, and a marvelous creation of beauty and power and intricate workings; but, through overindulgence along various lines, men suffer pains in their bodies and make themselves weak and diseased, an unfit habitation for the Spirit, and an unfit creator of a new generation; so, instead of breeding finer and finer types, men breed deformed and diseased children, and again blame God for bringing misery and evil into the world.

God is good. He creates only good, and no matter how we hurt or injure these bodies of ours, God through Nature is ever trying to repair the waste tissues, to heal cuts and bruises and to increase strength and vitality. Nature

strives to the utmost to repair and replace in spite of many outrages man commits through his passions and appetites. Pain and suffering are just a wonderful blessing in disguise, a warning of Nature that we have gone the limit in a certain direction, and a last attempt of Nature to throw off diseased tissues quickly.

LXI.

OBSTACLES A BLESSING IN DISGUISE

THERE is a statement which used to puzzle me a great deal when I was younger, and that was "Whom the Lord loveth He chasteneth." With later years of observation, and understanding through the study of astrology, which shows the working out of the law in all lives, I no longer doubt this statement. All strong personalities in life are those who have met the strongest opposition, those who have had to struggle all the way up the line, first to get an education, usually self-earned, and then a continual uphill struggle against poverty and public opinion. A weak man does not weather the gale that leads to the goal, but does gain certain strength and dominion before he decides to quit climbing in this life and be satisfied with a lesser position than he has dreamed of. The obstacles he has overcome in getting thus far are, however, a great step gained in universal progress, and this soul who has only attained a minor position in life when he becomes tired of the struggle, is still far in advance of him who has had nothing to buck up against.

There are souls, however, who are not satisfied with mediocrity, and no matter what their rebuffs, their opposition, or the sadness or trouble which assails them in life, they have an aim in view and "press toward the mark." Therefore, "whom the Lord loveth He chasteneth." The strong are given much to overcome, otherwise they could not gain greater soul strength through overcoming.

The way to power, to poise and soul strength is to be always conscious of the soul within and its aim, and to keep harmonious, no matter what situation may confront you. The person who is strong in soul strength never gets excited nor angry, never desires to give up. He has one aim and purpose in view and presses on.

LXII.

A HEALING TREATMENT FOR THE WHOLE BODY

I AM weary and depressed, and easily disturbed. Oh, loving Father, how may I find the Center where Thou dwellest, and be at peace?

I will relax my body and my mind, and throw aside every unpleasant thought and accept the invitation of the Christ. "If any man thirst let him come to me and drink." John 7:37. "Whosoever drinketh of the water that I shall give him shall never thirst, but the water that I shall give him shall be in him a well of water springing up into everlasting life."—John 4:14.

I see this life-giving stream flowing toward me. (Visualize a golden stream).

It flows into my brain, quickening the mental processes and awakening my sub-conscious mind, and the latent knowledge stored within.

It flows down through my eyes, my ears and my throat, strengthening, cleansing, purifying, life-giving.

It flows to my chest and lungs, opening up all the unused cells.

It flows to my heart and purifies its blood stream, strengthening the circulation and forcing it to all extremities of my body. It fills me with the spirit of universal love.

It flows to my stomach and quickens the digestive and assimilative processes.

It flows to my solar plexus storing up energy, to stimulate all the activities of my entire body. It is inexhaustible and feeds the Fountain of Life within me.

It flows into my abdominal cavity, quickening the action of the digestive and eliminating organs. It flows into and energizes the liver, the kidneys and the bowels, carrying all waste products out of my system.

It flows into the sacral plexus center that the life forces I generate, may be used on the highest creative plane. It fills my generative system with life and purity, and the vital fluids flow upward to feed the higher spiritual processes in my nature.

It flows into my limbs, my thighs, my knees, and my feet, that they be active in service for God and humanity.

I feel quickened and revived by this life current. It is mine to command. Its flow through me is perpetual.

I have absorbed these Waters of Life and I am renewed in mind and body. I am Whole.

I praise thee, Lord, for Thy Loving kindness, and for the consciousness that Thou art ever with me.

LXIII.

ILLUMINATION

ALL illumination comes from within, for God is the source of all light and He is within us. This is what the Christ meant when He said, "Ye are the Light of the world." As we consciously let the light of God illumine our minds and hearts and souls, we literally become the light of the world, for when we are aflame with this divine light which illumines the mind and heart it must burst forth into expression which will radiate into the mental darkness about us. Light is a certain high rate of vibration and when we become conscious of God's illuminating ray being shed through us we really become radiant beings, although this radiance will not be perceptible to the vision which the majority of individuals possess. This radiance emanating from us can be seen, however, by those with vision tuned to a higher rate of vibration, such as that possessed by souls on the spiritual or more etheric planes, and also by some highly sensitive persons on this plane.

This expression, then, "Ye are the Light of the world," does not mean light wholly in the sense of mind illumination, but actually radiating light which those who are sensitive enough can easily detect. The more light we are conscious of in us (through our realization of Unity with the Source of All Light, Wisdom, Love and Power) the more we shall attract and the more we shall radiate. Those who cannot yet see the light we radiate will be able to feel it, for the sense of feeling is more spiritualized than that of sight or sound; therefore the more light we radiate, the greater our sphere of influence will become and the greater will be the light shed upon us from higher realms. Great souls on spiritual planes are ever seeking to bless and

to give added power to those on this plane who are using their spiritual powers to bless mankind. As these souls have no physical vehicles of expression through which to sense persons on this plane, they can only become cognizant of souls on the earth plane when the latter have so raised their rate of vibration as to radiate the divine light and essence. This light can be seen, and recognizing its character and the use to which that particular soul is putting his life, the Elder Brothers of the race will shed additional illumination on that soul that it may widen its influence for good. This is simply a fulfillment of the Law that like attracts like. And whatsoever we have *and give* it shall be measured to us again. If we radiate the light we have, more light will be shed upon us in hundred-fold measure, not only to lighten our own pathway but that of those we desire to help.

LXIV.

PRACTICING THE PRESENCE OF GOD

THIS is a good subject for thought and meditation. We all know that God is Spirit, filling all space and permeating every atom of our being. We know He is in us and around us, above us and beneath us; in every created thing, in every inanimate object, but more in persons or things pulsing with life, energy and action, and still more in those who have the highest ideals and are emulating the God nature. We know of this Abiding Presence when we stop to think about it, but how often during the day in our hurry and bustle through various tasks, do we pause to think of this Presence in us, and about us, and in those we contact?

Most of us, I am afraid, do not take the time to think or meditate on this, and still others, instead of *seeing God* in their friends and neighbors, see rather some mannerism or a false note in their dress or speech which jars a bit, and they forget, or overlook entirely, the real thing in the person, the spiritual being, struggling for unfoldment. To practice the Presence of God, then, is to remember not occasionally, but every hour of the day that we are spiritual beings, and that God is trying to express love, beauty, and wisdom through us, and that He is also striving to express these attributes through each of His children. The more often we remember this—the more often we sense the spiritual essence in us—the faster we will grow in the Divine Image, and the more we will help others through the Love and Power flowing through us.

The Infinite Life is all about us, and we should ever be conscious of it, for God is Spirit—Omnipresent—per-

meating all space, and in this Spirit we live and move and have our being.

This Practice of the Presence is really worth the while. It may be hard at first, and we will not remember to do it so many times a day in the beginning, but with practice we will attune ourselves in time to a wonderful atmosphere of peace and poise and power, feeling the glow of spiritual radiance in ourselves, and letting it flow out to others, becoming open channels for His healing, glorifying, unifying, prospering life to flow to all our world. It is worth while. Why not start today? No matter what your position in life—no matter how situated—you can make the attempt, and however small that attempt may be it will be a beginning, and you will grow into a wonderful realization of the God Presence, which will mean a great joy and peace in your life and a great love for all other created beings.

LXV.

THE RADIANT PERSONALITY

GENERALLY speaking, there are two classes of people in the world: those who give and those who receive. The first class are those with so wide a vision that they radiate good cheer and sunshine all about them, rising above their personal cares and conditions, and just shedding gladness all around. The second class are those with narrower vision, concerned only with their personal problems, their homes, their children, their debts and their worries, and thinking only of these. This latter class usually carry a worried or disappointed look, the lines of the mouth turn down and they put on a settled, discontented, or martyred expression. These people are narrow in their vision, because they see nothing beyond themselves and their limited environment; or more truthfully, because they do not see the real selves they represent. They hold on to their cares, worry and poverty; they see nothing else, they create nothing else, they think there is nothing else for them, and therefore for the time being there is not, until they change mental conditions.

All conditions must be changed internally before one can be changed externally. No matter what your condition, your occupation or position in life, you must see something better just beyond, and KNOW you are going to reach it, or else it will not come. If a newsboy were satisfied with his job he would always be a newsboy, but if he is ambitious, sunny and optimistic, radiating good cheer to all, he will keep on rising and finally become rich and influential among men and affairs. It all depends upon the vision he has and holds.

It behooves every one of us also to see something beyond

our personal affairs, and those of our friends and relatives; and to remember that as sons (suns) of God our business is to shine, even as the Sun, which shineth alike upon the just and the unjust. As we shine, our love and warmth warms some other heart and it also begins to glow, just as in the physical world when the sun's rays warm the earth, it becomes fruitful and its blessings pour forth to humanity. If you make your personality radiant with love and sunshine, you will live in a mental world of joy and harmony, which must soon change your physical environment to correspond.

LXVI.

THE RESERVOIR OF ABUNDANCE

EVERYWHERE we look we see God's abundance manifesting. Nature is lavish in her power to reproduce. Each tree, each plant, and each animal produces more than one of its kind, and in certain species a hundred and even a thousand-fold of its kind.

When we come to wealth, this is also increasing continually, and every year there is more wealth in the world in manufactures and commodities, in foodstuffs, in real estate, buildings and land improvements. There is no end to wealth and abundance which is increasing in greater ratio than the increase in the world's inhabitants. Wealth will continue to increase, for tremendous mental and spiritual development is coming to the planet. God, through Divine Mind, is ever creating more abundantly for all of His children, and as we learn the secret of wealth, we shall go direct to The Source for our needs.

When love and brotherhood rule the world, all will have abundance and with only a few hours' work a day. There will be no distinction between God's children. We will have no laboring class and no wealthy class, for each man, woman and child through healthful, pleasant occupation for two or three hours a day, will produce all the world can use, and then be free the rest of the time to work out improvements for the benefit of the human race as a whole.

Each one has a mine of gold within himself, a reservoir of abundance, for the unlimited resources of the living God abound in each. Jesus, the Christ, said to the people of His time, "Seek ye first the Kingdom of Heaven, and its righteousness, and all things shall be added unto you."

To make His statement plain beyond all cavil or doubt,

He said, "The Kingdom of Heaven is within you." If you seek the Kingdom of Heaven within, where Love dwells in omnipotent power, you will get the true spirit of brotherhood, the keynote of the coming age.

No man filled with the spirit of love will desire more than his brother enjoys, and in seeking the kingdom within, we shall soon manifest the kingdom without, and all these things the heart has craved will be added unto us. We shall labor for the common weal, with no thought of outstripping our brothers, but that each may enjoy the fruit of his labor, and the whole community will be blessed with the good things of life. This is the abundance we should strive for, for the common weal, and thus shall the riches of the Spirit, material and spiritual, be showered upon us.

MEDITATIONS

MY HARP OF MANY STRINGS

ITHIN this Temple, where God dwells,
There is a wondrous harp of many strings,
On which the Keeper of the Temple plays
A thousand melodies.
This harp of many strings is mine own soul,
That instrument divine,
Which, if I keep it rightly tuned,
Shall catch the Music of the Spheres.

Love is the key with which I tune this harp
To bring forth Life's diviner melodies.
O God of Love! let no discordant note creep in;
Touch thou the strings.
Thou, only thou, canst sound the wondrous note
That wakes the mighty chord of love within.
Thou, only thou, canst bring this melody to life,
Reveal thy mighty harmonies through me.

HEAVEN

IN the silence again I listen to the Voice of Wisdom, and the Indwelling Presence which resideth in you and me saith unto my soul:

Thou art spiritual beings dwelling with me in the Kingdom of Heaven. One there came who told you that the Kingdom of Heaven was within, and ye believed it not.

To thee the external world was all and thou hast not obeyed the heavenly command: "Seek, and ye shall find."

Heaven lies alone in thy capacity for joy and appreciation, and thy consciousness of creative power. Heaven will never be heaven to one who has not a heavenly consciousness. There are thousands of places on your earth plane as much a heaven to you now as anything you will ever see in God's Universe, but if God should set you down in such a place and you had not the capacity to enjoy or appreciate it, it would not be heaven to you. It might be just the place you had been longing to see all your life, or just the environment you had long anticipated being in, but if you carried to that place any bitterness of spirit, any jealousy, any dominant thought of fear, pain, grief, or greed, that place would not be heaven to you. Cultivate the power of appreciation for that thou now hast, and more beautiful areas will open to thy vision.

Ye are told to "Seek, and ye shall find; knock, and it shall be opened unto you." But you ask, "Where shall I seek, O Lord, and where shall I knock that Thy Kingdom may be opened unto me?"

Knock, my child, upon the door of thine own soul. Thy soul is the spark within thee of All-Intelligence, Wisdom, Love and Power. It is the Dweller within the gates of the Kingdom. Thy soul hath all wisdom, it knoweth

all things, past, present and future. It will guide thee into all Truth, for it is The Truth of Being.

Thy soul will show you the way to greater love, to greater service, to greater opportunity. Thy Soul is thy Friend, the great Deliverer, the God-manifest within thee.

Listen to the voice of thy soul, if thou wouldst be led God-ward. It is the ultimate guide to all progress. Others may point the way, show you the way they have trod. You may read, and listen to what all others may say, but out of it all thine own soul must choose what it will receive and act upon. Nothing can impede thy soul's progress, for the soul knoweth no obstacle, no barrier, no limitation, and no lack. The soul seeks Truth and the Good that lies in all things, in all experiences, in all environments, and the soul makes ever toward the Goal. There is only one Path. Walk thou in it.

GO THOU WITHIN

THE Universal Mind is speaking and expressing through every soul. Attune thy mind to the Universal Mind by going within.

When God created man in His own image, He breathed into his nostrils the breath of life, and man became a *living soul*. Herein was the distinction made between a sleeping soul and one that is alive through contact with the In-breathing Spirit of God.

In all creation, up through the animal stage, the soul was sleeping or unawakened. Then the Spirit of God shed its light and power upon the soul and it awakened, and man became a living soul; a living soul forever seeking its source of light and power; a living intelligence, seeking wisdom from its Source; a living Voice, impressing the Universal Truth upon all minds less awakened.

The Voice of the Soul is ever seeking expression, a divine urge ever pressing back to the Source. No matter how limited the expression of mind or body, the soul seeks expression, and ever conscious of its first awakening, it seeks new life and power and wisdom from that Source.

Listen to the Universal Mind, and thy soul shall live and grow in power. The Voice of thine own soul shall in time awaken other souls that sleep. God uses His creation continually to help Him in His work, and those who are receptive to the Universal Mind wield greater power to lift the world than mighty monarchs, who may listen to the voice of the Powers of Darkness.

Tune thine ear to the Voice of Love, and thy mind to discriminate between good and evil. The children of the earth hear and speak much which savoreth not of wisdom. Wisdom is silent, listening always to the Inner Voice. It speaketh not until a word of Truth is needed

to awaken some brother's mind. Men who talk overmuch are quickly prone to anger if their listeners oppose, but Wisdom never angers, for it senses that the soul of him thus angered is only half awake.

WHY YOU ARE YOU

WHAT is that which makes you different from any other person? It is the degree of God you are expressing. All life and form is a variation of motion or vibration, and in the degree that you are living and vibrating, or radiating the Universal Substance, in that degree you are YOU—the I AM—the manifestation of God-Power. This Substance fills all space, and is as free as the air we breathe. It permeates our systems. We can shut it out of our lives, as we can air and sunshine, which are universal agents, or we can open body, mind and spirit to the influx of this Divine Radiance, vibrating it through our beings, and radiating it with soul-force to others, who are not yet able to make themselves receptive to its power. You are YOU in the measure that you appropriate and use and vibrate to this Universal Intelligence. I AM ALL THAT I REALIZE OF THIS DIVINE LIFE AND SUBSTANCE, and YOU ARE ALL THAT YOU REALIZE OF THIS DIVINE POWER; but through divine Love, continually opening up our spiritual vision, as we reach out for Truth and Wisdom, we can realize more and more of the God-nature—the I AM—and, realizing more, a wider and wider vision of love and service opens up to us, and we will express more and become more like Divinity. Daily affirming: I AM LOVE, I AM HEALTH, I AM WISDOM, I AM POWER, attracts to us the divine Substance enfolding the universe, and we expand in mental and spiritual consciousness from the DIVINE IMAGE into DIVINE REALITY.

THE CHRIST WITHIN

OPEN the floodgates of thy souls and pour out the Christ love to all the world. He came that ye might have life, and He died that ye might know *the way of salvation is love*.

God so loved the world that He gave His only son that whosoever believeth on Him might have everlasting life, and Jesus the Christ so loved the world He was willing to die a death of agony on the cross that we might realize His universal love.

He came to teach the way of salvation through a consciousness of unity with God. He came to teach us that He and the Father were one, and that the Father (with His life, love, wisdom and intelligence) was manifesting through every child of His creation.

We must realize this Presence and let His light shine out into the darkness. We must recognize His love and open the gate of our souls to pour this love out to all mankind.

We must recognize the inexhaustible fount of wisdom in the Living God within our being, and seek within for knowledge and power.

The Lord is in His holy temple (your body and mine) and we must learn to obey the divine command. Let all the earth keep silence before Him.

This means every external thing must give way to His presence; every earthly, material thought must give way; all belief in earthly loves, disease, sorrow or lack. All these things of the earth must keep silent before Him, and if they try to be heard, each soul guards its own temple and can refuse them entrance, or refuse to listen to their cry.

It is ours to recognize that God only dwells within, and He must have full sway; freedom of thought and action (unlimited by our narrow vision of doubt and fear) that His will may be done through us on this plane.

PEACE AND DOMINION

PEACE cometh from within out. You cannot receive it from any person. It is a state of mind, born from the consciousness of the Spirit within. Fear and worry keep it from manifesting. When doubt or worry or lack of faith assails you, "BE STILL, AND KNOW THAT I AM GOD" in you and about you, beneath you and around you. I close all doors that would harm you, and open those that lead to love and service and the illumination of your soul power.

I am Dominion in you over every physical infirmity; over every mental limitation; over every disturbing condition. Cultivate the Peace and Power of the Spirit within, by dwelling upon it, and all mental and physical limitations will melt away.

Christ's last words to His disciples were, "Peace I leave with you, My peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid."

If these parting words were deemed so important by the Master, it must first be necessary for us to acquire this Peace of the Spirit in our own souls, before we can attempt to teach it to others, or to do any service for Him.

Looked at from this higher standpoint, it is imperative that we have peace; that is, the consciousness of the Father's Peace and Poise within, before we can attempt to help our brother even in the simplest way.

Try then to acquire this Peace of the Spirit by praying daily for "the peace which passeth understanding"—the peace which keeps our own souls serene, not in the selfish attitude that we will fold our hands and wait serenely for God's gifts to flow to us, but in the spirit of the Master who prayed for the Peace of the Father that His own soul

might be grounded in the potential love and power and wisdom which would enable him to serve his fellow-men.

May this Peace of the Master abide with you, leading you to a larger and more joyous service.

“PREPARE YE THE WAY”

THE Voice of the Silence spake unto me saying, “Behold I make all things new. The Holy word is spoken. The Kingdom appears. It is set in the hearts of men and the gates will be unlocked. The key to the gates is in each man’s soul, and he will be quickened by the Spirit of Love which unlooses the bonds which have hitherto held him back.”

The mighty deeps shall give forth their secrets! The mountains shall break forth in song! Praise shall be in the mouths of all people! Hear ye my children. Prepare ye the way of the Lord in the hearts of men, the Temple of the Spirit, the only Temple in which true worship may be performed; the Temple of Praise and Rejoicing in the Living Presence which lighteth every man who cometh into the world.

Awake ye! Awake ye that sleep! Open the Inner Sanctuary with the Key of Love and Understanding. The Christ within longeth for expression through thee. On this plane He works through his awakened children. As you realize His Presence the Sun of Righteousness will shine forth in your souls in higher and higher expression. Love opens all doors, lets loose the reservoirs, taps the mines of Wisdom, breaks down the door of superstition, makes you a free channel for the use of the Holy Spirit. Love reigneth in Heaven, and shall reign on earth!

I CLAIM MY DIVINE BIRTHRIGHT

I WILL arise, and claim my Divine Birthright. I am a child of God, joint-heir with Christ, and my Father delighteth to give me every good and perfect gift that will make for my health, strength and progress, and that I may become a more perfect instrument to help others on the Path.

God in me is life, love, wisdom, joy and creative energy, and I WILL that this consciousness shall enter into me, to make me a radiant channel to lift and bless all I contact, and that it may lift my own life into higher channels of expression.

I know that this Divine Intelligence which is in me is leading me into a happier environment in business and home life, among the right people and the right conditions to bring forth the highest and best in me into expression.

I am strong in the Lord and the Power of His might, and in this knowledge I meet life's battles and obstacles, knowing that through them I am gaining new strength and power for greater victories and accomplishments beyond.

He goeth before me to make easy my path. I believe that before a year from this date I will be in a better position; better able to help financially those I love and the causes I love; better able through the understanding I have gained to lead and guide them, and that we will be living healthier, happier and more progressive lives, which will make for the happiness of ourselves and those we contact.

God helping me, I will do His Will as I see it, and let His light shine forth through me, that others, seeing the working of the law, shall also try to put it into expression. I will try to see good in all I meet, show them my appreciation, and help them to show forth the goodness which is in them and in every soul God has created.

BEHOLD, I STAND AT THE DOOR AND KNOCK

BEHOLD, I stand at the door and knock. Must I stand in vain? Listen and thou wilt hear my voice calling, that still small voice, the voice of the indwelling spirit of love. What shall I say to thee to awaken thy soul? I have shown thee the way to life and thou hast not understood. I have shown thee the Father's heart of love and compassion, and hast told thee that thou wert one with Him, made in the divine image, and yet thou lovest not. Love is the greatest power in the universe. It opens all doors, breaks down all barriers of class or creed. All recognize love, in whatever form it comes, and through whomsoever it manifests. Love cannot be gainsaid. With love, the divine attribute, in your soul you can do all things, and without love you can do nothing. The secret of the Christ power and healing was divine love manifest in the flesh. All races, all sects, all cults, all religions look to God as a God of love, and the secret of the Christ power over people of all classes, rich and poor, Jew or Gentile, Pharisee and Sadducee was His divine love. His divine love and compassion radiating out to bless the world, instilled faith in the multitudes who recognized the God-like quality in him, and it healed them. There is only one path to travel if you would climb the heights of illumination, and that is the path of Love. Let the love flowing from the Father radiate *through* you to bless others in turn, and you will find your reward. Behold, I stand at the door and knock. I am divine love. I would teach thee wisdom. I would awake the dormant faculties of thy soul. I would illuminate thy mind and body and spirit with Divine love that it may shed a greater brilliance on the world. I am knocking gently. Wilt thou let me in?

A PRAYER

THOU Infinite One, Omnipresent Love and Wisdom and Boundless Supply, we recognize thee as our Father, giver of all good gifts, who delighteth to make Thy children happy. We glorify Thee and praise Thee for Thy bounty, for Thine abounding strength in us, for Thy life stream given to us so abundantly, for Thy beloved Son who came to give us the life more abundant and in His sonship show us our relation to Thee.

We recognize the Christ Consciousness and wisdom resident in our souls and pray that we may manifest more and more of our soul's positive dominion over all material things on this physical plane.

Thou in Thine Infinite mercy hast given us dominion, but in our pride and material vision we refuse to accept Thy gift. Open our eyes to Thy Presence and our ears to Thy voice. Open our minds to truth and spiritual wisdom. Guide our feet in the path of peace and plenty, and our souls to seek for Thee.

INVOCATION AND DIVINE RESPONSE

O LOVE Divine! Thy Spirit enters in,
And stirs the latent depths within our souls.
O Love Divine! show us the way to Light and Love and Peace.

Rest thou thy souls in Peace, and let the Love of God
So fill your hearts with the Celestial Fire of hope and courage,
And the fixed desire to do His Will,
That all who run may read thy purpose in the skies.
O children of the Light, lift up your hearts and souls,
And let the benediction of Almighty God come in and bless thee,
And call forth the Divine Mind within your souls,
Blazing a trail of service to mankind.
Go thou thy way, and be a light to all upon the Path of Life;
And so shalt thou be blessed, and so find God.

TREATMENT FOR ATTAINING CHRIST-CONSCIOUSNESS

THERE is a Spirit of Truth in me which God illumines, giving me wisdom and understanding.

This spiritual illumination from God is now being shed upon me; I am bathed in an ocean of life, wisdom, harmony and supply.

Thankfully I accept from the Father His life abundant, and this outpouring of divine, creative energy which is flooding my whole being with strength, and my mind with creative power.

I visualize the Waters of Life flowing into my brain and down through every organ of my body. I bless each organ of my body. I bless each organ in turn, recognizing that the God-intelligence in these organs is now obeying the divine will and moving in harmony and order to manifest to the world that I am made in God's image and likeness.

As a child of God I know and realize that I can express only perfection and harmony.

I now consciously plant within my being the seed of the Tree of Life, knowing that the outpouring of the Spirit from the Creator is pouring upon its roots the Waters of Life, that it may grow, wax strong and bear fruit for the healing of my body, mind and spirit, and radiating out farther and farther, bring healing to those I contact.

This Tree of Life is planted in good soil, made from Divine Substance by Divine Mind, therefore it shall grow in the beauty of holiness and be illumined by the Christ Consciousness which is now expanding in me.

In this Christ Consciousness, and in the knowledge of His Presence and Power always with me, I now bless the world with peace and harmony, and pray God that the light of True Understanding may quicken the spirit of all men.

I bless all souls with the consciousness of their Unity with the Spirit of all Life, Love, Wisdom, Strength and Supply, and I will with the will of the Father in me that these gifts of the Spirit shall speedily manifest in their lives. Above all, may they be filled with the Spirit of Love which transcends all other vibrations on this plane, blessing and lifting all who are imbued with its spirit.

Praise be to God who is leading us each and all toward the peace-crowned heights.

BELOVED, NOW ARE YE THE SONS OF GOD

BELOVED, now are ye the Sons of God" and there is no separation from Him in whom we live and move and have our being.

As His positive Word becomes manifest in all creation, so does thy positive word become manifest also, as soon as it can be materialized into the denser vibrations of this plane. Ye are Creators! When will you comprehend your birthright?

God is manifest in all and through all, and the more of God you see manifest in Nature, in people, and in man's environments, the more will beauty, harmony and plenty manifest in their lives as well as in your own.

God must be recognized and taken into the life in a very intimate way, as a loving, All-Wise, All-Powerful Father, with every good gift in the Universe at His command.

No one creates or brings into being purposely that which he does not love or desire, and as God has brought you and me into being He certainly loves us and desires us to become more and more like unto Himself. Therefore be positive and single-minded in your expressed desires.

The Aquarian Ministry

Santa Barbara, California

THE GOSPEL OF THE NEW AGE
A Ministry-at-Large, Devoted to Healing
and the Awakening of Latent
Soul Powers

Founded by

GEORGE B. BROWNELL
LOUISE BRIGHTMAN BROWNELL

January 1st, 1918

THE AQUARIAN MINISTRY

This Ministry is a Christ Ministry-at-large, organized to heal and teach the Christ Message of the Aquarian Age, into which our Solar System has just passed. This Age stands for Brotherhood, Revelation, Illumination, Healing and Spiritual Unfoldment through Love and Service.

This Ministry is not binding in any way, except to bind one back to God, the Source of all Light, Wisdom, Power and Supply.

We interfere with no one's religious affiliations, for we believe that "Where the Spirit of the Lord is, there is Liberty."

PURPOSES

To help each one to express the Divinity within and manifest the same in higher expression on every plane of being, physical, mental, material and spiritual.

To spread the Truth which shall set men free.

To teach the Joy and Blessedness of Love and Service and Generosity to all.

To awaken the consciousness in every member that "Ye are the Temple of the Living God, and the Spirit of the Almighty dwelleth in you" (1 Cor. 3:16 and 6:19), and that you are therefore a living channel of life, love, joy, wisdom, harmony and abundance to all your world.

THE AQUARIAN MINISTRY SERVICE

Promotes

HEALTH, HARMONY, UNFOLDMENT
AND GREATER PROSPERITY

Free Literature sent on request

THE AQUARIAN MINISTRY

SPECIAL ABSENT TREATMENTS

"If two of you shall agree on earth as touching anything that they shall ask, it shall be done for them of my Father which is in Heaven."
—Matt. 18:19.

"And they brought all the sick to Him, the people who were suffering from various diseases and pains—demoniacs, epileptics, paralytics; and He healed them."—Matt. 4:24.

"Bless the Lord who healeth all thy diseases."—Ps. 103:2.

"He sent His word and healed them."—Ps. 107:20.

God works through the awakened soul powers of one to contact and unfold the soul powers of another, and those who have attuned their minds to His Mighty Mind, and built up a strong faith in His Power and Presence, can bring a positive healing force to bear to help others rise above disease limitations.

If you are unable to realize all that you desire of health, strength or dominion, let us help you with our personal treatments.

We are bringing health, joy, new vision and hope to many on the path, and can help you achieve these results through divine co-operation.

In treating we look to the Divine Source for aid and always feel a wonderful Light and Power focused upon us. In this Divine Energy we treat each patient, speaking words of creative power to his soul, which according to the law brings an influx of new life to body, mind and spirit.

The average amount paid us for Special Treatment is \$10.00 per month, or \$5.00 per week in acute or serious chronic cases where double time is required. Write for terms of the different departments of Aquarian Ministry service. We have proven conclusively that those understanding the Law of Compensation (giving as they expect to receive), invariably get better results.

To this Special Service, we give our personal, concentrated attention. We charge for our time, and not for the healing, which is the gift of the Spirit.

Send a clear photo or snapshot if possible, as it helps to make a better contact. Always give full name and address, and particularly your Christian name, as you vibrate more definitely to that than your family name.

Send for our 25c booklet, "Divine Healing."

GEORGE B. BROWNELL and LOUISE B. BROWNELL
Santa Barbara, Cal.

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