

ON THE PATH

LESSONS IN THE LAWS OF LIFE—SELF-UNFOLDMENT, PSY-
CHOLOGY, METAPHYSICS AND OCCULTISM

SEVENTY IMPORTANT QUESTIONS ON HEALING
ANSWERED, WITH AFFIRMATIONS OF
TREMENDOUS POWER

BY

GENEVIEVE MAE FRANCIS

AUTHOR OF

INSPIRATION



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GENEVIEVE MAE FRANCES
Author of "ON THE PATH"

DEDICATION

Dedicated to seekers of truth on the path. To the many friends who have been my inspiration. To the memory of transcended loved ones, and to Susan B. Anthony, who blazed the trail of "Freedom for Women."



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PREFACE

Read not to contradict and refute
Nor to believe and take for granted,
Nor to find, talk and discourse,
But to weigh and consider.

—Sir Francis Bacon.

“Woe unto you who are satisfied.”—Jesus.

“The best that can be said of a book on the subject is that by its aid, the reader was enabled to pass beyond it. For the more profoundly one catches the idea, the more persistently one will investigate. Not books but the living reality itself.”—Dresser.

It is of the greatest privilege and joy I am able to share in part my experiences of truth I have gleaned on the path of progress with those who are aspiring to find a clearer concept of cosmic life.

The attempt to investigate the inner life in this practical spirit, is no doubt subject to difficulties. Many objections are likely to arise.

In fact the production of this volume was begun with the conviction that the truth of the philosophy of life may be brought nearer and clearer. For the conventional systems often fail to make clear precisely how man should begin to live the better life.

In its pages you will find simple statements of the general theory of the inner life explained.

Great problems are only touched upon. There is a vast scope for study and scientific investigation to be found in modern science and psychological study of religion,—with its experimental research, it is creating new interest in solving the art or philosophy.

The farther the student travels on the path of investigation, he discovers co-operation with the law imperative.

I have given you something of the Truth, as viewed from my concept, on traveling the path. Incidentally, it is hoped the facts gleaned from personal experience, will be the means of shedding more light upon the path of others, also helping to mold the outer tabernacle as well as the inner, for those ready to start upon the journey of the soul's evolution.

Through the practical art of science, of the inner life investigation, have I been enabled to glean from the tree of knowledge the golden fruits of reality, through this applied psychology you will discover a renewed interest pertaining to Divine Law of life and religion.

Those who attempt to investigate the inner life, first, will feel perhaps, the path of the ascension wrought with difficulties.

Books which are the thoughts of others enable the student to press onward on the path, acting as first aid for them, or a primary school. It is for this reason only that I am sharing some of my experiences I have encountered and solved with others. That the path of the soul's evolution will not be quite so difficult for those to travel—coming after. I assure you it is an enticingly interesting, as well as a beneficial path to travel.

It is through suffering, many times, that starts the investigation on the path of light. It was through physical illness that was my peremptory, for seeking a greater knowledge of self-analysis and of natural laws.

For this reason I am desirous to assist and enable others to improve their talents to get a greater understanding of self analysis, by broadening and molding their character anew. This will be found throughout every page.

Investigation in the fields of Truth will be a joyous one, if you keep your mind centered upon the goal you have set out to reach and your motto be, "Not for self, but for others." Victory will be your reward.

You will find in its pages, that God exists and he is good—no longer is there a wrathful God. He who desires perception will easily find the master physician—you will find man is immortal—there is no limit to the heights of attainment. You learn every thought, word and action, produces a definite result—the relation of cause and effect is definitely connected and interwoven throughout all life. *You will*

learn when we die, we are not dead when we know we still live, we will want to live more intelligently, becoming of greater service while here—that Christ is in the heart of every man. It is the duty of all to discover this Christ and recognize his oneness.

You find another can aid you, in discovering the path. But you must walk therein alone. Another great lesson you will discover, is a new conception of Heaven and Hell, that they are states of consciousness, arising from the right or wrong path of life chosen. You will learn on the path of progression, are different grades of Heaven and Hell, all depends on your progression and the operation of Divine Law. You will find service is power. It is through observation and experiences, Universal Truth is found. That God causes no poverty, no lack. We ourselves, set in motion, causes by our obedience or disobedience to Divine Law. You will find you become like what you think; "what you sow you reap."

You learn character and thought, make men what they are. You will find to worship God, is to love God; you learn to look within, for power. You learn the law of right thinking governs your life entirely. One must keep evolving, for if you are satisfied, you are at a standstill. In order to contact life fully, one must seek each moment to express life fully. Have a desire for this, then your great urge will be to push onward and upward toward a greater path of light.

When you start for the promised land, the land of darkness must be forsaken, forgotten—we must leave the dark and start toward the light.

For the science of forgetting is: we must forget the things we do not wish to remember, and remember only the things we wish to retain, and know "the deep things of God are the real things of life here and hereafter."

I have written this book in such a manner as to convey a lesson of realism in every page.

It should be studied, as one would mathematical problems, for each time one reads and premeditates, as they read, there will be gleaned from its pages, clearer and a more comprehensive understanding of each problem or lesson. I would suggest, where a statement appeals to one with more validity, they have a pencil and paper and write it down. That it may be more completely retained, much profitable study is

gained thereby. It matters not how old in years we become, it is to a still greater degree necessary that we discover in the fields of research all we can toward guiding us to a greater light on the path of evolution.



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INTRODUCTION

The cry ever goes up from human souls, "Show us the way, what and where is Heaven?"

They are eagerly inquiring the way to Heaven. Few ever think of looking within to find it. Ever looking outward and beyond their reach for the peaceful bowers of Eden. They are, as you have heard of, a small group of people out in a ship for days, tossed about without a compass, finally sighting a large vessel in the distance, sent out a call for help, saying "We are dying of thirst." Clear and distinct came back the cry across the water, "Let down your buckets, you are in the mouth of the great Amazon. In the midst of plenty of fresh water."

For those who have lost the way and are thirsting for truth, this book is written. For those who long to believe, but who have hitherto wandered in the vale of the vast ocean of wonder and doubt, I have endeavored to give to you the truth of your own power that you may no longer ask, "Show me the way."

For in it the crooked is made straight, and darkness cleared away by the fundamental truths so plainly set forth that those who read may clearly understand and so clothed in its loving coat, giving the truths to humanity in such a manner, it renders it invulnerable to the darts of the adverse thinkers.

"We are all on the path to the ascension." It is my duty, being convinced of a great Truth, that any revelation I receive must be handed on to others; otherwise I am not filling my obligation to God and Man, or the great cosmic power of this vast realm of life.

All are here to assist in the great evolutionary plan. As the light comes, show others the way; that is what you are here for.

The period of this earth plane is all too short to grasp the millions of wonderful truths that are here for Man.

Let down your buckets and drink in the fresh waters of Divine truths, or when too late you may cry, "I am dying of spiritual thirst."

Time is valuable. Take some of your time apart from material duties and pick up often "On the Path." In it you will find you are power unto yourself, that can take you onward in every venture of life. You will realize the facts concerning mind, how you can draw to yourself any condition, by creating the corresponding conditions in your consciousness.

You will find your life is a simplification and reflection of your predominant thoughts.

When you work in harmony with Divine Law, making it a part of your daily thoughts and actions, will you enjoy to the fullest degree, life with its magnanimous possibilities. You will learn to think for yourself, becoming your own Great Master Thinker. You will become a mental powerhouse, knowing how to re-charge the battery daily.

Progression is the law of life. It leads onward for all who realize they are on the threshold of Eternity, for it is here and now.

By degrees you reach spiritual advancement, it becomes a joyful search as you recognize life and truth to be eternal progression. You are in the procession, push forward, though the balance of humanity loiter away the jeweled moments, given them by their creator to improve each talent, that they may be better able to help others.

Love has been the inspiration that has guided my hand in this service of the Master, in compiling "On the Path." I have also been inspired to continue on by the love and cooperation of my beloved Son and Husband, who have been a great aid in its progress.

My earnest prayer is that the fragrance of its petals may encourage you to press onward on the path of the Soul's Evolution, turning often to its pages, to glean from the petals of truth to sustain and comfort. If only a few Souls have been aided to see just a little clearer the path all Souls must travel, my aim has been accomplished.

ON THE PATH

CHAPTER I

PSYCHOLOGY, METAPHYSICS, OCCULTISM

FILLING THE SOUL LAMP

Then shall the Kingdom of Heaven be likened unto ten Virgins, who took their lamps and went forth to meet the Bridegroom.

We find throughout this vast earth realm the same condition prevailing today, as the five wise and the five foolish Virgins. Humanity living and rushing on so fast, they have no time to seek the higher understanding and knowledge of that which means and is the greatest thing of all—knowing self. They are impoverished for they are unprepared, without a light to guide them.

This is why you find the great unrest, the inharmony, the strife and woe. It is from the lack of knowledge of Divine Laws causing and disturbing the otherwise peaceful vibrations.

You also find those who are about their Father's business. Busy with the various problems of trying to help their fellow man.

They are doing what they can with the talents they have. They are "keeping their lamps trimmed and burning" with the purest of oil.

The student may ask what does these ten Virgins with their lamps and oil signify? And in what manner does it compare to us?

Jesus spoke in parables, then would interpret to his disciples and followers.

The lamps referred to in this particular lesson is your own soul-self. Have you a soul purified and filled with the pur-

est of oil? The oil meaning, "purity, love of charity and forbearance, that your lamp may be trimmed and burning "with its Golden Glow of Spirituality." I call your attention here to go within for an introspection. A mental and soul vision will convince you if you are prepared. God is no respecter of persons, every living soul can have what they will. You have the keys within your own hands of self attainment toward "Mastership."

Have you students of truth, cultivated the mind, by gleaning from all avenues where truth may be found, the fruits of the Spirit? Go out upon your observation train and gather the sweet aroma of wisdom and Divine understanding. If you do, the sweet angel of wisdom is your aid, bearing the illumined torch lighted by the Christed love. Then your soul-lamp will always be shining even in darkest night of deepest despair, the purified oil of the soul will lead you through, know then that the soul, when prepared by purification and enlightenment, will do the bidding of the higher mind, the mind of God.

Make good use of your talents, be they five or but one, forge forth, be not afraid. Jesus said, "I am with you always, even unto the end." In this manner you are making use of the talents or gifts the Master of the household has given you.

Now we go back to the foolish Virgins who were careless. They did not prepare for emergencies. They left their lamps untrimmed and without oil.

Here is where you can look about you on every hand and find this deplorable condition. Not only materially, but worse still, spiritually neglectful. Then again, on the other hand, you find those who work and study hard, putting into application the knowledge and wisdom gained, profiting daily by the application of at-one-ment with Divine Law until they make for themselves success, on all planes of life. They have, through observation and application, prepared themselves for the Bridegroom.

Then along comes the foolish Virgin in times of emergency, when conditions deplorable pile up thick and fast. They know not what to do, with no knowledge of nature's laws—asking for help, although they had opportunities, many of them, yet they neglected to prepare themselves for this emergency. They preferred to loiter along by the way-

side. There are plenty of this kind. They buried their talents, thinking it not worthwhile or bother to cultivate the gifts that would have doubled had they made use of them, but now they have come to those who have worked long and hard in preparing themselves for the harvest. "For ye know not when the oil may be needed."

It is now for the student to learn how to fill their lamps and keep them filled with the purest of oil. The use of the occult exercises and breathing are a great aid in raising the vibration, where you feel the pure inflow of Divine power.

Inhale to the count of 7, then *hold* while you repeat some powerful affirmation. Such as (I, a living soul, am filled with Divine power.) Then exhale to same count of seven; do this seven times. This raises your vibration quickly, purifying the mind by discarding all the old worthless matter of inharmony and dregs, then going into the silence and communing with the Father. Go carefully and prayerfully into this silence.

Matt. 6:6. But then when thou prayest, enter into thine INNER CHAMBER, and, having shut the door, pray to thy Father who is in secret. Then the Father, the higher mind, the super-conscious mind, does not need the spoken word, but sees all the secrets of the soul. Where you let go of all the material conditions and commune with the Higher self, you find the sweet aroma of spiritual comfort stealing over you.

Here you receive the beautiful reward of communication with your Father in Heaven. Then all that is in any way destructive to the body or mind fall away. You find Health and Happiness in this vibration; this is purifying of the oil of the soul—you rejoice and experience in a full measure, that you are in truth a child of God. Realize as you sit in the silence and let go of the physical and inharmonious conditions, that you have filled your lamp, or prepared your being to receive the Divine inspiration, the inflow of power and wisdom from the masters of light.

Here is where you will realize just where your supply house is. Where you learn to visualize—reaching outward and upward into the great universal consciousness. You are tuning in with the Divine supply house. Receiving your strength, power and revitalization. You hear the music of

the spheres and the Heavenly voices. If you tune in properly with the universal, you realize your at-one-ment with the powerful forces of nature; all this is for the student, when you reach a true understanding of nature's law.

RULE OF SILENCE

Relax—let go, forget you are in possession of a physical body. "Refer to Matt. 6:6." Be so still that you can hear the heart beat and feel the pulsing of every atom of your being. In an incredibly short space of time you will find you are getting full control of body and mind. (This is absolutely necessary.)) Then you will find you are becoming your own great master. This is the key to health and happiness. Here is where you will realize your relationship to the five wise Virgins.

You find how indispensable is this knowledge of purifying and filling your soul lamp, and keeping it filled. Where you are at all times, prepared for whatever comes along your pathway. You can truly say, "I am ready. I can meet it with courage, for I am contacting the Divine Principle, the Divine supply. I know I have faith that the pure, sweet radiation of the soul is acquired through work and study. It cannot be procured with money. I alone must work to acquire it. I shall endeavor to stay always near this filling station, that is the Divine supply house that recharges this Temple of God, that which keeps my soul lamp trimmed and lustrous with Divine love.

When the Master calls, "I am prepared. I am ready." What a glorious awakening to one who has never before understood the "Tapping of this deific fountain of truth for their supply." This awakening of the consciousness, is a grand revelation. To know you can be what you will to be, to know it all depends upon self alone. Know the source from which all things come, through your own great soul development comes this force and power. It depends wholly upon the student how far they get along the pathway of understanding, for it is by the application and use they make of the law.

This law must be conscientiously and lovingly applied for thought power can be used in many directions, either good or otherwise. Know the seed you sow will produce the fruit in kind. This must be remembered, if you

sow thistles, you cannot hope to reap rich fruits of the spirit. The old saying, "As ye sow so shall you also reap" is entirely true.

Then, dear student, watch your word—make each one a power as spoken.

Someone has said, "Your thoughts speak so loud I cannot hear what you say."

"Cultivate your thoughts that will produce the right kind of harvest." Make them go out from your Radio Station in power and force to work for you, then whoever is tuning in, will catch the vibrations of upliftment, making them say a prayer of "God bless you" from their heart.

Keep your receiving station well attuned, your lamp well filled with the purest of oil that you may be a reflector for good, then you will be doubling your talents. Becoming a powerful giver and receiver of light, with the radiation of the Christ power that who-so-ever may come your way will feel the Healing Rays as did the woman who touched Christ's garment and was healed.

"But he that is greatest among you shall be your servant, and who-so-ever exalt himself shall be humbled and who shall ever humble himself shall be exalted."

AFFIRMATION OF POWER FOR HEALTH HARMONY AND SUCCESS

I will become a magnet of love and power. I draw Magnetic power to me—it surrounds me on all sides, I now am Health, Harmony and Success.

The Kingdom of Heaven is within me as I realize this truth, I find my source of Divine supply—through this truth I am made whole—I am success—all that the Father has is mine.

Every soul who pours out their love of God to all humanity, is increasing their own supply. Freely give—Freely you receive. You can give only of what you have.

CHAPTER II

RELIGION

If you have what satisfies you in religion put some life into it.

God never intended you to go around with a long face. "If you love God (Life) Smile," then you will attract to you those who are also a pathfinder. But know there is no easy path to the goal of perfection. At least few have found it. Some may think they are perfect, but they are very much mistaken. Some are very much satisfied with the religion of creeds handed down to them for generations. Are you? If you are I am sorry for you. We know the familiar word KARMA, few know its meaning, but I find it means *work*. Religion means work, no one escapes it, although it may come in many different forms.

We are working out our life. If done with an understanding of its laws it will be much easier. Give the soul freedom, this will give it power to rise above environment, or conditions, and reach its realization. It is our Divinity, where we may drink of the waters of life everlasting.

Emerson said, 'Hitch your wagon to a star,' but what star? Are we to believe by this that all the hope, assurance and faith must be placed upon a certain goal and keep it there?

Yes, if you are sure it is right, then you have something substantial to work toward.

The thing to do is forget creeds first, no creed ever has or ever will take you to a paradise. Although we have been taught this for generations past.

Religion is principally as the psalmist, who walketh uprightly and worketh righteousness, who speaketh the truth in his heart, who neither slandereth or doeth evil, nor taketh advantage of his fellowman.

Dr. Peebles tells us: "It does not matter what your creed, race or nationality, nor whether your sabbath is on Sunday or on Saturday or any other day in the week, or your church

Christian, Jewish or Mohammedan, either baptized, confirmed, or unconfirmed, can be called religions."

If you do not lose sight of the golden rule, giving bread to the hungry, comforting the sorrowing, caring for the afflicted, clothing the naked, knowing you are your brother's keeper he says, "It is the deeds, character and ideals and not the creeds, that determine a person's religion."

The trouble has been too much perplexing and confusing of theology with religion. Look about you and see the great number of people of a church trying to persuade themselves they are religious, yet these same people possess little religion and ethics. If you have observed closely you have found there are those who have little understanding of theology and less observance of formality, have God constantly showing in their every action and whose hands are never weary of good deeds and are every ready with kind words of love and courage.

Look about you, observe the human race, you find some surrounded with wealth with luxurious extravagance, indulging in pleasures of sense, anything for material enjoyment, striving and struggling for high positions in the world of glitter and tinsel, but what of the soul-man?—nothing accumulated for Eternity. On the other hand we find those who are struggling for their daily bread, and many more in this lowly position. Why are they in the former position? Are they brighter in intellect and greater in power? They are greater in power just now because their wealth made them so. Their intellect may be dwarfed, only to the extent of making money, but no better as far as soul culture. But the majority do not think this way. Many do not stop to, or want to think; they forget all about having a soul in their present vainglory, and chasing the dollar, or rather they crush it out by the glamor of gold. "All is not gold that glitters."

You must learn to renounce personality. We do not profit by anything of this world. "For what shall it profit a man if he gain the whole world and lose sight of his soul-self?" We talk about our knowledge of Jesus, yet we can be swayed by personal prejudice, discriminating between wealth and poverty. We want people to be religious, yet we manifest little of human kindness, expressing little brotherly love. We talk of religion or salvation, yet are afraid

to come in touch with these who are lowly and poor. Jesus brought with him the Spirit of love and equality.

"You are your brother's keeper." You must become fully conscious of this fact. You have the pattern set for you by the Nazarene. He said, "Sell all thy goods and give to the poor and come and follow me." Do good to them that hate and despitefully use you, comfort and cheer those less fortunate than yourself. When you have learned to do all these things, you have really hitched your wagon to a star. This star will shine forth for you, wherever you are, for it will be as a shining light of hope and faith, that points the way even as the star in the east, that guided the wise men to the lowly manger of the Nazarene, to find the Christ-Child in its purity.

This same Christ-spirit is found within the human soul when you are cleansed and purified. Through life's experiences, which are Gethsemanes, all must go through in their purifying and cleansing process in the upward journey on the path to the ascension. So Religion is to the individual soul whatsoever we make it. Religion is to love, to bind, to hold together the golden nuggets from the divine fields that are so rich with spiritual ore.

But much work must be done to mine out and produce these golden nuggets of true righteousness. Open the windows of your soul and let the Star you have hitched your wagon to shine forth in splendor and beauty to guide your ship of life safely across the bar to that haven of rest and peace that is awaiting those who have their feet safely planted upon the path of "the broad highway of truth" where you can be a friend and counsellor to all.

GOLDEN DIVIDENDS

Are you searching in foreign fields for the jewels of truth? Search within your own soul. There you will find Golden Dividends of precious worth that will last through eternity. Search the undiscovered fields of the soul. There you will find the precious wealth untold. The Diamonds of the deserts the gold of the mountains, are as dross compared with the riches found within.

Go prospecting out upon your observation train with your implements, which are *prayer* and *service*; then from the

soul will pour the wealth that will be envied by rich and poor. The wealth of a clean, pure character, burnished and garnished by deeds of mercy and love for humanity.

Jesus said feed my lambs, feed them with the riches of the spirit. Light their pathway with the message he left for you. "Love ye one another." He did not say love a selected few, but one another. This is where character tells. Bought not with gold nor silver, but adorned with that which you can lay up in your safety deposit vault when you reach the city of everlasting life; what a wealth you will have to share with others, and by sharing with others in this life of your storehouse, it multiplies and grows.

"In my father's house are many mansions." Send material on ahead, that its walls will be studded with gems from loving service.

If you have followed well after the pattern or teachings of the Nazarene, you will have no fear of where or what your future home will be.

Your mind is the steering wheel, guiding you upward to the heights of spiritual attainment, or it will draw you unerringly over the precipice.

You can cultivate your mind, that it will be the master physician. Not only over the physical, but over all material conditions.

THE LILY BEAUTIFUL

"Consider the lilies of the fields. How they grow. They toil not neither do they spin; yet I say unto you that even Solomon, in all his glory, was not arrayed like one of these." Trust and obey the law. You will then never lose sight of the guiding star.

Many souls we can compare to the beautiful water lily. Did you ever observe one on a stagnant swamp with scum and slime upon the water, green from stagnation, that even an insect could not stand the atmosphere of it? Yet here upon these same stagnant waters, I have seen the beautiful white lily come forth in all its purity, a thing unsurpassed in its wonderful symmetrical beauty.

Can you stop in your mad race onward to, you know not where? Long enough to analyze the how, why, and where of this thing of beauty? What is the force that produced

out from the degradation and slimy waters, such a wonderful thing, the product of nature, God's handiwork?

Many a human soul has come forth from the slums of great cities who, when getting out therefrom, into the light of the spiritual atmosphere and purity of divine understanding, became freed from bondage; released from the imprisoned thoughts and vibrations of the sewerage of the mental sea around them,—become cleansed and purged by a renewing of the mind—or this expiatory process, where the soul has the power to concieve the glories of the inner world as well as the outer world.

On emerging from this bondage the soul reawakened, embracing this light—love and purity of understanding is emblematic of the beautiful, pure white lily. The body must be cleansed and purified and this comes readily with a purified soul, for your body is the temple of the holy spirit, and must be a fit dwelling place for God.

Take care of this temple, make it as beautiful as you can, look your best, then you will not look too good. You find real joy in the right relationship to God. But the way of purity comes by way of the cross—all have their Gethsemanes and through them find their SAVIOR. It is by the way of the cross one finds salvation of the soul. They find purification and realization. The stations of the cross are many and the journey rough many times, but through trials and tribulations are found peace at last, for "with no tears, there would be no rainbows in the soul." These are the ones that have come out from the swamps as the water lily.

When you walk the road of your Gethsemanes, with a head high, your soul's experiences burnished and cleansed through life's pains and sorrows, "It is on this road the SAVIOR is found," not on smooth, calm and peaceful seas, but by the way of the old rugged cross, and your burdens will become lighter as you climb the steep and rough road to the stations of the cross. We thank God for the resting places in between for we can again take up our cross and carry it onward to the end.

You will then find when the last long stretch is finished, the choir of Heavenly voices singing, "Oh, there will be glory for me," then you will understand the old proverb "No Cross, no Crown." This is being born again.

THE SENSITIVE PLANT

A Soul in the mire and swamp of earth conditions, you may compare, and find them much as a sensitive plant. You find this plant coming up through the earth, with its delicate foliage. Some one comes along and brushes a leaf and it droops, another is touched and it droops, but left alone, it in time will right itself and become normal. Something touches it again, and it once more droops its beautiful sensitive leaves and again in time it rights itself and looks refreshed and beautiful. Keep disturbing this sensitive plant, it will finally droop and die.

Just as the soul, so sensitive to vibrations of all sorts, will survive many downfalls and come up again out of the mire of earth conditions, but kept too long in this environment and vibration of a low nature, they are completely swamped and have not the courage or strength to rise again, and fall to the depths of degradation, shame and despair.

THROW OUT THE LIFE LINE

Here is work for you, for the harvest is long ripe, the laborers are few, go out into God's great vineyard and garner and glean. The cry goes forth for the reapers to step out on the fields of SERVICE. This is what you are here for; for the secret of your SPIRITUAL success and awakening is unselfish and loving SERVICE. The master is asking for you today, "to seek where you may find the lost sheep."

The shepherd did not seek the ninety-nine sheep that were safe within the fold; but went out on the hills to find the one lost sheep. Go into the silence and look within and see, what do you find there? Are you one of the five foolish Virgins found without your lamp? Seek ye now the Kingdom of Heaven. Through purification, the oil of righteous living, and doing "unto others as you would that they do unto you." This is religion, and preparation. Learn to find your soul center. Stop looking out and beyond self, but look now within. Here is where you find all you hope to be. "Are you hypnotizing yourself?" That you are doing all you can toward your share of carrying on the work the Master left to be done.

THE CULMINATION OF RELIGION

Not what we have,
 But what we use;
 Not what we see
 But what we choose;
 These are the things that mar or bless
 The sum of human happiness.

The things near by,
 Not things afar;
 Not what we seem
 But what we are;
 These are the things that make or break
 That gives the heart its joy or ache.

Not what seems fair,
 But what is true;
 Not what we dream,
 But the good we do;
 These are the things that shine like gems,
 Like stars in fortune's diamen.

Not as we take,
 But as we give;
 Not as we pray,
 But as we live;
 These are the things that make for peace
 Both now and after time shall cease.

—Selected.



CHAPTER III

SCIENCE, MAN AND RELIGION

"Remember that though a thousand men agree upon a subject, if they know nothing about that subject their opinion is of no value."

"He who would walk upon the path must think for himself." (Feet of the Master.)

Go on and upward, seeking out the places where your vineyard is needing the weeding out of old conditions. Pruning away the old dogmas and ideas which have for years retarded the growth of humanity; let in the clear light and wisdom of God's purifying and glorified love. For of all the qualifications the greatest and the one most needed and the least sought after is *love*.

Not understanding the laws of God, the masses of people grope in darkness and superstition. Fearing to branch out into the great broad fields of light and truth, preferring to follow in the footsteps of their ancestors rather than venture into new paths of thought and endeavor. If the human family were also willing to use the same old implements of service their forefathers used, where would be the progression we have today? So it is with the great fields of fundamentalists, *fearing* to tread on new soil.

The modernists today are seeking the wherefore of things, *what* are we here for, *whence* did we come and *where* are we going? It is no sin to search for greater truths than "The old time religion is good enough for me."

Did not Jesus say, "seek and ye shall find, knock and the door will open unto you." Seek knowledge and wisdom but above all get wisdom. We are today standing upon shallow soil, the crust is thin, and soon it will burst through and the world will awaken unto a new day, a new age. The day of investigation is here and a clearer understanding after two thousand years of dark groveling of "blind lead the blind."

The liberalists and students of psychological lore, and those of scientific minds are discovering that one need not go far for knowledge-power-healing and soul communion. The wireless station of the celestial spheres are *ready* when a soul who is attuned to God's love and wisdom, is found to be the receiving station. *Many* have been found, to be attuned to this Divine consciousness.

The fundamentalists and non-progressive church members and ministers, are finding gradually, their platforms are crumbling under them. The boomerang they have been hurling at the truth-loving souls, who know whereof they speak, will surely return unto its own.

For the scientific students know, for they have first-hand evidence of the truth of immortality of the soul. They have the proof, that to die, is to live on, always.

The change called death is only laying aside the old garment to put on a new and progressive cloak of immortality. So the truth is what you want to ask for at all times, and as you believe you will receive; "ask in faith believing and it will be given unto you." The highest science and religion is inseparable, but no church has a mortgage, as it were, on the highest truth and science.

Jesus did not belong to any given church, but to the brotherhood of man, and fatherhood of God, and no better rule has been formulated than the one he gave to his disciples to love one another and their neighbor as themselves and to do unto others as they would be done by, and by their neighbor was meant, *all* with whom they came in contact and you know he also said, "The first shall be last and the last shall be first," meaning that not all that stand in front of the people and give out voice knowledge, and no service, stand as high on the Pathway of Light, as some who have not such a high understanding, but who, in their hearts, are willing to do the best they can according to their light and understanding and who are ever reaching upward and onward toward the Light at the top of the mountain.

Not all can stand on the mountain top; the light is too strong and powerful for them, but remember you are needed just where you are or you would not be there, so brighten the corner where you are and know that by your loving service to all that come your way, will you yourself be lifted to higher and higher knowledge and understanding of the

Brotherhood of Man and the Fatherhood of God. Then be of good cheer, you in your turn will be able to help someone else that is groping toward the light of peace, knowledge and understanding.

My thought and great desire is to awaken within your minds the desire to co-operate with Divine Law, and learn the law of love, then you will learn the law of receiving and giving. "To reap, we must sow." If you hope to reap health and supply you must be an open channel, for the law to work through.

Today, you must know, you alone can become your own master. You can do this only when you learn to accept the Light of Truth through awakened faculties. Faith steps in as gradually your mind expands and you comprehend the vastness of what you, as a human being, are capable of accomplishing.

STRENGTHENING THE POWER OF THOUGHT

Are you living in discontent and inharmony, making your own Hell by negative discordant thoughts, or are you living in a Heaven made by positive masterful thoughts of goodwill to all? The choice is yours for the taking. In this manner you are exercising your own great force of will. Make silent demand upon the mind that you will become superior in power and intellect. It is easy to succumb to the weakness that is ready to hold you down, if the mind becomes negative; your demand cannot be made too often.

Affirm, "I will arouse myself; I am determined to develop power, faith and strength of will, to express love and take an interest in humanity. I will be interested in others' joys, and their life's expression as well as my own." "Freely give—freely you receive."

You will never be happy by living for self and its gratifications alone. It is only as you share with others that you are happy.

When you begin to be interested in another's success or pleasure as well as your own, then you will learn the give-and-take plan.

You will wonder why this has anything to do with health, with wealth, with religion. It has all to do with it. Only as you live and love and be for others, are you radiating

around you good, and filling the aura surrounding you with healing colors of yellow rays.

Open the windows of your soul and express the joy and love that is hidden within. In this manner you keep in the high-rate vibration where you will find you are drawing value received, your physical wellbeing will be wonderfully benefited, also material conditions will adjust themselves for you.

Try it, and I will guarantee you get twice the work from your employees, and you will have the self-satisfaction of knowing you have the good will and respect of everyone. This is where you get satisfaction out of living, even though your work may be strenuous and hard.

There is really a joy in knowing you are liked, did you know it? Yes you do. It gives you an incentive to live on and work for others. You love to be near the ones you know respect and love you. All this brings you into the rate of vibration where you are tuning in on the Radio Activity of other minds, this brings you also into success vibrations. Like attracts like, just as the magnet attracts steel, the waves of good thought vibrations are attracted by others of the same wave length.

You grow rich in power as you give. Your talents will increase, your power develop, health and happiness will be your rich inheritance, "For love paves the way, it lights the path that leads to supernal heights of knowledge and Divine Wisdom." Do not linger with those who are dealing with discord, hate and inharmonious vibrations. Find your place among those who are courting the High Priestess Divine light and love of truth. If love becomes your ruling star, your every act, naught can come to harm you. Then be sure your wagon is hitched to the right star, the star of hope.

Breathe the air of love always, see in everything you do the touch of love: the vibrations around you which form the aura will then be a blending of harmonious love coloring. Nothing that is best for you will be withheld.

Health and success will sing a song of peace in your soul. Regret nothing. What has past—you have gained your experience from it, now forget it.

Then your wagon will be hitched to the star that lights your soul on through aeons of time and space, on into the

gardens of the Gods, where the lilies of purity dwell. free to abide where you will, in the halls of wisdom.

SCIENCE, MAN AND RELIGION

Science has conquered time and space. The world has been going forward in the last fifty years in leaps and bounds. In every endeavor from underground and subterranean, conquering air, time and space.

Out to the distant nebulae in space, Science has found the means of photographing the heavens satisfactorily. Man, through Science, "has found in the vortexian currents in the nebulae — Their results in the Formation of Suns — The formation of Aerolites in the Solar Envelope—the condensation of Aerolites into Planets — The Sun, the Mother of Planets—the Electric Force, the generative source of Forms from the Primordeal Substance of Nature—Its manifestation in Magnetism in Planetary bodies. Polarity of Magnetism the basis of Form in the three dimensions as seen in crystals, cells and their resultants. Life forms one of these resultants. —Electric Energy the basis of all living structures in Planetary bodies. Living Bodies capable of the reproduction of new species through Electric Energy and new arrangements of cellular structure by changes of Environment—Planetary changes the natural sources of Evolutionary development from primitive forms." On upward to the perfect development of Man—Physically.

When it comes to the development of the Spiritual man, he is not much better and no happier, that I can see, than in past centuries of less developed state and almost as barbarous.

When they yet take a life for a life, when wrong has been committed, something is radically wrong with the thoughts of the race. The old, but never worn out saying, "Man know thyself" is far from being practiced.

It is very important today that man begins to develop his soul nature or spiritual faculties, that this great old world with its fast progression may be handled by capable minds and developed souls with understanding of how to work and co-operate with the invisible power and forces of nature, and with the love of God awakened.

Many may laugh at this statement; but it is entirely true, it is only those who have lost sight of Jesus' teachings

through commercialism, greed, forged-power for self and power over others, to the extent that their souls are warped to the real Truth, for they have no time to think of the real man, the majority have lost sight of this being which is the God within. This greatest commandment, he left: "Love ye one another," but how many do?

Stop just a moment now and then, to be still and listen to God's voice speaking to your soul. There is no use trying to camouflage yourself, for no one can hide from the all-seeing eye of God, no matter how persistent they try.

Are you who have plenty, looking about you to see where you can help someone else, or have you time? If not, there will come a day when you will have to part with it all. Then go out into the unknown realms to explore and try to find the lost Soul that you would give all you have possessed to find.

This is where there is nothing to take with you to what seems the far country, but your character; it alone will speak for your passport, whether it will be a reserved seat in the front rows of the Heavenly spheres above or a seat in the back gallery.

Will you think? If you will, I am repaid for this is my desire in giving my services, to endeavor to awaken the sleeping consciousness of the Christ within; attempting to reach some of God's people by this method.

If I reach only a few Souls—quickenning their consciousness to see and learn of the high road to Spiritual Progress, then I have acquired that which I sought to accomplish.

Christ said, "I come not to save the righteous, neither am I seeking those who already know the path, but only those who are yet blind, and are desirous of finding the way, do I hope to touch their eyes of the soul, that they may have the magnificent beauty and joy that are theirs for the taking for there are none so blind as those who will not see or try to understand God's truths."

I know my effort will not be lost for the power that is given me to pen these thoughts, are Christened by annointed power that I may give in as far as I am unfolded in Christ consciousness to you, "God's children," the Divine message. This is why I am trying to teach your minds to think, to know what it means to think, to know you can cultivate your thoughts where you can be anything you wish to be.

Awaken from this apathetic influence, while you have plenty of time, to think things out for yourself.

"Your thoughts will take you to the heights or the depths."

Remember you are far on the path when you become accustomed to this method of thinking scientifically.

A candidate on the path will learn they are in a great measure responsible for the well-being of those about them.

If you haven't made the world better or brighter than you found it, you are living in vain. Have you rescued a Soul from the brands of the burning? Have you learned to look always for the best in others? Given the best you had always? Made some Soul really happy? Helped to laugh away fears? Loved all others, knowing they also belong to God's great family? Have you tried to improve each shining hour? Working to fill up the vacant spaces in the brain with knowledge and wisdom? Gleaning from observation and study, with malice toward none? Knowing all are on the path with you, that some are ahead, some behind you, but all equal as to spirit. If you have observed well these formulas, you will leave behind you a benediction and find awaiting you a beautiful home by the material sent ahead—this is science and religion.

We know timber is not used until well seasoned. Earth life is a seasoning time, also, you gain knowledge as you meet the many experiences on the path, and only can you give an assured knowledge when you have received it first hand.

"Wisdom is the principal thing, therefore get wisdom: and with all thy getting, get understanding. She will give to thy head a chaplet of grace. A crown of beauty will she deliver to thee."

"Dost thou love life? Then do not squander time, for that is the stuff life is made of."—Franklin.

When once you are awakened to Truth's call, your constant cry will be—"Show me the way." For your greatest joy, will be in loving service. You will find service is power.

Paarmanada tells us, "We must lift our standard. We *must do*, not only what benefits ourselves eternally, we must not merely think of this little self, we must *work for our Soul*. When we can live with Supreme understanding, as

children of God, then they can lay all actions, like flowers, on the altar of God."

As the candidate gets well on the Journey's path; on survey will find the realization that the obligations are at least partly met.

Then we shall escape from reactionary bondage, and all the actions we perform will lead us towards freedom, even in this life.

"Beneath the blue of azure sky,
We sow our seed upon life's hill,
These quiet, silent seed will wake,
Obedient to the soul's awakened will."

It matters not what you sow or whether you are consciously or unconsciously aware of the fact you alone must reap or bear the fruits of it.

Opportunities are never lacking, but one is not always ready to profit by them. If you do all you can with the present, make the best possible use of it, you will not then hamper your progression.

If you live in the present, the very best you can, then your future will be secure; it will take care of itself; today is all you or I are sure of.

Why then trouble the Soul, with worrying over the future? You have lived up to the present, in some way or another; perhaps as well as you could under the conditions.

If your path has been a rough one, you have no doubt disobeyed some natural law of the Universe; ignorance of the law excuses no one; do not try to shirk your life's duty by courting death, neither try to draw upon yourself destruction by the works of your hands.

"Because God made not death, Neither delighteth He when the living perish." For righteousness is immortal. A great error is committed when one deliberately severs the cord that binds them to this physical. Drawing to themselves, far greater suffering by the act for they are here for a purpose and that is growth, or Soul development."

Trying to avoid their Gethsemanes prolongs their growth on evolution's train.

Have faith, recognize no lack or limitation, but know your relationship with Divine supply will provide what you need.

Observation and experience lead you to know the great Universal Truth of Things. If you want perfect expression of abundance on all planes you must early on the path begin to build through your own great thought forces persistently hold onto your desires, recognizing no limitations.

"Ask and ye shall receive." There is no limitation in this promise. You must hold fast to Faith and know that everyone born upon this great planet is heir to the best that the world can give.

"All that my Father has is mine," the Master Teacher said. He who is fully conscious of this law, receives from the universe their portion of the substance which is needed to perfect, round out and prepare their selfhood for the next state of existence. You are joint heirs with God. Every one is born heir to the best, that the world can give. Know you are in the center of unlimited Supply, and apply it to your needs.

"If you are always
 Good and true
 Naught but the best
 Can come to you."

You become a magnet and draw to yourself your own. You become like that you think; everyone is more or less a sponge absorbing from their surroundings. Live the life so the atmosphere around you will vibrate as a finely attuned instrument, in perfect harmony and rhythm.

"With wisdom there came to me all good things together, and in her hands innumerable riches. To think upon her is perfection, and he that watcheth for her sake shall quickly be free from care."—Solomon.

We are now living in a new age. Many are realizing their object and aim must be to elevate the race, not to leave millions ignorant, neglected, abused, or feel they are seemingly lost. What are we here for, but to help others? It is not to gain honor, fame, and a material harvest, but for service in the masters vinyard.

The Spiritual side is of far greater importance. What we sow, we reap, is manifested everywhere. It is time every-

one put their whole heart and soul to earnest endeavor to serve struggling humanity with the inspiration gleaned from the higher laws which are hidden from the majority of the race through ignorance. Only through misunderstanding of causes and effects, of Universal principles necessary to our everyday life, of energy, power, force and polarity and the many beautiful treasures hidden in our nature, our real self—the individuality—the *I am*.

Many are searching for lost and unknown continents, these many years, following the minds and ideas of others. Failing to discover their own possibilities. Learn to affirm the *I am*. In this manner one builds a solid foundation for the Temple in which the spirit dwells; and a new condition will soon manifest. The race must learn of the power within. A new world will be discovered, and when explored, will give untold treasures to the mind of man.

God wants all to be equal. It is the character and the thoughts harbored within, that make men what they are.

It matters not what color or race you are. Everyone has a perfect right to exist here and now in peace and plenty. The explorers on the path are striving to learn and comprehend the purpose of this existence.

The aspirations of the majority are for advancement; reaching out for either material or spiritual gain, seeking freedom from bondage. What is needed is the recognition of, and surrender to the God or the *I am* within, then you will know to worship God is to serve God in Man, and you are responsible only to this Soul-self or God within.

It has taken centuries to bring about the present stage of evolution and it will rest with the present age, how long before this planet will become a Paradise.

“Sacrifice and service” will draw the world into quick recognition that all are his brother’s keeper.

Kindness lifts the shadows. Try today to disperse the gloom for some Soul. An unselfish act, means more than you may realize, not only to the recipient, but to yourself. Do not let pride stand in the way. You may regain a life-long friendship by going a little more than halfway—for no one wishes to have enemies. We love to be loved, don’t we? Everyone does, altho many do not like to admit it.

Too many sacrifice a friend to gain selfish ends, but this cannot be a permanent gain. Appreciate your friendships by treating them as you would wish to be treated.

Jesus said, "Love them that hate you and despitefully use you." When you have gained self-mastery, you will find this not so hard to do. Realize they are on the path along with you, for experience and development. Think as kindly as you can toward them. Surround yourself with the Christ atmosphere, then you will attract good currents. Becoming a receiving station for the Infinite power to flow through.

The deeds done in the body, are seeds sown in the furrows of time, where the harvest of eternity appears.

"He prayeth best who understands God's greatness best."

"We must not forget that we live now to live again. Every one has his mission to perform. It is our duty to search and find it. Each bird has its song to sing, each flower its gentle mission, each poet his lesson of the good and beautiful—each philosopher his contribution of discoveries, and every teacher his sublime instructions; each is a Messiah of some great thought and will breathe it forth before he leaves the form."—A. J. Davis.

Impatience and relative conditions fill one's thoughts to the exclusion of the will and of the positive thoughts one would choose otherwise.

"Have the consciousness of your Divine Guidance and the realization that you are following in His steps." With your Soul illumined with Divine Truth, you can keep all negative thoughts that become things, if held long enough in the mind, away. Look deep within the wells of thy heart. Do not accuse yourself of anything, but know you are a Christ in the making. Eternity is before you, live the Christed life of goodness and uprightness. You will then love and be loved for what you really are, not what you seem to be. This love will draw a circle, and keep none out, but a circle that will keep all in with love in the watch tower.



CHAPTER IV

PERSONALITY AND POWER

In this life there is always an indwelling desire for something. We long for *strength, power, conquest, fulfillment* and deep down in the heart all long for *love*.

Two persons may be seated beside each other in a street car, drawing room or business place. They are breathing the same air; they are perhaps in equality the same, but one may radiate forth much greater force and power than the other.

Everyone is sending out some radiation from their personality, although, some seem to give very little.

To possess a charming and strong personality, one's aim must be unselfish, this reigning feature is the giving plan, ninety per cent, need to *create*, and *cultivate* this art of living.

Break the shell that has formerly seemed to hold you under some overmastering influence and reach out into the great universal where you find the inexhaustible supply. For expansion, learn the necessity of thinking right, then you will find rapid growth and the days will be filled with happiness and the exhilaration of living will be your reward.

These two persons we have spoken of as sitting beside each other, one can be in Heaven, the other in Hell, all created by the *power of thoughts* they may be thinking at the time.

This is where one must learn the fine art of scientific thinking, living a fuller and much freer life, becoming happier because you learn the art of giving well, as you live, projecting Divine Truth into daily living.

This is how you can organize your life to make your fondest dreams a reality.

Living unselfish lives, becoming interested in those whom you daily contact, will bring an entirely new condition in your daily life. Becoming a radiant and soul-inspiring individuality. Making a personality an assemblage of grace and loveliness, that no one can deny.

One must make a thorough study of constructive psychology to gain these wonderful traits of character.

All can possess them and much more. Plenty of constructive work is necessary, but all is invokingly interesting to the student who is consciously striving to gain the heights of unfolded beauty of personality and the shining light of the Christ within.

From my own personal view, life is tremendously worth while, for life is one great opportunity, to really do things, but it is best to have a definite *aim*, one that can be so inspiring that nothing but death can deprive you from attaining. With this *aim* or *goal*, ever in the foreground of your consciousness, you are then visualizing, building and creating all the way through.

One would go backward if they did not desire or will, we want to have clear desires, know what we want. Too many have a hazy or lazy desire that gets one nowhere.

Just *know you* are born to create something great and worth while. If you know your own power, you will have poise. Calm knowledge is the power back of the machine that is the creator of your greatest aim or Desire.

There is stored within the sub-conscious mind treasures untold, for it is really the chemical laboratory of your being.

We are told that only 2 per cent of a person sleeps, 98 per cent is your sub-conscious mind that never sleeps. Give your desires and aims to the sub-conscious which is ever busy for you when you ask it to perform a duty. Know it will do it. Know that your ideals are the dreams that will come true. Do not be afraid, for it is fear that holds you back from bringing into realization your ideals. Just find the right thing, don't try to do the things you know you can not do. Know your great and noble desires come from within. Your ideals are ever struggling for fulfillment.

When retiring, ask the sub-conscious to get busy and work for you while you sleep. Rebuilding your physical body and bringing into manifestation the things needed for your growth here in this expression.

Do not make the mistake there is any separation, there is none, all is one continuous life of progression here and hereafter.

Here again I say to you, the universe is made by receiving and giving. Keep your personal power radiant, by this open avenue, keep constructive thinking well in the foreground

of your mind. Destructive thinking is Hell. Constructive thinking is Heaven. This I would make clear to you and all who have stopped in their mad rush downward. By this destructive method of thinking, you will readily observe this is absolutely true. Change your thoughts, then you immediately put into motion the machinery that will alter your conditions. Today you may be out of tune, tomorrow in tune with the Infinite by constructive thinking.

Begin to study the present and the future, then you will not hate the past, but will realize all is the working out of the soul's salvation. You're on the path with millions of others. It is a long, hard climb but a profitable one to the soul.

We all have testing out times. No one can ever escape in their progressive path of Soul's Evolution.

Then do your duty well, when it comes to you on the path. Praying for strength, never doubting, nor grumbling, for if God sent his angels, or a master to earth, to do a duty, they would know it was the place they must fill just at that time. Then learn to become master of conditions by the example that Jesus taught of loving sacrifices.

If all could but know the truth, they would all try to do and be as the master taught, the secret of social peace and fellowship through the example of his golden rule formula, which will never fail. Then your personality will radiate with the light of the Christ consciousness, with power, the connecting link between you and the Father of light.

With simplicity and fidelity, keep his glorious image always in advance of you on the path, caring not for the hardships, but living the life in the faith the Christ taught, passing on through the ages, as time goes on, with your face pressing onward toward the light of the sun that never sets—the sun of righteousness.



CHAPTER V

EMOTIONALISM, POISE, POWER

Emotion stops the activity of the stomach and causes in-harmony in all the organs of the body. In fact emotion has killed many times, observation teaches—anger causes sickness. Many times very bad headaches are caused from becoming angry, the mental is disturbed, therefore the thoughts poison the whole anatomy.

If you want this physical house complete, and beautiful in itself, you are the only one that can make it so; just as you are the one that suffers when you let the bars down, letting go of the will, here you find discord, sickness and unhappiness.

Learn to control the mind, you are the master, make it obey you; if you do not, you know the old saying, "If we dance, we must pay the fiddler." This is true in all we do, we are forever reaping the effects of a cause, created by our own making. Shakespeare said, "There is nothing good or bad but thinking makes it so." You will see then that it is necessary to have full control of your temper. (Thinking rules the emotional).

Good temper, or we will say poise and evenness of mind, creates for you a body and soul of sweetness and wholesomeness inside and out. It matters not what may touch your soul and tear it asunder, if you can keep an even mind, through it all and "keep silent," you alone have gained the victory. It makes no difference how much the party of the second part may storm and rave, you are the master, for remember this always, things hurt you just to the extent you let them. Think this over well in your silent meditation hour, then when returning again into the material world of things you will be master of circumstances. Try it out the first opportunity you have. There will be plenty of chances to practice it, for we have many testing out times, as if tried by fire; then if once you conquer and curb your emotion you can do it again and again. Through this persis-

tent practice you soon will be having full control of yourself and will rejoice and be glad, for this is one of the greatest victories over self and your emotions.

Occult Students must, early on the path, study well to accomplish this great achievement; unless you can, you will never be an occultist.

Read the lives of the old Masters, then you will see where and how they learned self mastery.

FEAR EMOTION—NEGLECTED OPPORTUNITIES

You will find those who are very emotional, are forever getting out of harmony, usually they are possessed with a mania of fear. Job said, "The thing I feared has come upon me."

In this manner of thinking they are drawing to themselves the things they least desire. (Every candidate that seeks self Mastery, must learn to curb their emotion.) This is a long, laborious climb but when they finally reach the realization on the path, all power in the Heavens or earth are waiting for recognition and unfoldment within himself. They will find what has seemed a lost art, has been resurrected through the knowledge of the wonderful manipulation of the law.

Through Divine Law you learn when emotionalism and fear are well curbed; you will readily find where you can begin the process of controlling disease and exercise chief authority over environment, conditions and circumstances, demanding health and success. (For your mind is the master physician.) This is curbing emotion.

Becoming poised and self centered through concept of the will, or the power of thought force, this is self mastery. All this can and must be gained through self alone. No one can reach this height for you; only can you reach the top of the highest peak by this one path. Slowly but surely will you reach it, if you keep going step by step, onward and upward.

Why so many fail to reach the extreme heights, where they can get the evidence first hand, they let the great opportunities slip past them, thinking it not worth the bother.

"The golden moments in the stream of life rush past us, and we see nothing but sand. The angels come to visit us,

and we only know them when they are gone." — George Elliott.

How true this is, we cry when too late, of lost opportunities. Here is a great lesson of lost opportunities in this little story I once read of twin brothers. Each had a way of their own. Ted was the ambitious one, alive to everything around him; when he was not busy at his studies, he was building castles in his imagination of the great things he would do some day. While Tip with his studies never finished, would play baseball or football until it was too dark to see.

A favorite uncle passed away and left the boys the bulk of his large fortune.

On finishing school Ted took good care, his money was put to good use, going to college and studying to be a physician, the rest of his money he had a lawyer invest it where it would bring the best results.

While Tip with a don't care air, of what the future may bring, said he would see the world first and settle down afterwards to work.

So the brothers bade each other goodby and went their separate ways. Years passed. Ted became a successful surgeon at the head of a large hospital.

One day there was carried into the hospital a drunken injured wreck of what was once a man, money all gone, health gone, also that which carries men through the greatest storms of life, character, and upon the white bed of the hospital ward, he opened his eyes to look upon the face of his manly, stalwart brother.

Breathing hard he grasped his brother's hand, saying, "If I had another chance I would follow in your footsteps, but that chance is now gone. Oh! To erase the pages of the past and start upon a new book, but it is too late."

We see all through life, as we turn the pages, lost opportunities and in this little story of the brothers, we find nearly every day the same thing enacted in real life.

We wonder why humanity does not profit more by others experiences, permitting them to be a stepping stone to further their growth in an easier manner, but all must have their own life's lesson.

No one escapes, it seems, even the ones who appear to get by, when you touch their inner life, you find they too have their Gethsemane.

Search as you will, there is no easy road to mastership, no one at least has found it, yet you can, through controlling your emotions and learning the law, help yourself greatly in the controlling of your destiny. Jesus the Christ did not find it an easy road, yet he knew the great law. His life was not all sunshine by any means. For he had many burdens to carry, for his people.

Go onward, along the path
 The master trod,
 With cheerful song,
 The night may be long
 And dreary,
 But with morning,
 Comes the day,
 Of light and eternal Truth,
 If you watch, work and pray.



CHAPTER VI

KINGDOM OF HEAVEN

You find the Kingdom of Heaven through poise and calmness of soul, but you must work daily to keep in this Kingdom. It is yours, if you earn it. First you must become loving, sacrificing and considerate of others. It will not be hard to discard the old pleasures for the new, for you will not care for the former, when you see and know there is a light that shines brighter for you. The old things pass away. New conditions are made, through the change of vibrations.

Jesus said, "You must become as a little child if you hope to reach the Kingdom of Heaven."

Is this hard for you to do, dear ones? Not when your soul is filled with love, for with it all things are made easy and possible.

The light that shines bright as the sun, the sun of righteousness will surround you, the radiations of its rays, will burn the barriers of all inharmonies. You will vibrate on the plane away from the mire of earthly thoughts and conditions, there you will feel the poise and peace "that passeth understanding."

"You must work out your own salvation," by whatever means comes to you on the path and never lose sight of the fact that you are your brother's keeper.

Labor in the vineyard, where the harvest is waiting for you, "whatever you sow, you must reap," but it depends upon the seed, whether it is the choicest, or whether it is a mixture of undesirable seed. Look within and take an inventory of yourself. What kind of soil have you there? This must be prepared first of all—Pray this prayer for light and purification.

"May the great intellectual light of the great minds of spirit inspire my mind with knowledge and wisdom. Breath into me the essence of thy great truths, that I may likewise give to others the knowledge and wisdom I receive."

Perhaps yesterday the sensitive strings of Thy soul were out of tune. The strings were running down from neglect or carelessness. Therefore, there was discord and inharmony playing upon the sensitive strings of thy being, everything that touched you effected you in a disagreeable manner, the vibrations around you were low, from lack of strength and power to harmonize yourself with conditions physically or mentally and the greatest lack was spiritual harmony. Perhaps you see nothing pleasant in your surroundings. You are spiritually blind to it all for there is no one so blind as those who will not see.

But today comes, you are in the same house, the same people surround you, the sunshines just the same, the same flowers are sending out their glorious perfume, the soft breezes blow their fragrance to you, no change in anything, but self, all is now attuned in perfect rhythm. You know the law, of cause and effect, so you get busy putting into application this law.

First what do you do? You begin to empty out the old thoughts that have come in uninvited when the bars were down. Coming from you know not where. Negative thoughts that you would not think of inviting to dwell in your house. You demand them to leave your consciousness immediately and to aid them to depart quickly. You begin to breath deeply from your solar plexus to the count of seven, raising your arms above your head, as you slowly count your seven, at the finish of the count, *hold breath* firmly in solar plexus, with arms straight above the head; while you carry this positive and powerful affirmation.—“This body is the temple of God.—This mind is the Mind of God,—and I demand it to think only thoughts of purity and love.—I am a child of the living God.”—Then slowly lower arms, as you do so exhale breath to count of seven, keeping the mind centered well upon the Solar Plexus.

By the time you are through with the seven counts, your Solar Plexus, or the King Brain, (many occultists and teachers call it) will relax and take its rightful place. You will feel an exalted adoration for all. The atmosphere or vibrations will be entirely changed. Why? Because you are now vibrating in a high rate vibration where everything is entirely altered through thought vibrations.

The instrument has been re-attuned and has reached the ascending scale into this exalted state through *thinking, breathing, exercising*, and now the instrument is playing in perfect harmony to the perfect rhythm of God in nature.

One of the first things to do now, when you have reached this high state in the vibration, is to radiate your love and good will which you are now permeated with, outward to the world. Remember God is no respecter of persons. You must be the same, take in and encircle the whole world in this love vibration, then it will be well distributed.

Cor. 13:3. "Though I bestow all my goods to feed the poor and though I give my body to be burned, and have not love, it profiteth me nothing."

Robert Browning says, "Love is the only good in the world. Henceforth be loved as heart can love, or brain devise or hand approve."

If the world had that which Divine love truly represents, there would be no paupers, neither would there be millionaires, made through the downfall of another, all would be doing their best to eliminate physical and mental suffering of the human family. This is imperative.

Not only living and permitting others to live also, but living and helping others to live, as you would desire to live, this is a puritanical order of thinking that will help to revolutionize the race.

"THE SUPPLY HOUSE"

You find the Supply House is the creative force, or Divine Law, where you tap the Well Spring of power in giving and receiving.

You must observe and practice this law by making application daily. It is by experience, work and study, you acquire knowledge and by slow stages you learn the operative ability of the law. It then becomes a part of you.

This may seem a long, hard road to travel toward mastership, but it is a Divine road, when you finally get upon it, you will discover magnificent dividends, with natural law, your guiding star. It will lead you correctly, it never fails. If anything goes wrong it is you that makes the mistake, God's laws are ever the same.

Go carefully step by step up the Spiritual Alps, starting on the very lowest round, no half-way up to the top starting will do, one must begin at the basic principles. As you climb, take all you can with you. "Do not forget the law of compensation, as you give, so shall you receive," it will not retard your progress, but rather you will find it hastens and aids your growth and understanding. You will be building your corner-stones and foundation more securely by unselfishness. "You cannot live by bread alone." This is the key to all success.

"Lead and be lead" is the road to victory.

Selfishness is the quick fire that burns the rounds of the ladder of progress ahead of you. Keep the door of your consciousness closed, that no selfish spirit of envy or malice can creep in, for these are the enemies that undermine your Holy Temple.

Be glad of others progress, for when you get to the place where you can be just as pleased to see another's success as you are your own, then you have cleansed your Temple of all Selfishness, by love and devotion for your fellow man you are keeping your soul lamp well filled with the purest of oil and receiving daily spiritual strength.

Never disturb the vibrations with strong emotionalism. For health is found through the law of calm, peaceful vibrations. Talk to yourself, speak peace to thy soul, see that it obeys thy will, and that the vibrations remain undisturbed. The important factor is to think right, keep your thoughts purified, then your soul will be filled with love for all humanity, you are sure then of radiating light and power, this is one of the chief stepping stones to perfect health, happiness and success, for then you are on the ascending scale, you have a spiritual crutch that helps you over the rough places that are in every pathway, sometime in life.

Love is the great Healer, the Physician. Take a goodly dose of it on arising in the morning by breathing deeply from the solar plexus, at the same time filling the body and mind with the thought force of love, for you must have it before you can give.

If you have negative thoughts of doubt or discouragement, as you are bound to have, if you let the bars down, to receive them, you will find, most anything can enter your consciousness unawares.

You must build a wall of protection, by following the laws of nature, then when something comes in to disturb or distress your peace and comfort you will be able to desolve it by the knowledge of your own awakened soul. Go often into the deep introspection, and there you will find your own failure, and know you can perfect every limitation.

You will find there the Goddess of love, who sits in the Heavenly Kingdom within and in the silent chamber of the new Jerusalem, in devoted service you can apply the Key of Love.

Each one must manufacture and mould their own key, no two seem to have quite the same gift or understanding, just as no two people are moulded alike in personality, individuality or temperament. (Give thanks to the Infinite Intelligence of the allness of the all for your realization of this truth).

Know that the gates of the New Jerusalem are invitingly ajar, you need only to apply the key to enter into the quiet restful nooks; drinking at the fountain of knowledge and healing power.

Let your deep abiding love, your aims, aspirations and longings be always pointing upward, never look downward. Press onward toward the Hills of Truth, knowing every miss step was a lesson for you, but you must be going onward if you hope to reach the goal of Mastery. Please do not waste time in thinking of your wasted opportunities, but rather see your duty in life, doing that duty to the best of your ability, identify yourself with the Master of Light, doing his bidding today, then tomorrow will care for its own.

Then pressing onward, do not stop long in any one harbor, for the barnacles to attach themselves to your ship of life. Keep sailing on and on, gathering greater power as you float toward this New Jerusalem that awaits you.

Labor is life, the still water faileth.
 Idleness ever despaireth, bewaileth;
 Keep the watch wound, for the dark rust assaileth;
 Flowers droop and die in the stillness of noon;
 Labor is glory! the flying cloud lightens;
 Only the waving wing changes and brightens;
 Idle hearts only the dark future frightens;
 Play the sweet keys wouldest thou keep them in tune.

FRANCIS ASGOOD.

(When you have gained self Mastery. You have gained the greatest art).

Emotional people are forever crying self-depreciation and discouragements.

The more you study and make application of the laws as you travel the path, the greater will be your blessing. This is true in all walks of life, be it material or spiritual understanding. Put the very best you have to the front, you will never be disappointed, no difference how small the task, but will reap a rich harvest for you have sown good seed and cultivated the soil and rich will be your harvest.

This Divine spark, or the God within, makes the discrimination,—as you travel the path of progression you develop perceptibility and discrimination.

This life is wonderful and beautiful if you will learn to understand self first, then you can know better how to understand others. There will be many a mountain to encounter, but you alone must learn the way over or around it. You must penetrate the "Seeming Mysteries" of the life on the path, alone.

No need to ask another to do your climbing, they can show you the way, but you must walk alone for only by this method can an initiate gain the proper experience on evolutions pathway. But what a joy you will find climbing the Spiritual Alps, as you go step by step, even with its initiatory hardships which you are sure to encounter as you penetrate the depths, for it is only by trials and Gethsemanes that you grow strong.

Remember it is only by personal experience, you can place another's feet safely upon the path of knowledge—that they, too, may reach the summit alone.

This teaches them self mastery. You can teach and direct, as the masters of old all down through the ages, but they also taught the student how to overcome their own deficiencies.

It is all left to the initiate, how far they get on the ascending scale. They get out just what they put into it. They are weighed in the balance and may they not be found wanting.

What a joy when you reach this great achievement, REALIZATION. Life then becomes a glad sweet song, bubbling forth in a fountain of Love.

CHAPTER VII

REALIZATION VIA THE NIGHT SHADES

Before reaching this height you will find your initiation a long, hard one, with many a rugged cross. Oh! there are so many rough places to overcome on this path of the Soul, but it must be so, less you would not appreciate the bright, sunny, quiet nooks of joy and peace. When you reach them be encouraged and help others as there are many on the rugged path with you. If you will but open your eyes to see.

All traveling as their soul dictates. All in different stages of progression.

There are those who are tearing down, while others are building up, all by the process of right or wrong thinking.

You find through close observation of life, when wrong has been done toward another, when guilt is within, the soul longs to draw the night shades about them. Well, they may fear the scrutiny of God's ex-Ray, for they can hide from those on the moral plane but not from the immortal.

When the Christ Light is developed from right thinking and living, the shades of delight are rolled high and the rays shines outward from the well-springs of the Soul Life in helpfulness. For wrong doers fear the light, right doers rejoice in the light. It is well for each one to turn the searchlight within and often take an inventory.—See that your Soul registers the radiations of God's goodness.

Then you will be strong to withstand all the variations and conditions you must meet on the path. With calm fortitude you will be better able to solve life's problems, if they do not seem to meet with your approval; you will know they are the lessons you need at this particular time in working out your carmic condition.

When understanding the Divine Law of things, you will know "God works in a mysterious way many times his wonders to perform." Nature's laws brings many great upheavals on land and sea, also in the lives of his loved children of earth. (In the final reckoning all is for the Glory of God).

APPLICATION OF THE LAW

In this you learn to have a creative mind. You discover a comprehensive understanding of your own power. The forces and energies of the power of mind you put to work. By creating for yourself what you need materially, mentally or spiritually, for you learn to put your thoughts into active use creating all the needs of life for the pathway is made easier through scientific understanding of life's great problems. Today you find science works on everything from making automobiles to making over your mental faculties until they become attuned to the Divine vibrations where you are touched by the universal mind of Spirit, that give to you the truth from every plane of life, discovering eternal progression is the evolution of the new age, where everything evolves, for in progression there must be a constant going onward and upward, of giving and taking—for it is as we give that we grow in greater knowledge.

Each day should have in it something that you can feel you have profited by, and better still to help another. This is real achievement that will bring you untold success, for you cannot grow by living for self. You learn this when you have reached the plane of realization, for through the study of Divine Law you soon find it teaches you are your brother's keeper.

Through it all you find the power of thought governs your life entirely. The radio activity of the mind is ever busy doing its work. It is either building for you or destroying what you previously have built. Be very careful of the suggestions you are giving yourself, as well as others, let them always be constructive.

Through the old method of thinking, many have been suggested into their graves.

We find a child is easily molded, therefore the suggestions given them should be very carefully worded. Their

brain is pliable. Early training in the understanding of the use of "thot force" should be given them. — This is one of the greatest things coming in the present age of child training.

We are forever tuning in on thot force, either consciously or unconsciously. Mental telepathy will soon be universally understood and practiced. Many, today whose minds are attuned and trained in metaphysical understanding of the use of mind can transfer thots to others at great distances for we have learned distance is no barrier to

It is connecting the radio with this sending station of the mind. It is universal tuning in.

Many times our thots will instantly think of some friend and you will immediately say, "Well! I wonder why I thot of them just at this particular time?" You no doubt tuned in with their thot of you at the same time. I have thot so strongly of friends until I would say, "I will call them over the phone." When in a short time the door bell would ring and there stood the one I had been thinking so forcibly of. So we find our minds when developed in the understanding of nature's laws today, are a human radio or broadcasting station.

When fully realizing this fact, one can do universal good on both planes of life.

If you are a teacher or healer, here is where you can help others whom you think of at a distance, as their thot touches you in mind to mind. Send out over the Radio activity of your mind, a God Bless you, whatever their need, if any, this will readily touch them. As a teacher we never know when we may be called mentally. Since the Radio has come into universal use we find it is like the music, lectures, etc., that we realize is in the air all the time, but unless we tune in we are not conscious of it. Our minds must be attuned to catch these finer vibrations whenever needed.

THE ORTHODOX WORLD

We find the orthodox world, as a rule, praying to a God to teach them how to die, but the metaphysical student psychologist and the Truth students of the world today, ask their God to teach them how to live, if you live right, you will die right. The beginning of death is only real

life. Ask yourself here, "Am I living right?" Take this personal analysis once each day, and see where you can improve yourself. There is always room for improvement in every one, look for the good always, and you will be sure to find it. If you go out looking for trouble, you are mighty sure to discover it also.

We build our own world by our thoughts—is yours beautiful or at variance by inharmonious thinking. For as you think so are you. Think, so that your surroundings may be as God's flower garden. Watered and cultivated by loving thoughts and deeds toward your neighbor, your friends, and better still toward your enemies. Please do not think you have no enemies. It is said you don't amount to much unless you have.

Jesus, the Christ, went about doing all the good he could for everyone, and his enemies murdered him. You all are Christs in the making. For you are here to help not self, but others. In helping others, you are benefiting yourselves. Jesus' greatest commandment was "Love yea one another." And another, "And as you do it, unto the least of these my children, Yea have done it unto me."

CARRY YOUR CROSS WITH A SMILE,
FOR NO CROSS, THERE WILL BE NO CROWN.

If you do you will be a real servant in the vineyard for the Master.

"When the shadows thickly gather, or your days be fraught with grief and care, you can find some other soul with a burden—you know well, then, how theirs to share." Do not shrink from the duty imposed upon you.

We were put here to work out our own salvation. And the earlier we begin the sooner we will be through. As you study humanity, you will find no one escapes. If they shirk their responsibilities, they only prolong their progression.

Excuses may be made to the satisfaction of the human family, but there is no camouflaging, for you are just as an open book to the all seeing eye. (Your obligation to God is your first and last duty.) This demands steadfastness, courage, strength and perseverance, it will all be given you if you but trust him.

You are placed where you are for your earth experience, then carry your cross with a smile and buckle on the armour—others will take courage from your steadfastness to duty. Love your duty imposed upon you, if you learn to love your work, the work grows lighter, every one finds their tasks grow lighter when they are working for their loved ones.

Love lifts you out of the depths of the sinking sand and places your feet upon the pathway of duty. "Love teaches one how to pray. Giving the strength to be a good shepherd.—A burden Bearer for the Master.

God knows your strength and just how much you can bear. How true the old song, "Must Jesus bear the cross alone and all the world go free?"

"No cross, no crown."

All must pay the price some time, some where, to the last farthing, before entering upon the real satisfying reality of the path of the soul.

Every cloud will have a silver lining if your heart is filled with love of duty. Ask only for strength for the day, for some times the clouds be-dim the skys around us, sorrows seem to fall, but reach upward in consciousness and prayer, the light and peace will be given you, and when the clouds roll away, the sunlight of peace is all the sweeter. "If the storms never come, we would not realize our blessings."

Can anyone go with me into the memory chamber for a moment and take just a glance at the past night shades. What do you find there? Is it all joys? All Sorrows? All happiness? Or all darkness and despair? No loved ones, you will find it not so bad, it is neither one nor the other, but a mixture of all.

In the lives of God's Children, it is said no one is given a greater burden than they can carry. Take a look as you lift the shades of night, for a moment, that hides a bleeding soul. It may give you a shudder of despair and horror, yet it must be so. Some need greater lessons than others, but many is the soul that stands the crucible and lives on, smiling through, hiding from the world their trials and sorrows, for greater the burden the sooner you work out your carmic conditions. The shades of night are not entirely lifted until you have finished and rounded out your final existance upon earth, then what a joy as well as a relief for

a soul to step out of the old garment and heart rendering trials of earth into the real life and find how well you adapt yourself to your new surroundings.

You will see then, and know why as the daylight of some joy fadeth into deep night shades of sorrow or sickness unto death comes, that God was ever near, for it matters not how far away from home, friends or on the ocean wild, He speaks in silent and tenderest whispers to you, if you will but listen for the sound of the still voice of comfort. Learn to pray, this is your greatest solace in all your Gethsemanes, bear your own burdens cheerfully, then bear a portion of your neighbors', soon you will forget your own, you will be so busy lifting anothers.

For what happens to you in your daily life, happens to all, rich or poor, educated or uneducated, King or Pope. God is no respecter of persons, the lessons are given, they must be learned, or through experience only, comes growth of soul.

Through suffering, man learns in time to obey the law of the universe. It is reaping and sowing, no one escapes

Live today in the realization you are at least partly filling your obligation to God and man, then the real joy will be intermingled with the more serious things that are needed on our path to the assention, and the Christ consciousness will radiate its rays of healing peace and power around you.

Go forth upon your mission, giving and receiving. As far as you give, so far you receive. We are all weighed in the balance, to the degree of development. For everyone is emitting rays of light, this going forth on the vibration will be reflected back to you, if you are vibrating in gloom, the atmosphere around you will be saturated with it. Those who come into your environment will surely be affected. For gloom, like happiness, is contagious. If we cultivate happiness, it will grow into a beautiful flower garden.

Although many hearts may ache, they have on the outside assumed the appearance of happiness, for those you meet on life's road have their own burdens to carry, then don't load them down with your own. Meet them with a smile of encouragement, your own burdens will be lightened before you scarcely realize it.

Stop and look about you, then you will soon see thousands who have far greater trials than your own to bear,

then yours will diminish. In years past when I thought I was having unnecessary burdens to carry, but what I now know were only lessons in life's book of experience, my mother would always quote this saying, "When great trials come, it's never so bad, my child, but what it could be worse," and I find it always true, then bear your trials as they come to you the best you can, ask for strength it will be yours, for they are your problems to solve, your barriers to burn away, meet them on the path courageously.

Be brave and love and live on with a determination to surmount every doubt and fear. You are then burning the barriers. Be loyal to yourself then, you soon will conquer self and conditions.

The night shades will gradually be drawn upward and the sunlight of a greater awakening will be yours. Divine guidance will be your star of hope.

"Only that day dawns, to which we are awake."—Thoreau.

The path to realization is a long one. But when the storms of life are under control the night shades are forever lifted. You see the vision clear, and all nature speaks to you.

Through the song of the birds, the voice of the wind, the roar of the ocean, the grass in the fields, the lowing of distant herds, the language of the flowers, are all speaking for you see clearly and know, for you hear the voice of God in realism. It makes one feel with Moore's lines 'After the Storm.'

"How calm—how beautiful comes on the stilly hour. When storms have gone. When warring winds have died away and clouds, beneath the dancing ray, melt off and leave the land and sea. Sleeping in bright tranquility."



CHAPTER VIII

CHARACTER BUILDING

"A wise man builds for the future. A foolish man for the day."

We find as we make a thorough survey and analysis of character building that the old aphorism ("as a man thinketh in his heart so is he") not only embraces the personal being, but reaches out and embraces the complete comprehensive scope of every circumstance of his life, for in a complete analysis, his character and circumstances are literally the arithmetical problem of the summing up of his thoughts.

The failure to survey or take an inventory of these very problems or thoughts has caused many a man to fail because he found, when too late, he was not a real man with strength of purpose and firm resolve back of him before he undertook to be a Banker, a Lawyer or Politician. Character was not the predominating factor in his life.

You must be superior to your position, you must be a man, behind your transactions, be they material or of a spiritual nature—it is all the same, if you are not larger than what you undertake the world will look with scorn upon your pretension.

Charles Hannel in the Master Key, tells us, "We must 'be' before we can 'do,' and we can 'do' only to the extent which we 'are' and what we 'are' depends upon what we 'think,'—for we cannot express powers which we do not possess."

No matter how much money you may have, money does not always talk; when it does it too often talks in the wrong direction, and reaps a whirlwind.

Math. 1:19-21. Lay not up for yourselves, treasures upon earth, where moths and rust consume and where thieves break through and steal: For where thy treasure is there will thy heart be also.

"Land and Gold have no place in your spiritual growth." If I were allowed to choose, I would rather have a noble,

upright character than be a millionaire, if the million robbed my Soul and shut out God's sunlight.

"Character is the only thing that goes on with you when through with the earth-existence. This alone you take to the shores of the Infinite Sea."

God does not care if you are a peasant or millionaire, your character is all that counts in the sight of the creator of all good. He is no respecter of persons, he draws no line, no distinction.

As near as possible you must try to be master of every condition in life, be it great or small. Your thoughts are your weapon, for good or to destroy, or betray, it is your armour to stay the onward march of enemies, your thoughts build you Heavenly Mansions or Hovels, or they are tools that fashion beauty, ugliness or Divine perfection.

"It is all in your own hands—courage is your weapon. If it stays with you, the race can be won, the goal will not be denied you, when discouraged and your troubles seem without remedy, turn often to God's omnipresent strength for comfort through every trial of life. This thought should enable you to press onward on the path, patiently and gently, for his love allows you to be tried, that life's lessons may prepare you for blessings yet to come."

"You are expressing through your physical body daily, that all life and action, come through character building. It determines the quality and quantity of your life's success or failure."

Your character is capable of weaving for you beautiful surroundings, desirable companions, a beautiful countenance, a perfect body. It determines through your thought force how perfect you mold your present life.

In creating new conditions in your body and mind you must first learn the process of transforming your Soul; in this the thought polisher must be kept constantly busy; in this you will find, "Old things will pass away, all things become new."

By a transformation of your thoughts you build not only character, but a future Haven, not made by hands.

What a wonderful transformation and realization this all can be accomplished by the renewing of your mind. I love to quote Paul's saying for he evidently knew the power

of mind, two thousand years ago, as we are more and more coming into its full realization.

When in Romans 12-2, He said, "Be Ye therefore transformed by the renewing of your mind."

A simple remedy, one if followed, will bring you into the full realization that all old conditions, thoughts and environments will pass away, and all things become new. By this transformation, you become transfigured into the image of Divine perfection.

You will feel you are surrounded and pervaded by the love and protecting presence of the Christ consciousness. Wherever you go, or whatever you do, the omniscient, omnipotent and omnipresent is always near. In this conscious realization you can draw upon the inexhaustable source of supply for your needs of life. Get upon this path of light and draw from the reservoir of thought, it will build you a noble character of refinement, wisdom and power.

Life is a real picture show, we are the actors, throwing upon the screen the things we are daily creating. Are these creations what they should be? Are we willing and ready for the screen Test that the world may see? Can we bear the critics' searching scrutiny? We are pretty sure to know if we are satisfied or willing this should be done.

Turn your searchlight within. "You are to be your own Judge. God within will make no mistake, when your final judgment day comes."

Character building is a slow and wonderful process. One earth-life is all too short a space of time to round out and perfect it. Age old Philosophers will tell you this; you should ask yourselves daily, "What do I think of Myself?"

You are a perfect picture of yourselves within. You are a walking, living, moving picture in your every mannerism.

As you impress yourself, you will find you are daily impressing others.

"The sensitive plate registers every flaw. You are in this earth-life real creators, daily acting before the camera, creating daily character—for the future. Then it is very necessary for you to be creators of Truth."

Keep thy Soul close to God. This is the recipe I give you! You are a part of God, but you let the battery run low for lack of recharging, then the physical body becomes more or less depleted, the mental powers then begin to run

low, and too often the very thing that keeps you fit, you lose sight of entirely and that is the Spiritual body.

“Be your character what it will, it will be known and nobody will take it upon your own word. Never imagine that anything you can say yourself will varnish your defects or add luster to your perfections, but on the contrary it may, and nine times out of ten will make the former more glaring and the latter obscure. If you are silent upon your self, neither envy, indignation nor ridicule will obstruct or allay the applause which you may really deserve; but if you publish your own panegyric upon any occasion or in any shape whatsoever and however artfully dressed or disguised, they will all conspire against you and you will be disappointed.”—Chesterfield.

Did it ever occur to you that “Every walk in life is noble, if you are striving the best you can with the material, education and environment that you are encompassed with.”

“It is an evidence, of greatness of Soul, when one is engendered with the power of endurance.”

Because one's manner is not polished, as a gentleman who graces the platform, who is Master of Arts, or a College Professor, is not inferior, only in the eyes of those who have not the Christ consciousness developed. One may be rough and seemingly coarse in exterior, but have a strong, healthy energized mind in life's battle can march ahead of the throng, being able to overthrow thousands of those who are as the polished butterflies of drawing rooms and of fashion's select circles. These are diamonds in the rough, but within they are of the choicest metal, with the kindest, loving soul hid beneath that rough exterior.

When one is well on the path of light, one is able to determine the pure gold from the glitter and tinsel. The best efforts and thoughts often come from those that find the stress of circumstances severe. Those who have an easy going life are never apt to develop strong, forceful character. It is necessity that builds and makes a Soul rounded out with charity to all.

Or what profit is it to gain material wealth and lose, through doing so, the thing that should be prized most,—your good character.

In the deeds and work one is doing day by day is resistlessly shaping your future; it is molding by your daily con-

duct, your Heaven or Hell, which nothing can save you from but yourself. The development of the power of thought is leading you on the path of Evolution.

One can renew their ideals daily by patient perseverance, when they realize they are not leading them upon the right path, the high road of Truth. Turn around and start again and again. It is never too late to rectify mistakes. Have High aspirations, for what one consciously aspires to become they are in a measure that already. In changing the thoughts to high ideals, they are beginning to realize their own greatness.

When one awakens to the consciousness that they wish to change their character, the majority think they must pray to their God to make the radical change at once, while others perceive they must gradually and painstakingly mold their character by the process of righteous living.

Life is much like every other occupation that is learned—an art—and it all depends upon how much you put into it, how beautiful and useful it becomes. No Art was ever learned well in a day, a month or a year. It is a process of gradual understanding of every technical point gradually coming into the knowledge and full growth of that which one constantly studys.

New principles must be learned and molded into the life, as you discard the old beliefs, ideas and customs you have out grown. The new growth necessarily must follow. For comparison, take a fruit tree, we know the roots are silently working out of sight below the ground. As these are cultivated, gather and send upward, strength, even out to the minutist end of the branches we find this creates new growth which in turn creates strength that makes and produces the fruit upon the tree. If old dead branches appear, they are pruned away giving room for new growth. But we alone do our own pruning. In order to grow we must obtain that which is necessary for growth.

For no one can do your growing or transforming for you, you, as an individual, must prepare your own soil, do your own individual growing to the degree; you accept this new method indicating in a large measure your capacity for enlargement.

"All else is gone from those great eyes, the Soul has fled
When faith is lost, when honor dies, the man is dead."—
Ichabod Crane.

To accomplish the great things of life, one must have Faith in the thing they undertake. Know you have faith and courage undaunted, looking forward to the goal. The building of a strong, powerful character, one great problem that must be solved is "Self Mastery," on this great path. It is imperative that you get well on the path of Self Mastery, before you can master conditions that are surrounding you, you are then better able to control your own Destiny.

See to it that Divine love is interwoven throughout all you undertake to do, materially as well as spiritually, for as you walk hand in hand with it, you will be lead through the roughest places in comparative Safety. It must direct every difficulty, solve every problem, be interwoven in every act, thought and deed. Only when you lay everything on the alter of Love and Faith, are you entirely safe from the breakers that roll high to engulf you, for life's greatest storms are calmed by it.

Only when you can anchor your ship of life to this Divine power, trusting it implicitly, to govern all your affairs, are you master of your fate, the captain of your Soul.—Without it you are as a ship floating out upon life's great ocean without a rudder.

Many think deeds they done years ago should even up their account now. If this be true, when checking up on their account at the final, will find disappointment, for very little will be showing to their credit.

The main thing to boil down and sum up is this: Will we have anything worth while checked up on our account? We will not have unless we begin soon to register deeds of service, for those less fortunate than ourself, this will be character building that will take one through all the way.

"It is folly to say I will not try again and again, when once you have failed. Failure should spur you onward to greater action, have courage, try again, for it is the stepping stone that molds great character.

What is man, that Thou art
Or the son of man, that Thou
Visited him?

Thou madest him, a little lower

ON THE PATH

Than the Angels;
Thou crownest him with glory
And honor,
And didst set him over the
Works of Thy hands;
Thou didst put all things in subjection,
Under his feet.

Hebrews 2:7-8.



CHAPTER IX

THE KEY TO SUCCESS

ETERNAL VIGILANCE IS THE PRICE OF SUCCESS

To be a success, it means work, lots of it, much self sacrificing, saving, using mind, force and power, that denotes much energy.

All this combined, comparatively signifies doing something worth while; if you have tried with the utmost endeavor, 'that is far more than many others have done.' Better experiment though you fail, time and again, than not to have made an effort.

Hidden from the world outside is the best part of you. No one, not even your closest companion, knows all that is stored there, of hidden energy, of desire, anticipation, ambitions. All you have hoped and longed to be, and can be, when the hidden fires that smolder within, are fanned into flame, by your will force, or power of mind, to try at any cost, to win or with the encouragement of a kind friend, or some one else still nearer, to urge you onward to the goal that is waiting before all who are willing to try in the race for success and fortune.

On the road to success, you must not lose sight of the great principle, the mediator, for within you is the mechanism, the Divine urge, your hope and help, your greatest boon companion, in all your efforts, if you invite its cooperation; that is the God within, ever waiting to be recognized.

A great aid to a successful goal is good habits, this is a very important factor in an individuals life, for life is one great habit. It is easy to form habits, and easy to immitate another's habits, in words and mannerisms, but "get the habit of work." One finds punctuality is one of the greatest aids towards a successful goal.

THE LAW OF SUCCESS

The world is full of opportunity. The roughest kind of labor, one can earn enough to give him an independent old

age, if he forgoes all habits of dissipation and idleness, keeping upon the upward road that always leads to SUCCESS.

Fully make up your mind what you want to do, then do it. Stick-to-itiveness is the key to SUCCESS. Then you will be self-qualified, and can say I have done my best.

Many would make God their business agent, dealing out certificates as a passports on the road to SUCCESS, for salvation, and everything else known to man, not fully realizing that the material experiences and work is the greatest salvation of man.

This is a new world to which all are moving, new thoughts must take the place of the old, progression in every line of endeavor is swinging into its place, the old thoughts are discarded for new and progressive ideas fill the mentality. The progressive people are not inferior by any means, because their thoughts have given them a new version of a God of love, instead of the old revengeful God of War and an eye for an eye, etc.

As one unfolds in the I am or God consciousness, understanding they are three in one, Soul, Spirit and Mind, they begin to see their own perfection, realizing their own great power to attract all things pertaining to a successful life to themselves.

In this realization, they can radiate good to all the world, attracting SUCCESS, goodness and power to themselves, in like measure they give forth to the world.

SUCCESS is not always easy. If it were, every man would have it. Centering the mind upon work, then doing it, is not easy, although it teaches the will to concentrate on a definite purpose.

Many think opportunity should hunt them, this is failure, the attitude of "go get it" if you hope to find SUCCESS, this will never be found in a drawing room or billiard hall, keep watch for something better than your present position, realizing your will power must be your thinking capacity to forge ahead to greater achievement.

Although there are many on the by-paths just wandering on, taking things as they come, each day the same, no thought of tomorrow, while these are loitering you have a chance to get in and win the race, the difference between

SUCCESS and failure is the difference between using your will power where the other permits it to lie idle. If more men were intent upon making themselves masters of their work than in getting the most they can in the way of wages and giving the least they can in the way of labor and devotion there would be a greater addition to the ranks of those workers who are both successful and happy. Do not look through a telescope to what lies in the far distance, do what lies closets at hand. You will more quickly come to that which you covet afar off.

One pauses, wondering how are we going to succeed? Not by sitting down and folding the hands can one hope to accomplish SUCCESS. Work for the big things, for high and noble attainment. Begin today.

Emerson says:

“For never will come back the hour,
Of splendor in the grass
Of Glory in the Flower.”

If this be true, the one great opportunity may be lost if you hesitate or falter. Persistence and stick-to-itiveness will surely win you reward. The old maxim, “If you don’t first succeed, try, try again.” By your courageous efforts, you find victory.

When meeting with SUCCESS, one turns their back on the disappointments and discouragements, turning about face, with renewed courage and efforts in other channels, finding other opportunities, waiting to be taken up, it is probable you will succeed again in another endeavor for one begins to have more confidence in themselves. These are usually the ones who SUCCEED.

A great step on the ladder that leads to SUCCESS is a firm determination to SUCCEED. Another is the possession of moral and physical courage that will enable one to mount the ladder rung by rung, until the top most one is reached. You look back upon the path to find that your reward was earned through hard earned effort.

There is no excuse today for the ignorant man. For the man who can use his eyes and remain ignorant, no matter what his condition may be, remains ignorant by choice, not by necessity. No man need leave his work in order to gain an education, he can educate himself while he works, many a man has done this.

Many of the wealthiest and most progressive men of today have turned their working life into a continuous school, receiving widening knowledge with steadily increasing efficiency in various trades and occupations.

Each man must determine for himself how large or how small a man he will be, and how important he will make himself to his employer, or his vocation.

"Hope need never be dead, refuse to admit failure, great thinkers can accomplish much."

Many a one have been down to the depths, but have through striving hard finally triumphed, coming to the top victorious. Edison says: "Genius is ten per cent inspiration and ninety per cent perspiration."

Many times it takes bitter self-denial and suffering to enable one to get ahead. Keep the mind open for greater learning, try to be interested in your surroundings, "In the thing that you are doing."

Never imagine you can reach SUCCESS by leaving one position and start to look for a better one. You will never reach achievement by leaving your work. Develop your mind as you work, you will see a change take place within you, then you will be ready for something greater when it presents itself.

If you are in the tread-mill of mental habit get out of it as quickly as possible for there is no progress there.

If a man takes up a line of business, it is very essential he understands its technical methods and all practical details to make a thorough SUCCESS.

It is the man who carefully goes step by step, permitting his mind to broaden into channels of usefulness as he works, he then becomes progressively efficient to grapple with difficult situations.

"Perseverance and concentrated effort is one of the surest, safest and shortest routes to reach the mile post marked, 'This is the road that leads to SUCCESS.'"

Even a small SUCCESS helps to boost upward the man who takes a job seriously, conscientiously and discharges his duty, is sure to be a winner. He knows virtue and ability will be recognized, he is usually the man who is willing to fight his battles alone, admits his mistakes, seeks no evasion nor makes false excuses.

"A man working only for self, gets neither rest for himself, here or reward for his work in after life."

Permit us to speak of spiritual SUCCESS, for with it is found the law of Divine supply. When the spiritual law of progress is taken into consideration, when familiar with its Divine workings, will realize the magnetic currents attracts the supply through Divine mind co-operating.

You mount the ladder of progress rung by rung, from earth upward from sphere to sphere. The human race invariably must climb on evolution's step ladder. At the very base is the proper place to begin to learn the truth of all things, people, etc., for the lessons at the bottom are as conformable to Divine or human laws, therefore as necessary, as the ones at the utmost heights, in fact more so.

You are in the procession, push forward though the balance of Humanity loiter. It is your duty to get as far as you can in the climbing process, then you may be enabled to assist others in their less developed state, to find the open door of knowledge.

It is waiting the acceptance of who-so-ever will. The only way to keep from going backward is to keep going forward, this is the great evolutionary problem solved, ONWARD AND UPWARD.

By permitting the spiritual man to lead the material, the open door to Divine supply will be invitingly opened.

Each individual is writing his own biography in the book of life. Is your record one of misgivings, or is it spiced with optimism? Do you understand the real inner workings of your life? This life that so many seem unable to control and the only thing you really possess? You should be taught the laws of life that you may control and govern your own destiny.

Be free to choose your own possessions and your final abode; by cultivation of your mind and thought power, you reach the pinnacle of SUCCESS, both materially and spiritually.

Science tells us that no vibration ever ceases, but the influence goes on forever. By attractive vibratory powers, you can improve your conditions, bringing to you SUCCESS vibrations, by understanding the law of attraction.

Where one uses this law consciously, they can realize their desire, for one is constantly using the law of vibration, con-

sciously or unconsciously. It will always be found that men attribute their SUCCESS to external causes rather than give any cosmic force or law credit. But when they learn the law governing SUCCESS, they find a shorter route to their goal.

Learn the law of visualization, the process of imaging through concentration, bringing the thing you desire into manifestation, for one can be what they will to be.

By the process and right manipulation of the law, through the will and by proper thinking, "when one is willing to think," one then requires the knowledge of becoming his own Divine thinker, controlling his own thoughts, becoming master of conditions. These are the ones who have the key to SUCCESS.

In the great battle of life, one finds it is through scientific thinking and education of the mind forces that count for many of the great victorious achievements, and of the rapid progress; this is applied psychology.

These great classified achievements are becoming more noticeable. All advanced thinkers will verify this statement, that is, the general public is beginning at last to use their own brain to think for themselves.

This stride in evolutions train is driving old superstitions and ignorance from the minds of those who too long have listened to others dictations, whims and ideas.

Today, larger ideas are forming in the minds of man, because they are learning to think scientifically.

They are learning to know every passing hour brings special opportunity and privileges. Make life a glad activity, do the things that presents itself now, then one will be capable of mastering greater things. There will be greater opportunities ahead of you to master and learn.

An old philosopher on giving good advice to his son, said, "We cannot all be cap'uns and gin'ruls, my son."

Providence has so fixed it that somebody must lead and somebody must follow. "The hill-top looks good to us, but we're closer to the thunder up there, and if we cannot stand steady on our feet, it's mighty apt to shake us down." This is good logic. For you have found, as one climbs the upward pathway, those who have, through undeveloped will power, and lack of concentrated effort failed, because their foundation was not layed properly.

A verse in a little poem by Kaufman says:

Come prove our viewpoint isn't true;
Results are all that we will count,
If you can climb, begin and mount,
Present your case—we're the Jury,
But all of us are from Missouri.

Its results only that count on the progressive ladder. Cause and effect is interwoven in the law of SUCCESS. In our desire for betterment, we reach out for the cause, which means the storehouse of supply.

It is found through the psychology of SUCCESS, that all must have their rough and rugged places to surmount on the path of the souls evolution, no one escapes, otherwise one would not appreciate the bright and sunny nooks when they come to them.

Know that riches in dollars and cents can never be equivalent to the riches of God's great love that carries you on throughout Eternity.

Love, Law, God and Energy is the cause, man the effect. Therefore, man cannot entirely get away from this cause, for it is the principle of life. Your desire for better things helps you to reach out for the cause, that means the allness of God, the Fatherhood of God, the storehouse of supply, it is for all.

One should strive to make life more complete, too many only half live. Without usefulness—pleasure without duties—these are incomplete and not satisfying elements of living.

Emerson says: "If we will take the good we find, asking no questions, we shall have heaping measures, everything good is on the highway."

We value things too lightly if they come too cheaply, so what we work hardest for, we usually appreciate most.

As the poet truly says: The only wealth a man enjoys for long, without remorse, is that which he himself has earned, which cost him time and force.

CHAPTER X

THE ART OF TRUE HAPPINESS

“LIFE WITHOUT OPTIMISM IS A LIFE WITHOUT FAITH”

Today is the time to be happy, tomorrow may never come. Then today should be the big day, the happiest day, and will be if all will strive to live up to the highest and best within them.

One should not permit the sun to go down without something done worthwhile.

On awakening in the morning, project your thoughts toward the great invisible power in prayer—“Today, God help me to do my portion of good for someone, to give assistance where needed; just so, God, I can feel today is not entirely wasted, and a soul is made happier for my having lived.”

I have found it never failed when the night closed upon me, and I took an inventory of the day I could say—“Thank you, Father, for this day, I am happy for having been of some service to humanity.” This brings the greatest happiness.

The majority are either living in the past or in the future. In so doing they lose sight of the most important time of all, the Happiness that might be derived from today.

If today is lived well, the yesterdays may be forgotten, and tomorrow will be well taken care of.

Many miss the road that leads to happiness in their vain searching for that something they can never hope to possess. If you are efficient in making the most of the conditions that surround you, there is no doubt of finding your portion of true happiness.

We understand the search for Happiness to be that something seemingly beyond the reach of all, yet one must stop right at their own doorstep to find, this is not searching

for the impossible. Look for it and see how soon you will discover it.

Get what happiness you can from what you have. Have you not something to be happy for? Oh, yes, of course you have! But there is a limited few that make the most of what they possess. In their anxiety to increase their pleasures they fail to extract all the joy from their present environment.

One should educate themselves to prevent unpleasant things and emotions from gaining access to the mind for the consciousness is forever picking up, as the radio, when not in perfect tune, catching undesirable vibrations.

One must cultivate a strong will. Mental culture teaches mind must be the master physician.

Many people in their effort to be happy, or find enjoyment, lose it by the arduous work they make in "discovering" it.

I have a relative who says it is impossible to be still. When I tell her to stop and let go of the high tension and quiet her nerves, she says, "I could not, I would die." She is gradually killing herself in a vain pursuit, searching for something to make her happy, at the same time crushing out the life and substance that creates happiness.

Samuel Johnson says, "The fountain of contentment must spring up in the mind, and he who has so little knowledge of human nature, as to seek happiness by changing anything, but his own disposition, will waste his life in his own fruitless efforts."

There are numerous ones who are self-centered. Afraid to attempt new experiences or to penetrate new fields for better, happier conditions. Their capacity becomes limited or dwarfed. When it comes to looking for the realization of life, or the key that will unlock to them higher ideals of potential power; the path that is the means to contentment or happiness, they baracade themselves by their limited consciousness, and unwillingness to try. True happiness, like all other higher attributes, must come from within.

Then one should be Happy when they find this new art of living. I once had an old pair of pillow shams, handed down from some ancestor, displayed in red thread, were these words, "I slept and dreamed that life was beauty. I awoke, and found that life was duty." This is true

of life. For Happiness is found through work. Idleness means a hollowed existence. Activity means success. In success, is found Happiness. In Happiness love is found. In God we find Faith, hope and love. In all again Happiness is found, then help others in bringing happiness to their tired eyes and smiles to their sad lips.

This is no new discovery. If we make those near us more comfortable, more contented; if we daily minister to their Happiness, or to those away from us, we will be happy ourselves.

Give to all those near you love and respect, for Happiness must begin in the home.

Forget the sorrow and the painful things that are past and gone. No necessity to live them over again and again, renewing and keeping fresh in the mind old bygone trials that do not make you happy, but keeps you miserable, drawing a sad vibration about you of gloom and depression. "Forget it." As the old saying goes, "Get thee behind me Satan." For the present is the only thing that one really has. Get all the sweetness from it by industrious squeezing. You will then find that happiness is really contagious.

There should be no other place quite like the interest and love that intermingles in and around the inner sanctuary of the home, yet many leave it to try and find Happiness, traveling to foreign lands in search of it, then they return, saying, with these lines:

I went in search of happiness
 I sought her high and low,
 O'er seas and plains, I traveled far;
 I searched where crowded cities are,
 Where tropic breezes blow,
 Then deeming Heaven pitiless,
 I journeyed home once more,
 I looked on fortune with distrust
 Thought Happiness, a shrew unjust
 And found her footprints in the dust,
 There all about the door.

—ANON.

Through experience all will find that is the way to Happiness. It is not to be found in things. There is no excuse

for one saying, "I am not Happy now, but sometime I shall be. After I become independent with plenty of money or when I get into a modern home or after I get my home paid for. When I have a bank account to draw from for my daily needs, or the children are grown up and through college, at which time I shall be able to take a trip abroad." You will never find it in things. If we do not get any Happiness for ourselves just now right in our present circumstances we shall never possess the thing the whole world is striving to attain.

You have now found Happiness comes from the state of mind. Shakespeare wrote many wonderful things and one is, "All things are ready, if our minds be so." Students of constructive psychology understand this. For constructive thinking is the key to Happiness.

Sometime you thought yourself abused or imposed dreadfully upon, you were the victim of ingratitude, you were misunderstood. Unkindness was offered you.

Now let us see about it, the vibrations are changed, you are living in the same house, nothing is altered except your mind, you feel first-rate, you think, Oh, never mind. It isn't worth while to bother. I shall not permit anything to get the mastery of me. Then you become Happy again. Matters have not materially changed, but your mind has been undergoing a variation of changes, you have had a mental house-cleaning and what a blessing. Haven't we all found this entirely true many times?

Tho' the way may dreary be;
 Dark with many a sorrow,
 Clouds will not forever stay,
 The sun will shine tomorrow.

Remember the sun always shines, but we do not constantly have the sunshine. If we did we would not always appreciate it. There is intervals of storms and sunshine in every life; valued lessons are gained in this manner.

Some people seem to find pleasure in sighing over the non-possession of what is deemed unattainable, something beyond the reach. But why not be Happy in our own possessions. If we do, we will soon have more cause for Happiness.

“Meanwhile opinion gilds, with varying rays,
 These painted clouds that beautify our days;
 Each want of Happiness by hope supplied,
 And each vacuity of sense, by pride.

Hope builds as fast as knowledge can destroy,
 In folly’s cup, still laughs the bubble, Joy,
 One pleasure past, another still we gain,
 And not a vanity is given in vain.”

—POPE.

From close observation one finds their happiest moments were when they forgot self, doing for others. In making them comfortable and Happy. They realized the exalted feeling of real Happiness themselves.

At all ages of life, on the path, and all people of every race and creed, are seeking Happiness and contentment. No difference how laborious one’s work may be, or what they do, they are to a great degree searching for one of the greatest things in the world, HAPPINESS. Trying to get enough material gathered about them that in their later days they may sit down and enjoy peace of mind and be Happy. But it is forever a struggle, looking ahead for that something they have not as yet obtained and never will get from without, it must come first from within.

Consciously or unconsciously, our greatest endeavor has been to find it wherever it is. One will find happiness perhaps in various things. The thing you find Happiness in may not satisfy others at all. There are those who seem to find Happiness for a time in a new frock, or another in sacrificing some pleasure to make another Happy or by a priceless gift, something you treasured highly. Many in the churches think it a sin to be real Happy, in something pertaining to pleasures outside of the church. I have had them say to me: But do you think God would want us to enjoy these pleasures? Why not? God permits you to get all the enjoyment out of this life possible, as long as it is good, wholesome pleasure, and when it is not at the expense of another’s happiness.

Through the long period of searching and working to find Happiness many become impatient, but there must be a planting of the seed before the fruitage time.

In whatever your mind leads toward, be it a poet, an artist, a sculptor, or any line of endeavor, you are sacrificing to gain your goal in the line of art that appeals to you, when you succeed, it makes you happy.

"Some are finding Happiness, then permitting it to slip from their grasp. Perhaps they were not willing to share a portion of their Joy with another. For selfishness cannot find and hold Happiness."

A selfish person is usually miserable. They have few friends or associates, no one solicites the friendships of selfish souls.

You must know people and understand them thoroughly to love them.

An unselfish person carries with them a vibration of attraction, a selfish person repels.

To be in tune with your environment is to have trusted friends and associates. This adds to your Happiness. Though you will find your greatest source of supply in your own mental attitude toward things about you, that speaks happiness or unhappiness to your innerself.

Show the world the generous side of your nature by giving of your abundant store of magnetic personality that is yours when you have erudited the law of giving.

When you find peace within you have a greater amount of magnetism, found through the law of attraction toward others, then you find HAPPINESS.

It matters not where you may go, never look for flaws, but rather try to see within each soul a possible good.

A busy mind makes a contented heart. They have not time to think of the might have beens. When busy climbing the mountain we rise above the dark over-hanging clouds that were over-head, coming into the sunshine we look beneath us and see the clouds golden, for the upper side is always bright. Just as we climb, we rise mentally, reaching an exalted station where we emerge on the bright side.

Keep making others HAPPY. You will find it contagious.

As the light of the rising sun dissolves the heavy atmosphere, so will your smiles and Joyousness dispurse the darkness and gloom.

Do you know sorrow and despair comes to make us fit for Heaven? For if it never came we would not know what HAPPINESS was, therefore, the Joy would be lost.

Start the morning with kindness as your purpose and hope in your heart. If the day is dark and gloomy, you can brighten it with a song or a hearty laugh. If it is a bright day you can add to its beauty.

“Look not upon the yesterdays that hold your sorrows.

“If there isn't any star within your sky,

Pretend it's there!

Why, a make-believe one, swinging white and high,

Is just as fair!

If you put it where you'll see it every night,

Just where the sky's particularly Bright,

Your star is sure to guide your steps Aright.

If there isn't any sunshine in your Day,

Why, put some in!

If you've never tried to make your sun that way,

Oh, do begin!

This sunshine-making's hard, but you won't mind.

Keep on, and when it's done, you're apt to find

The home-made brand's the very nicest kind!

—Mary Carolyn Davies.

Give kind words and a handclasp that means a warmth of friendliness in its grasp. If you meet an enemy, breath a prayer, for peace, as you pass them by, and forgive and forget. Know that the sun shines on forever, for those who can easily forgive.

Be always alert for new ways to grow. For HAPPINESS consists in growing great in consciousness.

Then your soul knows the true art of giving and receiving. Never shut true affection out; too many try to steel themselves against any emotion, when if they would let their love nature respond to the ever increasing demand of the Human family—for love and sympathy—their HAPPINESS would increase tenfold.

If you are HAPPY, help someone else to find it too, for every bend on the mountain side, there lies the road leading to HAPPINESS.

Emerson says: "Most of the shadows of this life are caused by standing in our own sunshine."

"Count your blessings. Then your troubles will seem to dwindle into nothing."

For this world is viewed through many eyes, many see it evil; more see it good. Some think it a wise old world, while others see no world at all, but their view and manner is possessing all wisdom. In their egotism, they forfeit their real JOY and HAPPINESS, these souls are undeveloped spiritually, and need to be awakened to see that they are on the path with every other individual.

"I will sing with the Spirit and I will sing with understanding."

The rain and sunshine visit every heart. Fortune and fame brings luxuries, but many times causes HAPPINESS to FLEE.

Losing sight of the glorious sunsets, the sweet music poured from the golden throated birds of the forest and the beautiful wild flowers blooming in the glens, for one never heard a bird sing without feeling the bird was happy, or you never heard a boy whistle but you sensed the feeling they were HAPPY.

HAPPINESS is not a luxury. It is for all who are willing to abide by its rules, for it is very necessary in one's daily life.

It can come as quickly to an inn-keeper as to a king in his palace, for it is an authentic fact that HAPPINESS comes from within, for one must depend entirely upon their own resources for their pleasures in life.

"HAPPINESS is something Gold cannot buy." It is then in reach of all. If one is healthy, they can be really HAPPY. Without health all the wealth in the world could not make you HAPPY. Work for health, it is secured by a clean mind and pure heart. With the bloom of health upon the cheeks and God within the heart, there is mirth and JOY bubbling out in pure, wholesome laughter and merriment. A home will be a paradise with souls like these to live beside. HAPPINESS can be cultivated in spite of deprivations. Optimism is the road leading to this pathway. It will increase the power to see good in everything and everyone, and make the best of everything that confronts you on the path.

One with a spontaneous smile, we have reason to know, is a welcome and valued guest most anywhere. For a HAPPY disposition is something to be envied, it is too scarce an article to be brushed aside carelessly.

A contented mind
Is HAPPINESS defined;
Then bar the door,
Throw away the key,
That naught but JOY
Can come to Thee.

Cultivate the constructive attitude. You will then get a good measurement anyway, but the real test of JOY is in the giving.

The choicest blessings are those which no external circumstances can deprive us. The real lasting pleasures come from within.

If ever you find yourself feeling pompous in the knowledge of your diminutive world, it is time to stop and take into consideration who and what you really are.

Your greatest JOY should be in giving to those less fortunate, but you say I have worked arduous and long to obtain my present position, what should I give to another? Be grateful for your fortunate place you have reached on the path, realize the power working back of all you undertake, never feel secure in what you already possess, you have eternity ahead of you. Thrust aside the boulders of doubts, worries and fears for your neighbors—this leads to HAPPINESS.

“Possessions is not HAPPINESS, but loving and caring much for humanity, one finds the portal to HAPPINESS.

Beyond all skill and all that it achieves,
Beyond the charm which radiant beauty gives,
Beyond the work that every master leaves,
Beyond the life of every one who lives,
The spirit must continue to progress,
Or vain is every dream of HAPPINESS.

—Guest.

I have given you the key to the treasure house of HAPPINESS and contentment, unlock the door, enter into the

inner sanctuary, to bask in its smiles, for you discover there treasures more precious than priceless gems, for jewels of contentment and HAPPINESS are the boon companion of this life's existence. All are stored within you, the solution from your own rich storehouse, determines your degree.

Write on your troubled brow a sign that says, "Stay out," to worry, to idle fears and thoughts malign, and fuss and fret and flurry. Then hang at the door of your heart a sign that says, "Come in," to pleasure, to peace and JOY and light divine, and truth in boundless measure.

HAPPY are they, in purpose, who to golden ends aspire. Their pleasant paths shall lead them through the land of their heart's desire.



CHAPTER XI

THE ART OF SMILING

A spontaneous smile is one of the greatest assets toward personal charm one could possess. Question yourself, "Do I smile often enough?" Begin today. You will prove through experiment that to smile more frequently will make not only yourself happy, it will also make you popular. A smiling personality is always sought out from among the throngs, at home or abroad, the smiling face will always be a welcomed visitor. It usually brings success and invariably brings sweet peace of mind and soul, filling your life with greater cheerfulness.

The vibrations you thus fill with helpfulness also for those you come into contact with in your daily life. Some may think they can invent a reason for worry. Can you find anything good that worry ever has or ever will create? Then smile, and the world will smile with you.

Many people worry over things that happened years ago, and bring them to their minds as vividly as if they had recently transpired. "Let us forget it," stop crossing old bridges and worn-out hobbies, and to the utmost, endeavor to live the best you can today, and smile.

Begin to do some constructive thinking by remembering the wonderful things that have come into your life; of the things you hope to do for yourself and for others. No need of regret for past failures.

Whittier says, "Forget it. Look not back upon the yesterday that hold your failures, nor on the tomorrow that hold your Joys, but today let us live."

This is constructive thinking. This helps the smiles to come and stay. If you have spilled the cream, at least let the cat come and lap it up. It is a true saying, "It's a poor wind that blows no one good."

Many people love those best with the largest bank roll, with pomp and worldly fame, but give me the one with the loving smile of courage and good fellowship that share

our Joys, that stand by in sorrow, and when the rainy or sunny days come, we found them just the same. These we love, if they never had a dollar, this is a priceless friend, their value is greater than gold or precious gems. They cannot be measured by money value. Their smile of unspoken courage is a silent blessing at any hearthstone.

Sow the seeds of cheerfulness and love around you. A rich harvest will be your returns, with no thistles in your pathway to mar the bliss that comes through the sunshine and radiation of your ready smile, that is like the rainbow after a heavy shower, it brightens and illuminates the heart; then look for the silver lining behind every cloud, you will be sure to discover it just as you bring the smiling face to the mirror, you will always get a smile in return, or like the sunflower in its golden glow, its face drawn toward the light of the sun; so we are drawn toward that we most desire and in the finish the final reward, according to the race we have run.

"The pleasures that lasts longest are the ones we give away, for there is nothing worth while which we can keep to ourself. The love we receive is the reflection of the love we give again.

The sweetest memory is perfected when we see the results of our sharing influence.

"Keep smiling then the troubles and cares like the airy bubbles will soon fade away."

"Moral blindness shuts out the inner light whereby the beauty of the world comes."

Be content with the pleasures that are at your feet, instead of reaching outward in the vain effort for that which still lies beyond thy reach, less you lose the pleasure at hand in the vain effort to grasp that which lies beyond.

The old familiar and time-worn adage, "A bird in the hand is worth two in the bush," is very true. Enjoy the pleasures that are already yours and be thankful for these blessings, although they be small ones. As others come, or the ones formally visualized at a distance appear, the pleasure will be intensified, as the waves are touched that bring from the great universal, all things great and small, for greater good and development along the path, all must travel in life's evolutionary plan.

CHAPTER XII

WILL

A powerful WILL means a strong determination to conquer, then on a turn of the path, your victory.

One has often heard the psychology student say, "We WILL, because we WILL."

One finds through serious thought that SATAN is the rebellious WILL of those who have never learned Self-mastery.

When WILL is defined it is the faculty of the mind by which one chooses and determines or commands Divine determination. Choice desire, Decree, and many other definitions. This is sufficient to show that the WILL must be cultivated. There must be a strong determined WILL developed to resist the opposing powers of thought, both from your own consciousness and from the thoughts of others reaching you.

The WILL is the very depth and essence of personality. It marks and individualizes man.

The one with the strongest WILL is pointed out as having a marked individuality.

Individuality is not what we see, only through actions, for it is the image and likeness of God. On the other hand, when one studies personality, it is found to be more of the likeness of the earthly father and mother, the outer appearance resembling the material man.

INTUITION

It is through INTUITION and feeling you find a true guide to character reading. You get the impression it is registered upon the mind, or the WILL determines that you know them. When this INTUITION is thoroughly developed, you find who rings true and who does not. You

reason out things through the developed will. The WILL-POWER is reasoning power.

We travel in thought through space where-so-ever we WILL. Our WILL is the propeller if our WILL stops, our propeller is dead, or inactive. Our capacity to think determines how and where we go in a moment's time. We project ourselves outward.

Our thoughts carry us to foreign lands, ejecting ourselves into India or Japan. Building homes and temples with our minds, through verification it has been found INTUITION so developed, when in the sacred silent moments can see and hear and enjoy these flights, for we will call them, soul travels out into space, our astral body is capable of projection out to a great distance and to possess the power of occupying two places at the same time.

A great many travel out in their sleep in this manner, visiting numerous places of interest and on awakening, remember, bringing back in the subconscious with them the scenes and places visited. In this state they have been seen and recognized by others as they travel, perhaps, to a sick friend or loved one in the quiet of the night. Thoughts are things and are known to take form. These thought forms are not a myth, but a reality.

How can man save himself from the assaults of the powerful and persistent adversary? He can be conquered by the masterful force of power and will from within.

Evil conduct is the result of evil thought, as taught, all Human activity is the result of thought. What is called evil, originated in the mind of man. It has no existence in the mind of God. Before the readjustment of the outer man his thought activities must be readjusted. The individual is not evil, but it is the thoughts back of the individual must be dealt with directly. There are mental habits and physical habits, mental habit is infinitely more important, for it is the mind that controls both physical and mental.

It is very important to exercise the WILL, to form good habits. Though work need not be made of it, physically, materially, morally, spiritually.

It is quite probable that the majority of men will to do right.

Reason draws from and is a motive of cause and exercise of the will, which marks individuality and personality.



CHAPTER XIII

THE ASCENSION TO THE PATH OF LIGHT

On analyzing the history of human existence, one should not lose sight of logical reasoning and inductive process all the way through. This is only right, for the Bible tells us to prove all things, then hold fast to that which is good, for it is said where there is no vision the people perish.

If one has the ability to grasp a great stupendous truth, like that which has been proven through scientific investigation given to the world today, yet so few are able to comprehend the truth that there are no miracles, for all is the working out of Divine Law. Then through cause and effect, one reaps what they sow.

It is quite necessary that students of science and philosophy should demonstrate and teach the truth, as they receive enlightenment and knowledge of the laws of life, to the world of earnest seekers who are searching for greater light on the path.

Those who have for ages past groped in darkness of disbelief and superstition are now in a greater degree prepared to receive through the enlightening agencies the truth of the continuity of life.

The world is fast awakening from its Rip Van Winkle period. Daily inquiries are coming from those who are conscientiously and earnestly seeking knowledge that show progressive minds are constantly and actively engaged in the pursuit of enlightenment, thinking perhaps after all they were put here for some great purpose. This purpose to discover all they can about themselves, taking initiatory steps toward spiritual perfection and also of where they came from; a greater problem for them to solve is, why are they here?

If we do not know why we are here, and do not know where we are going, it is certainly time to discover something about our destiny, for wide-awake people today are questioning.

Then they, too, wonder if they shall go to a tangible place upon leaving this mortal existence? Then if they do,

what kind of a place will they find? Will it correspond in likeness to their earthly habitation? Shall it be a place shrouded in mystery? Will they have a harp immediately placed in their hands and be expected to play and sing psalms all through eternity?

It is quite likely, a few at least, would drive the majority of the Saints out of paradise. They preferring to take up their abode in Hades rather than to listen to the in-harmonious notes for long if they corresponded with the talents some of them possessed while upon the earth plane.

We find many, although living in a busy world who are, in all sincerity, asking just such questions as these.

Those of today have the advantage of preceding generations. They had no idea of what we would call the modern Heaven. They had the old Heaven and Hell idea and the eleventh hour attonement instructions.

“One would be a coward to wait until the eleventh hour of life, then ask to be forgiven for all the wrong and unthinkable things they have committed, then expect to enter into paradise and find the promised land. What of the conscience, or the still small voice within? Stop, is this justice? To those whose whole life has been given to service in the master’s vineyard, while another has done nothing but lived for selfish pleasures only, then expect at the last minute to slip by, as a small boy slipping under the circus tent.

There are plenty of avenues open through which correct and convincing information can be gleaned. If one’s mind is analytically inclined, they can receive for themselves through study, or through teachers of light, who are keyed to higher rates of vibration, with the great universal minds and thought forces, to assist in the search to know more of the great purpose and cosmic force.

Those gone before are ready to swing wide the door between mortal and immortal spheres beckoning to all to take the key and unlock the door of superstition and prejudice ideas and drink at the delightful fountain of light and new understanding.

If one will, in all sincerity and supplication, solicit this valued assistance, the information will readily and gladly be imparted to the inquiring minds.

Endeavor to test and prove the truth of immortality, as many scientists, inventors, great men of letters have, such as Professor James of Harvard, Professor Hyslop, Sir William Crooks, Sir Oliver Lodge, Sir Arthur Cannon Doyle, Marconi and scores of others. They proved the truth through strictest tests and scientific investigation that immortality is a fact through communication of souls from the unseen spheres of life. This is a great stride in the Soul's evolution.

It will be well worth your while to try it out, for one can never conscientiously say a thing is not true until it is proven otherwise.

When one makes the test themselves they are sure then to place full confidence in the discovery, the test will pay splendid dividends in spiritual reality.

This life is SWEET, though it has its BITTER trials, when one meditates upon the giving up of all that life holds dear, to go out into the mysterious somewhere, groping in the darkness of uncertainty knowing not and fearing what the abode of their spirit and of the other life will be.

Read and study, search through the book shelves of libraries for the truths of Divine sciences, or learn the truths from those awakened in Soul consciousness, from those who are so finely keyed and attuned they are permitted to tune in on the Radio activity of sensitive forces, from the land of Souls, to voice the Divine Message of immortality to those upon the earth sphere.

Seek those who have heard the call of the voices of the so-called dead, of friends and loved ones coming back across the great Divide, with the message that they still live and love and have their associations, likes and dislikes, longings and natural tendencies.

Their thought power and perception is keener to discern things as they go onward on the path toward greater achievements and greater progression, they are still desirous of assisting those left for a season behind for the mentality and character go on. It is all they take into what the unenlightened, think, is such a dreaded and mysterious condition or place of existence.

"ACCUMULATION OF RUBBISH" of the earth must be left behind.

The gross accumulations of earth are as nothing when the final move comes. There is no need of a drayman or caravan to carry across accumulated possessions.

That there will be many who will not be able to even find their Soul will be true, it will be so swiveled and dwarfed through unpreparedness and of the accumulation process of making the almighty dollar, when they hope to enter the Spheres of the Heavenly Kingdom, will not find even a hovel for themselves, they will be so clothed in sack-cloth and ashes of past accumulation of rubbish.

There is no necessity of this when one discovers the perceptibility of the truth; of life's great problems that death is life, and life is eternal. Oh, but you say this all sounds so complicated and mysterious, hard to find Heaven or place. Does it seem difficult to locate this Heaven within? Go into the silence of your room, still the physical and mental, then look within, for all there is, one will find stored away there.

A simple but true statement on the path of progression and one the close observer will find, as they travel forth on their observation train, is the discovery that all the way to Heaven is Heaven. When one follows closely the path of the searchlight, this leads to Divine truths, which are indestructible, for that pathway will be strewn with happy surprises and peaceful nooks where you can rest the weary soul from the tumult of the world's rebuffs and sorrows.

Always keep in view the basic principles, which should be thoroughly understood, for the foundation of truth should be cemented in the mind. This is very essential before one can build the super-structure of power that is to endure throughout eternity.

There are sufficient guide posts to direct one, although when ones own intuitive powers are developed they are their own High Priest. The path is one of Joy when the rough places are smoothed, although the path of the soul's evolution is not paved with gold. For there are manifold bypaths paved with counterfeit tempting to the uninitiated on the path where on investigation may merely be strewn with thorns and thistles of unhappiness and discouragement. But when a student gets into the thorny bypaths of life they know they are having their Gethsemanes and the crown of thorns no one can lift but themselves.

If one is not willing to sacrifice the pleasures to go forth in the Master's steps, to help Jew or Gentile, friend or foe on the path, they are not conscientiously ready to take upon their shoulders the Master's burdens.

Spiritual achievement and success comes through sacrifices and service. If one can voluntarily do this they are on the path that leads to the mountain of spiritual attainment.

Do not attempt to climb too quickly to the summit of Divine wisdom. Experience teaches all the way to Heaven is Heaven. It may appear to be a long distance off; those who are analytically studious to Divine Law will discover it very near.

Watch and pray that thy feet may be planted upon the solid rock at the feet of the Master. Be diligent, be deliberate, familiarizing yourself with the basic principles of natural law; this is the infallible guide that leads to the Heaven within.

There may appear to be numerous short cuts to reach all knowledge on the path. Do not be tempted by these. The safeguard warrants only the course that takes eternal progress to reach the path to all wisdom, for the safeguard is the slow advancement that signifies lasting growth.

Valued fruits of the spirit are discovered and an exultation and satisfaction is felt as one discovers more luxuriant fruits of the spirit, as higher one journeys toward the summit of realization.

Have no fear of being contaminated by the contact of other vibrations, conditions and things, annoy or distress exactly to the extent one permits. Jesus drew no line, no distinction. He was our greatest beloved teacher and healer of the ages. A perfect pattern He left for all to follow in his steps. He waits with his great strength and peace, comfort and wisdom upon us, for we feel his indwelling and inspired spirit, serge within us when we are in at-one-ment with his power. If in the footsteps of this great mystic, one will turn when they feel tempted and their own resources fail them, becoming discouraged with the struggle of life, never will you wander far from the rose strewn path of light. You are gaining ground, as you ascend from the foothills to the higher mountain peaks in knowledge of cosmic life.

Remember Jesus drew no party, no sect, creed or color line. No one has the power to be a true disciple of light except they who follow in His steps. They will discover then the way of the cross will be illuminated with Divine light.

One gains valued knowledge through all these different avenues and experiences they meet on this path. Wisdom draws nearer, fear and superstition fall away and a pure garment of white and purity will be earned by deeds of loving service toward God's children, who are our BROTHERS and SISTERS. If all could realize this stupendous fact it would go a great way toward a world Brotherhood and one big family. There are many obstacles toward this end, yes, but the greatest and most formal barrier is religious antagonism. This is gradually becoming less as the mind of man broadens into channels of clearer vision and understanding of that greater love that the loving Christ demonstrated toward all humanity.

Our thoughts are the rudder that steers our life boat. They will either take one into calm, peaceful waters, or out into depths of a stormy sea, up unto the heights of the mountain tops, or down into the mire and slush of earthly conditions. They may lead you into the fields of briars and thistles of inharmony and discontent. Think big thoughts, get into the full current of enthusiasm that the mental powers will keep active for greater good. One's capacity is limitless. Keep the thoughts upon the high road, where smoothness, calmness and joy are always your guests. Napoleon said, "I have only one counsel for you, be master."

The most illuminating light that ever shed its silvery rays upon the human heart is the light of understanding that comes to the person who has banished hatred, strife, envy, fear and selfishness. This light shines forth from the face, chimes forth in silvery echoes from the voice and sows the golden seed of loving kindness to every passer by. This leads to mastery.

Wonderful changes are rapidly taking place of the old, the curtain that divides the so-called dead from the living is gradually dissolving. The material world and the world of Spirit are gradually blending into each other.

The teachers of science are springing up everywhere. Students are preparing themselves for this new Era. They are

waiting in breathless expectancy for a brighter, better way, still of receiving the truth, regarding their inner life and definition of God and his Laws.

Too long the truth has been suppressed. Other forms and creeds have crowded it out, as the world advances now, in this new age, no longer will the thinkers stand by and permit the MAN MADE religions to hold them. They are seeking, searching, demanding the dawn of a new day. That day must bring about the practice of "Love You One Another." This was his command, and when it is faithfully practiced the establishment of the religion that he taught nearly 2000 years ago will be revived. This is the new dispensation, go ye forth in the vineyard with clean hands and pure hearts and establish this great but simple truth among God's children.

Permit this truth to echo through the corridors of this new dispensation. Then know if you have done a wrong to some one, ask not God to forgive you, seek out first the one you have harmed, ask their pardon, then thy own soul will find the forgiveness.

There in the secret place of the most high where all the higher attributes are knocking for admittance, Health, Happiness and Wealth are all locked within. Take the Golden Key, unlock the door and walk in God's great corridor of love, peace and plenty.



CHAPTER XIV

DEFINITION OF GOD

“HE WHO SERVES MAN BEST, SERVES GOD BEST”

When one is in union with God, God is in union with them. With this comes a clearer conception of all things. The TRUTH becomes gradually apparent for one becomes consciously aware of their true Christ-hood within.

To come into union with God, one has authoritative command of the Divine essence of God, for they are one and a part of it.

In committing some crime or misdemeanor, it is said, one has lost sight of God. They have lost sight of God, but God has never lost sight of them, for the spark of the Divine Father is smoldering within them, waiting for recognition.

Whether they are in the darkest dungeon or in deepest dispare, whether they are high or low, when this spark is fanned into its God-hood, they are again in union and perceive their oneness with God.

When one is in union with God, they need no intermediate, nor perceptor, for they become their own High Priest or Priestess. They come into their own heritage through the Divine Union with the Father. Where there is no fear of sin, poverty, sickness nor death, for God is the greatest physician, the great positive mind that encompasses the Universe.

For a short period, study nature. Nature is rhythmical, is always in time and tune, ever the same, never hurried, because she cannot afford to, although many times when nature needs relief, catostrophes and seeming calamities, take place, it will be found nature is only being relieved through these incidents. If it were not so, still greater catastrophes would occur. It does its work perfectly, nature makes no mistakes.

Can the human race say as much? No, but the race should strive toward this perfection to get in tune with this

universal reality. Thomas Paine says In Age of Reason, "The word of God is the creation we behold, and it is in this word which no human invention can counterfeit or alter, that God speaketh universally to Man."

Follow nature, go straight ahead, seeking the path of light. There are many by-paths but stick to your purpose, do not be lead here and there by every wind that blows.

Paul said, "Prove all things, hold fast to that which is good." Then in Romans 12:2, again said, "Be ye therefore transformed by the RENEWING of your mind." This is regeneration out of the darkness into the light of clear vision and broader perception.

One can see and hear God or nature speak as they look about them, beholding in its beauty as one reaches forth the hand to touch a beautiful flower, hearing God in the sweet notes of a song bird, seeing him in the green foliage or the golden beams of sunshine, the rippling, babbling brook, the great ocean, the majestic mountains, the flower covered valleys. Why try to search out a God of personality, when one may discover him within all things.

God cannot be bound in a personality, for God is too universal to be limited. Stop searching and know God is and you apart. For God is absolute cosmic consciousness, there is no separation.

Jesus said, "I and my Father are one."

I pray the consciousness of the people will awaken soon to this glorious reality. Then the realization will come rushing in upon one, that God is infinite, unlimited, omniscient, omnipotent, omnipresent. Thank this Infinite Father of love for this knowledge and Divine wisdom." That no longer does one need fear a wrathful or revengeful God of Judgment.

For this judgment seat of God is found within THE SOUL of man. This discovery has been long in reaching the human race and of the minds and hearts of the people for many yet still cling to the old anthropomorphic God, sitting upon a throne to judge or condemn.

1st John 4:12-13. No man hath beheld God at any time; if we love one another, God abideth in us, and his LOVE is perfected in us. Hereby we know that WE abide in HIM and HE in US, because he hath given US of his SPIRIT.

The race concept in general is forever criticising God's glorious work of nature, but one must confess that nature is exhibiting knowledge in her work. Science today is teaching there is vast treasures stored in the universe. We little dream how gradually one is discovering more and more this stupendous truth.

Great thinkers, scientists and inventors are almost daily making these vast discoveries. This is what we call evolution, for now we discover the world is gradually evolving out from the old concept of past ages to this new age conception.

As the world advances, our ideas must advance also to do this, we must keep abreast with the times, this makes one no less a christian, for the God of our forefathers is our God of love still, but today one merely sees God with a clearer vision. "For as once we saw HIM through a glass darkly, we now see him face to face."

How is one to make the presence of God known? It is to enter into the secret place of the most high. The innermost depths of the soul invisible. In this manner one may practice the presence of God, knowing they are never alone, when lonely, keep saying, "I am not alone, for the Father is always with me." This will fill your hearts with a deeper, purer love and trust in God's eternal presence.

Love is Unity. This is one of the greatest laws of our vast universe, with God ever on the throne, love is there.

In the book, "Teachings of the Masters of the Far East," the question is asked, what is God? The very power to ask the question, what is God? The power to realize God is God. It brings our mind in immediate contact with God. Free from any mental conception it gives us the quickest realization of God that we can have. I am birthless, deathless, changeless, indestructible Spirit, untouched by any seeming manifestation or condition forever, whole, perfect and free."

Then one discovers God is spirit, Infinite mind, the eminent force and intelligence, everywhere manifested in nature. God is the highest expression of all things.

Then Andrew Jackson Davis says, "God lives in the Soul of every animated thing and in the proportion as his life. Essence is eminent therein, so is that living object a receptacle of God's truth. An exponent of his goodness,

a prophet of his love and an expounder of his inspiration, "Where God is, there is Illumination."

When wearied Souls who are acutely alive to impressions from external objects find frequently earth's grievous trials press unyieldingly upon them or pleasures that satisfy for the time only the senses pulling upon the sensitive soul so grievously, perceiving no balm therein, if they will then turn the thoughts inward there they will discover the consolation and peace as the sweet spiritual balm of Gilead from the outward storms and stress of life in God's loving refuge.

The key to God's great treasure house, one has in their own possession, to unlock the door and invite God to enter in to ever remain and become their co-partner and closest companion to partake of all his possessions. To be all in all with Him, then through all He will manifest his cosmic life, in at-one-ment, with the creative force of conscious life which is unending.

God has long been called by various names, when in petition or prayer. (Which draws one nearer the throne of his love.) We have said God the Father, Great Spirit, God almighty, creator and so on throughout generations past and present, all according to their concept, however one calls. He is Universal, impersonal and perfect in nature, all supreme eternal cause and moving power of this vast universe in Divine Wisdom God is the creator.

"Flower in the crannied wall
I pluck you out of the crannies
I hold you here, root and all
In my hand little flower—
But if I could understand what you are,
Root and all, and all in all,
I should know what God is.

—Tennyson.

Everything in nature responds, as beautiful flowers, keeping their face toward the sunlight, or as a well-steered ship obeys the compass. Everything in time and in season.

The flower or vegetable Kingdom that spring forth before nature is ready for it is nipped by frost. In this manner the Human family responds alike with nature God; then through proper growth, gradual development fertiliz-

ing the soil of the Soul through the light of knowledge of God's Divine wisdom one recognizes his nearness as he blossoms forth in beauty and sweetness within each Soul.

Not until then will one be sure to perpetual growth, free from the biting frosts of winters of bitterness—we all desire the sweet breezes, perfumed from nature's flowers about us, then the smile which speaks through nature God will be upon the face of all who follow the compass leading all who will to come and find the truth of God that, "All are but parts of one stupendous whole, whose body, nature is, and God the soul."—Pope.

This is not sacrilegious but Divine truth, the fact is too long the orthodox world has built a wall around themselves and see nothing on the other side of it or rather refuse to go beyond it, where they can discover still greater and more beautiful and convincing light.

The indwelling God will be the truest guide. It is our privilege in this new and progressive age to be free to do our own thinking, but all must know all things through Divine Law, come and go in God's own good time. As the Sun has its own time to come up and go down, the silvery moon, then to rise, the myriads of stars to twinkle in the sky, so the seasons come and go, seeding time then the golden harvest.

To progress with the fast growing truths, one must be strong in mind and character, keeping well poised as one progresses in truth, never imagine it takes too long, for time is Eternity.

In studying the great old masters' philosophy, one discovers it has lived on throughout generations and centuries. But today, we discover many of the thoughts of yesterday may be discarded; they served their apprenticeship, their day and place. In this new aquarian age, to our vision and senses, comes more and greater advanced and enlightened truths supplanting the old.

Gradually one lays aside the old garment of doubt and superstition and man made creeds, putting on the new advanced garment of modern ideas of this new era, yet ever keeping in sight our God which we discover is a more loving and forgiving Father than the old perception of Him that was taught a generation ago.

We turn down the corner of the page of yesterday for reference, they served their purpose, one then moves onward in the progressive train.

If today the world thought and did as their fore-fathers taught was right (and which to their vision then were perfectly right) we would still be living in our forefathers times. The majority discover the deep rooted customs and ideas are like leaches, difficult to discard, so deep seated have they become, though finding them wrong, many are unable to alter them through their former traditional superstition.

All along through the past ages is found progress, progression is the law of nature, just as nature takes on its new growth in time and in season in like manner or degree one gradually adopts a new and more progressive cloak that is necessary for every philanthropic Soul of the new age.

On discovering new and more progressive ideas with fuller realization, they wonder why they did not always see from this mountain top, but one must realize they could not, for the simplest reason they had not climbed far enough up the path of knowledge to see. They were not strong enough in consciousness nor had they prepared themselves, therefore they would have stumbled before reaching the greater path of light. Later they may be stronger and more able to tackle the next peak a little higher up, seeing beyond with still clearer vision, where broader and more advanced ideas will be stamped indelably upon the consciousness.

On and on one must climb this progressive mountain it will be a joy to travel it, when one realizes this labor is building them a character to last throughout Eternity. For it is progression that leads to light and wisdom, like unto the sages and masters of old. Here one should meditate upon the past pages of their life for a time and try to discover, if they can, whether they have turned to good account all previous experiences.

If it falls to one's lot to lead, to be captain of the march, do it cheerfully. If it is to follow, they should be content to learn their lessons thoroughly.

Our God now talks to us in our own language, through the beauty and symbols of nature. In this new age, no longer can we worship a one being God, for we behold God

in the very air we breath in the vastness of the universe. Do we discover the heart of man, bound to the heart of God? As human beings, we are a mighty link, connecting us with the whole.

In this evolutionary process, we cannot longer remain in one groove. This would mean stagnation and starvation of thoughts, as a body of water with no outlet becomes stagnant. Abandon the old traditions and dogmas in response to the demands of the new age in which we now are living.

Analyze and dissect thy Soul. Self analysis will discover every dark blot that lies within thy nature. Illuminate it by the fires of Love, with the love that is the deepest and most profound expression of God.

Tennyson tells us in these beautiful lines:

Speak to Him, Thou for he hears,
When Spirit with Spirit can meet
Closer is he than breathing,
And nearer than hands and feet.

The amount of love that burns within thy breast, to that just measurement will you discover God, awaken Souls to your responsibility.

"THE DAWN OF A NEW DAY IS HERE."

The world as never before needs the love of Human kindness.

Life is one eternal progression. As one gives of their light, greater illumination will be upon the path. Greater knowledge and wisdom will be theirs to give. The pitcher when full, must be emptied before it can be refilled anew. Love is a magic word. It heals the broken heart and calms the roughest storms.

Love is the master key that opens the door that binds all Souls as one.

The Poet said:

It fills all doors, it turns all locks,
It leads the way through walls and rocks,
It lifts the bolt, unbars the gate
And shows us, where life's treasures wait,
Oh! are there heights, Thy feet would press?
Try love, the key to all success.

One will find the way to get love is to give it. Nature is forever moving onward in an ascending scale of evolution. No one should grieve over things that are but seeming loses for the things that are taken away will be found sometime to be our greatest blessing. Never strive then so hard to keep the possession of something which seems hard to hold, for when one thing is taken something else for our greater good or growth takes its place.

In the study of God's great laws of nature, he never takes away what belongs to us. If you are doubtful of a God of Love study biology and mineralogy along with all nature. It is found nature is constantly busy giving to man. There must be some great force or law at work somewhere, yet the majority of this earths people spurn these gifts, closing the eyes to the daily gifts of God.

But I hear some say, "I work hard for all I get." That may be true, but the very air you breath is Gods. There is a law all must work for blessings. If you aid a chick from its shell, you cripple it in an effort to free God's law of making it strong. Through its own battle it fights for freedom. The same with the Human family, every one appreciates the blessings they work hardest for and usually know better how to hold possession of them.

The wealth of nature is given to man. How can man be so blind, in his little dwarfed conceit, he closes up the avenue whence God's great blessings flow.

Science tells us, the earth is so vast there is enough on it and in it to furnish one with problems to study and solve for ages.

Too often man in their narrow gauge vision, through ignorance, are blind and in their conceit, think they know about all there is to be known, but through the study of natural laws one can climb to supernatural heights of God's great truths. The open book of nature is worthy of investigation and He has invitingly opened it up for your inspection and acceptance, for one need not go far to see God's unsurpassing beauty everywhere.

I must give to you in part, "God's measure" by our own.—Ella Wheeler Wilcox. For they fit in so beautifully with my own definition of God. He who sits and looks out on the pulsating world, and feels his heart swell in him large enough to hold all men within it He is near his great

creators standard, though he dwells outside the pale of churches and knows not a feast day from a fast day, or a line of scripture even. What God wants of us is that out-reaching bigness that ignores all littleness of aims, or loves, or creeds and clasps all earth and Heaven in its embrace.

As one gets into the finer vibrations, their mind becomes attuned to, and catches the whisperings of love wafted over the sensitive wires to the Soul. They note the song of the birds, or the roar of the sea, for all seem to have the voice of sweetest music.

One becomes alive to all nature, for it speaks to the Soul of God and Love. In nature's beauty one can see a living reality of God's great and wonderful plan. Our earth is only one of the innumerable worlds in space. If one will ponder they would become appalled at the magnitude of nature in its wonderful progress of evolution.

Life is a clock work, ticking time each minute, each hour and day brings a fuller realization that the hands go around, counting our days fewer on earth to dwell. How many are building for the future? For the next real birth? Is the clock of time ticking off usefulness, that means progression and a higher realization of life for you?

In service for humanity one finds real solace and food for the Soul. Follow the golden rule, through it is discovered Soul building. This brings one into a higher rate of vibration, becoming a real builder, each brick shining with a golden luster as it fits itself into place.

Making earth life worth-while for having lived upon it, eternity will not seem too long, for it will be like a Joyous new song when laboring for love of humanity. The God we are related to, we know and love, knowing that He is large enough to embrace all mankind, all nations, everything.

Whether black or white, no color line is drawn. The only line that must be drawn is that one reaching out and embracing every living creature. Leave not one on the outside of brotherly love.

Blessing the unfortunates and rolling up the sleeves of loving consciousness and reaching down, down to the depths of sin and woe, helping them until they, too, find the Kingdom of God within, this is righteousness.

Seek this Kingdom of Heaven, through this path of service. Do not shirk but work and labor in the vineyard of

the world. Giving of Thyself to others in this throbbing, waring whirl, seek to do the masters bidding. Listen to the voice within, it doth tell Thee of Thy duty to lead all from doubt, dark superstition and sin. Labor is a blessed privilege to those who have this Kingdom found, for treasures rich is in this message. Work is love's duty found.

One's environment changes when the consciousness is renewed. Attracting those that correspond to the new mode of thinking.

We have not discarded our Father's God, but progression has shown him on a higher plane of consciousness, we find God within the Soul of man.

Those who wish for higher proofs of God must awaken to a higher unfoldment to bring them into realization where higher hopes live. Claim this inheritance, it is yours for the asking, seek this light where you can say, "I know that my redeemer liveth, for in my flesh I see God."

What of the sweet perfume of the flowers, the orange blossoms and pure white lillies fair? What colors one rose red, another white, with all the beautiful colors of rainbow hue coming forth from the same black earth.

Some poverty stricken Souls findeth God is none of these beautiful things. Denying there is any such a being in the universe. One usually finds these Souls are restless and unhappy. Then a Soul who discovers God in the allness of all, these find sweetest peace dwelling around about them and are one with God, seek then to discover God, not in the darkness that knoweth him not, but by the path illuminated by a light that proclaims him forever.

Then come and walk in God's great corridors, taking down from the shelves of the mind God's wisdom, waiting there for your acceptance, to dissect and analyze. For all the great fundamental and higher truths are stored there in the limitless reservoir to be tapped and made use of at your own will and pleasure.

One can never hope to get all wisdom, for it is an ever boundless and never ending pathway studded with rich Jewels, for the mind of man to partake of as he daily journeys onward in the observation train of truth, gradually leading one onward and ever nearer the path of the Soul's evolution.

Those who live in the midst of strife and struggle are those who live a godless life. They are forever doing their own planing, not trusting the great God power within. When one lives in the conscious understanding of God they know God's way is best, living in the fullness of peace and harmony.

When recognizing the fullness of God within, then one will likewise, when our hearts are torn by unkindness, be as a mussel when perforated with a sea worm, immediately close the wound with a pearl.



CHAPTER XV

BECOME A MASTER MIND

If the race could fully understand what the mind of Man is capable of, they would be amazed. Direct the attention for a moment to the wonderful inventions, all are the result of the mind of Man and his capacity to think.

Here is the trouble and it is a deplorable one. "They haven't time to think." Take time, you'll readily find it conceivable that the Mind of Man is capable of accomplishing.

Not only do you conceive the handiwork of Man in all its wonderful mechanism, but when the application of the Mind to acquisition of knowledge is developed, will ascertain how the Mind is capable of controlling their whole destiny. It controls the physical body, molding the character and places one in the environment they are in today.

People are often placed in their present conditions of environment by cause, the effect they are now reaping. There is a cause back of every effect. Many see the effect of their present condition, produced by a cause set in motion back many years, perhaps before they were born, into this life's expression. Did you ever stop to consider the conditions in which you were brought into life here upon earth. Perhaps not because wanted, without any preparation by your parents, or any thought as to what they hoped you would become.

This is the cause many times of so much HUMAN DISTRESS. I believe in birth control until people learn to know how to bring about right conditions, to mold the little buds that come forth into this life's existence. A Soul of God-likeness, purity and Greatness, one to help uplift Humanity when reaching maturity, instead of a hindrance, not only to its parents, but the thousands it comes in contact with.

When real child birth is understood a new race will be born. A race of intelligence, purity and uprightness. Those

who will be of service and have a love of duty. These Minds can be developed to be Masters and Teachers of the race, not conforming to life only to the extent of self gratification, but living to help others to live, to see they are fed, clothed and cared for.

The time is coming, if not in the present generation, that shall see this Father-hood of God and Brother-hood of Man here upon earth, which will signify, "We are our brother's keeper."

Oh, ye teachers, and Souls of Truth, impart the knowledge that the Mind of Man is the Master. That it is up to them, not only to bring to themselves through their own mentality the things necessary for their development, physically, mentally, spiritually and also materially, but to help all races, even though it be the colored races, this 'Truth' that their Soul, when developed in 'Christ Consciousness' is as pure and white as their own.

Again I say, the cause of so much HUMAN DISTRESS is ignorance of natural laws. Not understanding or knowing self, for when you do "old things will have passed away. All things will become new." You will have freedom co-relating with natural Laws. This implies you are Master of your Destiny.

The great philosophers perceived this law. Jesus, the Christ, had a full understanding through his occult teachings and adeptship.

He knew Divine Law so well he made no mistake. His Mind was the Master Teacher and obeyed every principle. When will the race realize the indispensability of looking within, to find the gold mine of Truth and Wisdom that slumbers there instead of traveling the world over to find that which lies within their own consciousness of Power and Spirituality.

This Spiritual ore is smoldering and waiting to be fanned into recognition. Go after it with pick and shovel. Light the torch of your Mind with God's love. Then search out the hidden gems of Truth that lie within. It will be to you your bread of life. The Golden nuggets from Divine fields are there, rich and pure, with the spiritual knowledge and wisdom of the ages.

MIND, THE MASTER
(Self analysis)

"All things first have their origin in the mind." Then when you change a condition you have changed your thoughts. If you have harmonious conditions, it goes without saying, you have harmonious thoughts. Then it is up to the individual to make or to mar their own life by the attitude of Mind they live in daily.

Think big thoughts, visualize the things you require for your good or the good of others. Be sure you make the picture clear, then hold it with powerful affirmations for its success, soon you will realize your desire, but you must learn to go about it in a scientific manner with the love of justice in your heart.

"Mind is the Master, the body is the servant of the Mind," says Eleanor Kirk.

When we learn the truth of these statements we realize we alone are the Master of this physical Temple to its fullest extent.

Then a great load will be lifted from the physical, for the body will learn to obey the thoughts given it by the developed mind.

If in a low rate of vibrations you are disturbed in some mental form or another. If vibrating in a high rate of vibrations one is not very apt to absorb or contact disease. You can demand the body to obey you. "Your thoughts are the greatest controlling force today, the greatest discovery of all times," for all things have first originated in the mind of man.

In this manner, one is drawing to themselves, in corresponding degree of vibration environments and conditions that mold your life.

Loved ones, try to be conscious of the power and force of your own mind, the God power that is within, that you may at all times be master of circumstances.

"Keep the watch-tower of the mind on guard that you do not lower your vibrations, thereby absorbing negative thoughts of others."

At all times, learn to keep your self positive. If you fail to do this other forces will be trying to master and tear down, perhaps what has taken years for you to build up.

When you feel these negative thoughts trying to enter keep repeating, "I am positive and powerful. I am master of this temple. Nothing can enter or dwell here but good and pure thoughts. I am master of my own Destiny. I am a child of God."

When you are thoroughly developed in Christ consciousness, you too can also be a Daniel, surrounding yourself with the same powers and Christly light as Daniel manifested in the lions den where nothing can penetrate the aura and vibrations built around yourself. But daily you must seek that Kingdom of Heaven, the God within must be ever on the throne of your consciousness, as a shield in times of turbulent Seas, then God will cover you as the fishes of the Seas are covered with the waters.

There seems to be, I am sorry to relate, forces ever trying to tear down excellent qualities and good work by others, many times, through some word carelessly spoken one makes a mountain of discord out of it, instead of closing it out of the mind, an undeveloped Soul will hold and nourish the thought until, in time, it undermines beyond the comprehension of man, something it took months and years to accomplish.

This may be the work of one jealous, envious Soul, undeveloped, which produces an ever-ready fire that burns out more of their brain force causing inharmony in their Soul tearing down their physical body and disrupting conditions in general.

In this present state the mind is far from being the Master Physician, letting undeveloped thought-forces enter the Mind to the extent, many times that causes, unbalancing of the Mental Forces, where otherwise, if controlled, would get a stronghold upon the power behind the throne, becoming a power for good in the world. "Watch your steps, that you do not get off the path the Master Trod."

As the stars light up in glory,
In the darkest of the night,
God's truths come to help you,
When you seek and search for light.

SELF ANALYSIS

"Many times the cause of so much Human Distress is found through neglecting the give and take plan." If you put nothing in the bank you certainly can take nothing out.

All can be bankers with wealth untold. Not of Material wealth alone, but preferably of the Spiritual supply which increases as you give. Practice and observe, giving of your love and sympathy, that is your real self the God within.

Observe Divine Law is ever co-operating aiding you in depositing to your savings account the wealth that death cannot deprive you of "A glorious life eternal."

This is the only Security Bank and worthwhile one, the stepping stones to Spiritual success, where one can deposit treasures, "where moth nor rust doth not corrupt, nor thieves break through and steal." These are the golden nuggets of power and of peaceful assurance that far outshine and surpass the gold and silver of earthly treasures.

Never permit an opportunity to do good to pass by unheeded, then when the account is checked up on reaching the end of earth's existence, you will have excellent qualities, contributing toward your future happiness, on the high road throughout eternity. "For as you sow, so shall you also reap." Self analysis will convince you this is true.

If one works diligently and earnestly, they are sending by the route of LOVING SERVICE material sufficient to build at least a comfortable dwelling place in the world of Souls.

"In my Father's house are many mansions." You may possess the one you will, it all depends on the material you send forth for its construction.

Permit no earthly enjoyment or wealth to become a detriment, that you forfeit the exhilaration that comes with the Soul's progression on the path, becoming pitiably poor as to place of habitation on reaching the world of Souls for this will greet those who neglect their opportunities, those who step aside from the path of light.

It may be reversed conditions will meet those of high estate on entering Spirit Life. Perhaps those beneath them Socially upon earth their Gardener or servant, may have the mansion earned by the material they sent before, of

Goodness, generosity and love, shared with others while on earth. On the other hand, the rich man will stand in astonishment, viewing the hovel he has been drawn to as a magnet, if he has not done HIS DUTY TO GOD AND MAN. He will discover a poverty stricken SUPPLY SPIRITUALLY.

Cast is not known there. It MATTERS not if you are a King or Queen or President upon earth. In the world of Spirit it is the reckoning of CHARACTER only.

How many have lost sight of God's opportunity or the things that would really count in the bank of Eternity. While these are reveling in riotous luxury and idleness the poor and needy are forgotten or brushed aside, they have no time for CHARITY and good deeds, all too soon these unenlightened or unawakened Souls may discover their mistakes with the reversing of conditions facing them as they enter the Spirit world.

With no bank account in the city of the Angels to draw upon, they may be glad of the light and strength of their lowly servant who they may have scorned and thought unworthy of their notice, except to order about at their bidding for their comfort and enjoyment.

The stepping-stones to the Spiritual Mansion is easy to climb if you get upon the ascending scale. Commence by doing the things nearest to you to comfort a neighbor in sorrow or give a helping hand where it is greatly needed. If you have a kindness shown you pass it on, keep the avenues open, or if a burden you can bear, help shoulder it, then soon you will be astonished at the lightness and feeling of peace that comes with this service of love for it is this manner of service that one finds the stepping-stones to the Christ.

It is surprising how many things one discovers to do when the desire is there and the desire will be there when the Christ consciousness is fully awakened.

Soon one WILL begin to understand and love Humanity. Then they become builders and will find ALL NATURE, opening and unfolding in beauty unsurpassed to anything they dreamed could be possible to exist; for they see with new eyes and hear with new ears, therefore discovering new found joys of HAPPINESS AND CONTENTMENT.

“If you RECEIVE you MUST keep the avenue open by giving. This is nature’s law, for it is forever being replenished.”

“Nature speaks loud its loving expression of God. If one will look and listen to that SOUNDLESS SOUND, they will soon hear the music of the spheres for love will be there and God is ever on the Throne.”

Fill the Soul full of love then listen in the silence for one will not need to watch nor listen long to hear the voice of God speak.

Whittier says:

I heard the voice of the silence
 Speak with a soundless word,
 And from the inward ear alone,
 The Spirit voice is heard.
 The spoken word seemed written
 On air and Sea and Sod,
 And the bending walls of sapphire,
 Blazed with the thought of God.

“Such peace that denotes harmony and contentment comes to these big Souls, who are willing to GIVE and willing to TAKE. They have found the KINGDOM OF HEAVEN. The glories that are within. These are the ones who are willing to give their full supply of love and wisdom to the passer by, be they who they may, they are willing to share any of their Joy or to help lighten another’s burden. There are many incomparable Souls who have grown ripe in this Christ awakened consciousness of giving.

They remind me forcibly of the poem by Sam Walter Foss.

It also applies to many dear and intimate acquaintances and we should be truly grateful to the Author, for giving this delightful poem to the world.

“THE HOUSE BY THE SIDE OF THE ROAD.”

There are hermit Souls that live withdrawn,
 In the place of their self-content;
 There are souls like Stars that dwell apart
 In a fellowless firmament.

There are pioneer Souls that blaze their paths
 Where highways never ran—
 But let me live by the side of the road
 And be a friend to man.

Let me live in the house by the side of the road,
 Where the race of men go by—
 The men who are good and the men who are bad.
 As good and as bad as I—
 I would not sit in the scorner's seat,
 Or hurl the cynic's ban;
 Let me live in a house by the side of the road,
 And be a friend to man.

I see from my house by the side of the road,
 By the side of the highway of life,
 The man who press with the ardor of hope,
 The men who are faint with the strife,
 But I turn not away, from their smiles nor their tears,
 Both parts of an Infinite plan—
 Let me live in my house by the side of the road
 And be a friend to man.

Each one have their separate place to fill. Each their duty to perform. Each Soul should solve their own problems if another is permitted to do YOUR problems that would not be growth. If a teacher in school solved all the mathematical problems for the scholars where would be their growth? It is the same with all problems of life. Experience is growth.

Each can work only according to the material on hand, remember, there is no easy road to MASTERSHIP.

Yet there are those who idle away their precious hours, with no thought of developing their talents GOD has bestowed upon them, if it is only a word dropped in the cause of truth it never dies. It may be spurned and tramped upon, it can never be entirely crushed, springing again into greater action the truth goes marching on. The harvest is ripe and laborers are very few in comparison to those who really know, who will not obey the Divine call to action. Sometimes it takes some extreme misfortune to arouse their sleeping consciousness to their obligations, they owe to

themselves and to God, before going to work with inflexible, honesty and fidelity for the Master.

As one gives from the pitcher of love and truth, it is ever replenished by the Divine Supply for God's bountious storehouse of health, success and knowledge is endless. "But one can only become an open channel to receive by GIVING."

Tap the well-spring, "Ask, you will receive." Again I say to you, Seek Ye the Kingdom of Heaven, the God within, then all these things will be constantly increased.

It is in conformability with all Divine or Human laws; to develop this Christ consciousness within. There will be NO LIMIT when possessed of this power for one is working in conjunction with the law.

"The cause of so much Human Distress" will be practically eliminated for the Brotherhood of Man will become established in the mind of humanity. When this becomes established there will be no necessity for Alms-houses for the needy, for every one will be looked after, clothed and fed properly as they should be, for there is sufficient unto every need when one discovers they are rightfully their brother's keeper.

Through physical and mental trials, it awakens the God principle within, and when discovered one becomes givers as the Christ gives.

It is a great pity that wealth so often blinds and separates the Soul from the very things that count for real worthwhile things. The Spirit becomes shrouded to a comparative degree with worldly glitter then consequently not having sufficient strength and power to express its Spiritual being.

But there is always that something, hidden within the Soul, which is not entirely forgotten and dead, for there is constantly that still, small voice of God—the conscience—knocking for admittance. Open the door and let him in to dwell there and be your boon companion.

Many there are who close their eyes and ears to the call. They may go on unheeding, perhaps until dropping the physical body before awakening, then the veil will be lifted and their eyes become opened to what they left, which were merely "husks," for all was shallowness, in comparison to the "priceless treasures," that which could not be

bought with God, they had lost sight of entirely. That was "the God within."

They become conscious of being face to face with their REAL SELF, the I AM. They may wish to hide from Self, but they can never hide from God. Is it too late to rectify their numerous mistakes they now see staring them in the face? On taking an inventory of what they have taken with them into the other life. Sad it is, for the great multitude who will discover they have absolutely nothing to their bank account for life eternal.

Their Soul is poverty stricken, their light is dim and flickering for it has been sorely neglected from lack of the oil of Human kindness, thoughtfulness and love for those less fortunate Souls than themselves, where they could have done their share toward eliminating Human suffering.

Money does manifold good toward helping a burdened Soul. Yet so much CAN be done by sympathy and understanding which comes from the Soul, who is awakened in Divine consciousness or the Christ principles.

"BANKING YOUR ASSETS"

The Master Teacher Jesus had a bank account greater than any other, one that was always running over with Divine Supply, it could be drawn upon at any time. No one that ask of the Christ need go away empty-handed.

If one will fill their treasure chest with this "Christ Principle," then give to all who are seeking to know of the bread of life. The manna will come from the Heaven within, for therein lies the inexhaustible supply. As one draws upon the universal bank they are co-partners with it, just so long as they keep their accounts correctly. Others must not be forgotten, but forget Self. When one can reach this height on the path, they will be supplied without the asking, they will have conquered the erudition of the law.

One may be a millionaire, but it calls for a price of name and fame materially, but a poor price indeed, unless one gives of their supply assisting the poor and needy; that is doing real worthwhile things. They will be a pauper Spiritually. When laying aside the physical body, there will be no mansion awaiting their entrance to spirit life. "You

brought nothing here, you take nothing out, but your character."

"GIVING"

The children of the earth must awaken to their full obligations of the giving plan, if they do, they will find it a joy, when they get into the HABIT, for that is the only real satisfaction there is that which comes from reciprocation.

Remember the very air one breaths is GIVEN by the Universal Supply. Then why not keep the avenue open, as you RECEIVE of the good things of life pass it on.

"This life is made up of obligations one toward the other. Live and help others to live. The very bells of Heaven ring in joyous thanksgiving as one makes the interchange."

One cannot fully realize the magnitude and results of this giving plan until one reaches the world of Spirit, or until one becomes really aroused from their inactivity to their duty of worthwhile living.

Every kind deed, every loving thought, or every time one is thankful for another's good fortune. All is recorded in their autobiography album of life, there to be opened at the stepping out of the Home of clay, to pick up the thread of life on the path where leaving off here to go still on and on through aeons of time.

Will our name be written on the autographic pages, white and fair? It will be, if we keep well the thought in mind, first and foremost the reciprocation plan of life.

Give, do and live to help others that there may be no dark blot upon the pages of life's book.

NARROW GAUGE ROAD

Too many are willing to forever live on the narrow-gauge road, afraid to step out on the broad, high road of progression. Many afraid of criticism, these are hoarding up their liabilities. This is all chaff and by a breath of wind is swept away. Many are foolish enough to hoard up, for those who are to come after to step in their shoes when they step out; this causes idleness and decay. Work is the savior of man-kind.

The great King Tut' of centuries past, when his tomb was opened, there was found his mummified body, with the treasures buried around him, the same as placed there thousands of years ago. But only the good that was within his Soul, his character, was the degree he had to carry with him, for his passport to the land of Souls may have been very small, the Kings of the old days were for the most part cruel and wicked.

God has called us stewards, therefore has chosen us as precious vessels to carry the message of truth it is while carrying the Divine message to others that we ourselves can be filled.

It is hard for a dwarfed Soul to smile or speak even kindly to others, they are not happy and do not care to see any one else so.

One can read in their faces disapproval of all things Joyous. Any Psychologist or Character Analyst will readily tell you this is true, their Soul is unawakened in Christ consciousness.

There is volumes in a kindly word or smile that comes from the heart. It cannot be measured in dollars and cents, one who is a comforter and gives cheer in any manner will discover large receipts awaiting them in their home over there; likewise, will experience a great pleasure and joy while yet living upon the physical plane.

Smiles help one through many tight places. It disarms malice and hatred. There are too few smiles and too many frowns, too much hurry, too little sympathy, too much fear, too little real courage. All this closes out the real things that make for the banking account of life eternal. Live today the very best you can. Tomorrow never comes. One day well lived is worth many spent in idleness.

Be not a doubting Thomas. Awaken and be resurrected today. The key is in the lock, open the door of Divine Supply, for every day is a resurrection day is God's day. "Seek this day whom Thou will serve." Work and pray. One will be filled with such power, they can remove mountains of doubt and fear from their own mentality also from the minds of others. This is because one ascends into the great white way of understanding the intellectual ocean, the Christ way of Truth.

One becomes a great personal magnet when they become a highly developed Soul, drawing right conditions, people and things to themselves. If they should draw what seems to be undesirable they can still be gaining a lesson thereby, for it may be, the very thing for their future development. Then whither you are, or what you are, just know it is the place for you at that particular time. Placed there by your own thought power.

If one is desirous of happier and more prosperous surroundings, get busy, build, by this SAME thought force, for one can be what they will to be.

The temple must first be prepared by a thorough house cleaning. That is, dissolve all negative thoughts, filling the mind with high ideals.

If you have a strong desire to accomplish something; that very desire sets in motion the vibrations that assists it to come into manifestation through the recognition of this law. A new civilization is being born, thought is being liberated. The world is recognizing natural laws.

Remember, through this law, one finds a give and take world always. "We get what we give." It is measured on the scales to an equal balance. Those who think they get nothing, give nothing.

"The things I hold are the things I loose. The things I give are the things I hold."—Emerson.

The happiest times of my life were when making others happy, when giving of my time, my home, laboring in the effort of giving the very best within me. And afterward ascertained by experience that I myself was securing the greatest blessing and also pleasure. A reward, if one wishes to call it so, of all the others. This is the explanation of the things I give are the things I hold. And the statement of "It is more blessed to give than to receive."

Unselfishness means interest in others. Their advancement and their joys. All this is blazing the trail toward the path of eternal progress. What a consolation on entering the home of Souls to know one is worthy of the words, "Well done, Thou good and faithful Servant, enter into thy reward." Reward of what? Why reward of sacrifice and service for others, it builds a great picture in the Spirit world. This is the Golden rule plan that never fails. Take it, loved ones, walk with it, live by it, for some day we

will hear the bells of Heaven ring in Thanksgiving, we hope for the good Shepard that tendeth his sheep well, for Christ said, "Feed my sheep."

This is the food; Loyalty, unselfishness, faithfulness in well doing, untiring in Thy efforts, awakening to the need of the hour then thy lamp will be trimmed and burning, ready when the bridegroom calls. "Come up higher." Thy work is well done and finished, to begin upon the real life eternal.

Be loyal to the truth one represents, if it is TRUTH, it is what all need and it matters not how many spurn you, for when they reject the truth, they are disdainfully rejecting God.

The boomerang they are hurling at the torch-bearers will return. Then it is they who will cry out for mercy and help. The boomerang seeks its own.

From Emerson, I quote again, "For out of the mire and slooth of things, there is always something sings." There must be a weeding out time before the real harvest. The chaff is obliged to be separated from the wheat. Be gleaners, these are so precious in the sight of God.

Those who are left unnoticed, unappreciated, because of their unassuming unpretentious, retiring natures, when awakened, become pearls of greatest price in their transformed state, they are illuminating agents on the path of truth.

Be not only a leader, but a follower. Be willing to be lead to greater heights than the station you now occupy. Realize the Father and I are one, then you will understand the transcendental power that is yours for the taking. When one is no longer inclined to be lead to greater heights, the growth is checked for they are limiting self.

All need the pruning process frequently, discarding the old branches of thought that served for the time as stepping stones, but now taking on a new and more progressive growth.

For this earth-life is a growing stage from the cradle to to the stepping out of the present life. Use the five sense ladder to climb with. Never say, "I do not believe this or that." For if one does not comprehend a certain truth or ism, it is preferably to say, I do not understand. For when pruning away certain conditions, taking a thorough inventory of the problems under consideration, one probably will

discover it is the very truth and of greatest value for one's present growth.

The new aquarian age, now being entered into, is one of progression and enlightenment. Concentration upon all great problems should be well considered and weighed. It is the age requiring powerful thought, for thought force is the most powerful means of obtaining knowledge. Think out all problems, sifting out the wheat from the chaff.

Learn to concentrate and visualize, the result is, one becomes builders, by visualizing gradually but surely, one will create their ideals. In concentrating one must become so identified with the object they are thinking upon that they become conscious of nothing else. In this manner, you are setting in motion conditions in correspondence with the thing they are concentrating upon. In this manner of scientific thinking, there is nothing to prevent one accomplishing their desire.

Chas. Hannel, in Master Key System, part 18, says, "Thought is the invisible link by which the individual comes into communication with the Universal, the finite with the infinite, the seen with the unseen. Thought is the magic by which the human is transformed into a being who thinks and knows and feels and acts."

One should be conscious of the power behind the throne, recognizing their own great worth. One is growing in this manner and diffusing their light and power, touching other Souls, strengthening their minds to enlarge upon their resources, thus becoming an endless chain.

Selfishness and jealousy are the cause to a great degree of SO MUCH HUMAN DISTRESS. Empty the pitcher that it may be refilled with still greater things from the Universal storehouse. One will find good measure to overflowing in return for all generosity.

All will be weighed in a balance, no one will be found wanting in equal portion.

Life is just what we make it by our thoughts, when one fully becomes conscious of this truth, they will know the greatest power they possess is the POWER TO THINK; then if one starts something, they should go through with it. Eventually they will not only be able to control themselves, but others will respond to them without any apparent effort on their part.

One should begin TO THINK. The day may not be far off when they are rushed out of the physical, perhaps without any warning and without any idea where they are, blinded by false teachings of a one Heaven and Hell place. Know Ye, that one makes their own Heaven or Hell, by the thoughts they think. This is entirely true. One will go to just such a Heaven as they have prepared for before leaving here, or a Hell by neglecting and leaving undone that which would have made others better and happier, as well as themselves.

Ask yourself this question today, Are you prepared to step out of this house of clay? It may be your time. Do not think the call will be postponed indefinitely because it is you. Divine Law, over which we have no control, is no respecter of persons. If all would BEGIN DOING, THINKING and LIVING as THOUGH this day were the last, I assure you, there would be no unkind words spoken, no one would cheat his brother man, no one would permit the sun of this last day to go down out of sight until they had forgiven all wrongs or until the one who had been wronged would be made right.

If the whole world would believe and trust each other, believe each Soul pure and good, the prison doors would swing wide; capital punishment would be abolished; all would be praising the great Divine plan for teaching them to put love and TRUST in each other, this illumined light on the path and the power to understand, that all are parts of one stupendous universe. All thy brother's keeper. Each a link in the universal chain. Then THE CAUSE OF SO MUCH HUMAN DISTRESS would be eliminated forever.

Live the life Jesus of Nazareth taught, for you can preach the greatest sermon of all others "by living the life." As exemplified by him who taught us of the inner radiations, which through the great sunbeams of LOVE go out on the path to all God's children.

If I take the wings of the morning
 And dwell in the uttermost parts of the sea;
 Even there shall thy hand lead me,
 And thy right hand shall hold me."

—PSALMS.

CHAPTER XVI

"TIME IS JEWELLED MOMENTS"

"Precious time is fleeting. Studded with Jewels are the moments of every passing hour," but few there are who find them. Though sometime, each jeweled moment must be accounted for, it is only when one's hours are numbered do they fully appreciate and pray to be given another chance to make good the wasted hours for which they now can give no account.

When one is on the brink of what is termed death, which is only the beginning of the real life eternal, when they are well-nigh across the bars are they conscious of or really appreciate what is to them now, JEWELLED moments that seem now to have been wasted opportunities.

When permitted to step back from the brink for another season, one should no longer permit the stream of life to rush past them, viewing merely the sands, but count every ripple and storm on its surface as an experience well learned and needed on the path of the Soul.

Thus as the sands of time begin to ebb to and fro does many earnestly think of taking the initiatory step toward preparation for the journey.

When the bar is finally crossed, the voyage finished, one finds themselves on the launch that sails on and on through eternity. It is joy to look back upon earth's experience when one can view with satisfaction of knowing they left JEWELS of great price in the many things left behind well finished and rounded out through loving service in God's great vineyard.

The breezes that ripple and seem to disturb the waters of life about you are performed with God's LOVE, even though it appears that God does not see nor hear, yet does Divine law weave its web of protecting power over all.

If one took their own course, endeavoring to govern their own life entirely, sad would be the plight and few in this manner could hope to find the finished Kingdom, or the last voyage accompanied by JOY; accomplished by real

service, for only through service does one discover power and Soul comfort.

Jesus' life was one long line of service, hence his great occult power was manifested in healing the sick and comforting the sorrowing. He never lost sight of the Christ love, it was a part of his daily life for his greatest commandment was, "Love ye one another."

Forget self and selfish motives, permit your being to blend and interblend into other lives about you. Have their JOY and success enter into your life, becoming interested in others around you, in this manner only can you be actually HAPPY. One should not try to live by bread alone, but by service rendered unto God's children.

One may toil laboriously to earn their living, yet one need not permit material conditions to obscure their vision from grand and nobler things, for the Soul possessing power of an individual can keep them on the path of knowledge and wisdom where they can intelligently and lovingly give assistance to others.

"No one need ever be so oppressed by their own burdens, where they cannot find time to help lighten another's."

If you have never tried it, it is time to begin now. You will ascertain by experiment yourself, stopping in amazement to discover how HAPPY you have become, "All through Service."

If truth be known the majority of the earth people are longing for the dawning of this new day, the time when strife shall cease and the manifestation of the Christ life may be felt throughout the world.

Are you prepared? Shall we resolve to begin this new born life, the process of ushering in this new Kingdom? It is already upon us, for the new aquarian age is dawning, thousands of Students of Truth all over the world are fully conscious of this fact; these are the ones who are prepared to meet emergencies or trials however great, when that time comes their feet will be planted upon the solid foundation, the Truth, that cannot be washed away. It matters not how tempestuously the storms of doubt and opposition may rage.

They have found the path that the Master so lovingly blazed the trail 2000 years ago for them, but many have wandered far from the path, lost in the maze of the world's rush of commercialism, greed and selfishness, their goal is

the path of gold only that leads often to sin and degradation, they lose sight of the path the Master trod, one that leads on and upward to the Kingdom of light.

No one possesses power to measure the worth of the Soul of man, there are so many types. Hidden beneath rough exteriors and traits that seem to deteriorate character may be sleeping an illustrious Soul. Be careful of your criticism of your neighbors and your friends, look for the good in others, you will be sure to find it.

“For he that would love life and see good days let him refrain his tongue from evil and his lips that they speak no guile. And let him turn away from evil and do good, let him seek peace and pursue it.”

(WHAT IS THE EQUIVALENT TO MONEY VALUE?)

Money is very necessary for it brings the things that mean comfort and luxuries of life, keeping one from the dreaded debt that come many times to those with moderate means.

Money cannot liquidate all debts, for many debts are not incurred by lack of money, although numerous ones apparently think their obligation terminates there.

More valuable than gold or silver is the obligation met largely through personal and loving sacrifice.

Service is power, observation will teach one this is true when going out of the way to help others their advancement on the path is more rapid, gathering a greater collection of spiritual treasures.

Those who are not awakened to the truth that we are our brother's keeper and since all have a debt they alone must pay are hoarding up and accumulating more debts that sometime must be met either here or hereafter.

One is often tempted to take life easy, just drift along, not thinking or caring much about the other fellow. Then what of yourself? If you take nothing out of a vessel you cannot hope to put anything in, there must be an even exchange, our obligations must all be met, if we fail in this, we fail in our Soul's salvation. One finds in the study of natural law nature is forever producing an even exchange.

Spring, summer, autumn and winter—animation, growth decline and rest. Rain is given to the earth, then comes the warm sunshine upon it. Then comes forth grain, fruits and vegetables. Without these we could not hope to exist. Then through grateful hearts one should show appreciation to the giver of all great gifts by reciprocation through devoted service, that something which is more than equivalent to the value of money. The Christ devotion and at-onement with the Father through loving and devoted service rendered to Humanity.

You require no material eyes to see, nor ears to hear, that which comes through a mind attuned to the Divine harmonies of the Spheres. The source whence one may hear the music of the angels and the wisdom of the Masters of light of ages past. This new era will soon usher in the greater awakening of this Divine truth, that death is life and life is immortal.



CHAPTER XVII

THE TREATISE ON HEALING SELF AND OTHERS

Seventy important questions on healing answered, with many affirmations of tremendous power, that bring to the soul Vibrations of Strength and Courage.

What keeps the doctor working overtime?

Ignorance of Divine or natural laws, carelessness, willful neglect, for everything in the universe is under law. Health is the result of obedience to law.

Condense in your encyclopedia of knowledge the Divine law of healing gained, the main points hold their consecutively until you absorb in every fibre of your being the truth you especially need.

(1) How can I rhythmically attune the physical and mental to the harmony of the Universe?

There are five essentials to promote and to keep in tune with perfect health. They are:

EAT right, BATH right, EXERCISE right, BREATH right and THINK right. The human body is made up of single cells and is a chemical composition of the elements. It is the lack of some one or many of these that cause sickness and inharmony.

When EATING, think you are eating to live, not live to eat, as the majority do. Watch closely your mastication of food, do not expect your stomach to perform the act your teeth were given for.

BATH often, keep the thought of purification in your mind of the outer tabernacle as well as the inner man clear. Keep the colon clean. Drink quarts of water every day.

EXERCISE right, with proper thought of breathing deeply to rhythmic counts of 7, carrying some thought you need most, as "Freedom poise new life," "This is the temple of God. I am recharged with healing power." Deep rhythmic BREATHING from the solar plexus should become a habit.

THINK right, is the greatest of all these with proper thoughts all these things will come to you as freely as you BREATHE to live.

You have observed how at the blacksmith shop the bellows are filled with air that fans the fire into brightness and beauty—likewise if one constantly fills the lungs with God's purifying, vivifying and refreshing air the mind is keen and the body will keep fit, you will be in trim to function on all planes of consciousness.

(2) Is it God's will, all be healthy?

Most assuredly. His will is all be healthy and happy. The old idea of thinking was that however ill or deformed, or if one is taken out early from life, it was God's will. Even yet, when a precious beautiful bud in early life goes out, many say it is God's way, his will be done.

(All that you inherit from your Heavenly Father is perfection.)

The awakened soul finds that God does not desire that any one should suffer, but all should live and express the God-hood of perfection. Going through this life's expression to gain and to grow through life's experiences. It is through disobedience of the laws of nature and oftener through ignorance of the natural laws that illness comes to the human family.

On observation one finds illness is caused from carelessness. Colds, fevers, etc., are caused from a lowering of vibration through over-work, worry and many things too numerous to mention. When the physical is so depleted, the vitality at a low ebb, there is less resisting force, then one is unable to master self, permitting the opening of the door of the physical to disease. One understanding and working with the law know how much they can stand and usually calls a halt in time, otherwise they, too, must suffer the consequences.

Through proper directing of thought-forces, with deep BREATHING, accompanied with powerful thoughts and affirmations of health, is a great crutch to help one over the rough places.

Will-power and determination are the implements the Master has given freely to use for this purpose. He has shown the way, He demonstrated and expressed the great power in his daily life, teaching his disciples the law.

Many may think it too much like work and would rather have doctors and nurses bills beside the suffering entailed. No one gets something for nothing. The law of compensation works according to absolute Justice.

Those familiar with the Laws of Nature, obeying them throughout, are constantly in rapport with the law of perfect health.

(3) What is the result of transgression of the law in any form?

It is causing the sensitive strings of the body and mind to become out of tune. Just so sure as the vibrations are lowered in this manner so sure is the physical impaired. Discord is disease, "Lack of ease." For perfect harmony cannot be drawn from inharmonious notes of an instrument; therefore to maintain an equilibrium, one should keep the watchman at the door, KEEPING WELL POISED WITH CALM DEMEANOR and true harmony, where the vibrations are free and beautiful, this is HEALTH and WEALTH.

(4) On close observation, what does one discover?

That there are numerous reasons for sickness. A very grievous one is inharmonious vibrations in the home surroundings which may cause illness in many different forms also causing unhappiness.

(5) What is the sensitive body compared with?

It is like a harp with a thousand strings constantly being played upon. If the body becomes tense, it closes out the perfect and free circulation of the blood through the physical body. Then the instrument is in grievous need of retuning.

(6) If a patient needs mental quietude, what must be done?

Instill courage by positive, loving words of faith for quietude and strength. This closes out their fear and assists the patient to gradually rise into the vibrations where they themselves can become master of their own temple of God.

Mathew 24:42. For know this, that if the master of the household had known in what watch the thief was coming, he would have watched.

Then watch that the vibrations are kept FREE FROM FEAR, lest the thief steals your good health unawares.

That which means more than riches when good health is gone, for disease is a mental factor as well as a physical factor.

One speaks of nervous exhaustion, low nervous vitality, physical energy, nervous energy. The body and mind must be free from fear, for fear burns out vital force and energy with no strength to resist disease.

All this can be remedied by pure high rate of vibration which generates an equilibrium of new energy. This energy seems a mystery because it is unseen. One does not see life, but life is. And we are apart of this all pervading life. "God Himself cannot give you that which you are unwilling to accept," the Master said to one who needed healing. "Will Thou be made whole." Then again He said, "Behold I stand at the door and knock." Call into expression this great unseen, hidden force, energy and pour out your blessing for the good things already yours in that stillness and sacred silence.

Emerson, the great soul, great because of his developed power, said, "Power is in silent moments."

Go into this silence, speak to him and he hears, for he is nearer than hands or feet. Open the door and let God in. Then you find FREEDOM from fears, for your soul is vibrating in that glorious reality of the Christ presence.

(7) What is the Meteria Medica world fast discovering?

That the art of the spoken positive word, through suggestion, helps to close out fear and does much toward keeping up the courage and the will strong in the patient.

(8) What does the weakening of the will do?

When the will becomes weakened by fear, it immediately lowers to a greater degree still the vibrations of the patient.

In numerous cases it is courage to hold fast, and with this lackage of will-power it is weakening the vibrations, then the door is opened that invites more inharmonious conditions.

(9) What is a good, silent affirmation to help close out fear and for peace and healing love for a patient to use, also to strengthen the will?

Have specified times for the silence and concentration. This is a necessary requisite for bringing healing force and hidden power into activity. "Every atom of my being is filled with love and peace. I have no fear. Just now, I am

radiant with the newness of life. All the cells in my body are free and I rejoice in freedom and boundless peace. I am revitalized and rechemicalized by the knowledge of my oneness with God's healing, purifying love. I am bathed in this healing force, knowing every day is God's day filled with his goodness. I am a part of this allness. I am now radiating this all powerful force of healing love balm out to the world."

Concentrate on this thought, "I AM FREE. I believe and know I am now abiding in the heart of the Spiritual universe, with HARMONY, POISE, POWER, SERVICE, WISDOM, SPIRITUAL SUNSHINE, LIGHT, HEALTH all surrounds me. I now am in loving service of giving and receiving."

I give my own experience in demonstrating absent treatments. In a former lesson on the WILL, I have told you of the power of sending out your thought-force, co-operating with the Divine healing forces. In this manner your thought can be clothed in any dress required by the quality of thought sent forth by the sender. (It is a demonstrated fact thoughts take form.)

(10) How do you treat an absent patient?

In this case in particular, I was called just before sitting down to write to the telephone. The patient needed immediate help. They were in physical and mental distress.

(11) Now for this immediate contact with the patient what was to be done?

(12) Being called from other duties was I fully prepared on an instant to contact the spiritual forces for Healing? Was I quite in Union? God is ever in union with us when we recognize him.

(13) In this case what was to be done?

This is my method and should be all healers' method. First, get into the silence, still the inner as well as outer vibrations then I can contact the finer forces of nature.

(14) But how can I do this quickly?

Music is a quick aid, with deep, rhythmic breathing to count of seven, for music is one of God's great blessings to man and a great connecting link for me, just now in this particular case of absent treatment then calling upon the Divine Healing forces of God.

You may not have a musical instrument! I have seen a whole audience become attuned to the Spiritual vibrations through a harmonica. Anyone can have one. Although not playing any particular tune, can produce and strike harmonious cords or sing softly, this lifts your vibrations quickly. For both absent and physical contact with the patient, I use the piano.

This particular patient for treatment, I take now with me in thought to the piano. Visualizing them sitting in a chair by my side, perfect, knowing God is perfect and is omnipotent, omniscient and omnipresent with them. They apart of this great cosmic consciousness (which is universal reality, absolute and perfect in creation).

I in the allness of the all, am ready now to contact the Spiritual forces through the God consciousness.

(15) Then what must be done?

I become conscious of this union by attuning the sensitive strings of my nature to the Spiritual healing vibrations with the allness of God.

(16) What does this do?

I arise as it were, in this manner above the flesh concept of life, where conditions cannot effect me, then the God of my being is the great physician. The instrument used for the Father's work, my mind, is the great dynamo of God, all used by the Divine healing forces. In this vibration I have instantly reached and touched my patient, through cooperation with God's loving forces, knowing the work is done.

(17) Through me?

Through my willingness to loan my receptive instrumentality to God's finer forces. I have been the instrument to lift their trolley again into higher vibrations of conscious life where they make their Divine Contact. Remember I have found this simple method a good one, for the simple things of life are the real things of God. You may discover a still better way to reach those who need your aid for there are numerous methods, all are good. The one that reaches your patient with the best results is the method for you to use.

(18) What is the most important thing?

It is to be **SPIRITUALLY AND PHYSICALLY FIT** to be the instrument in God's service of healing the sick.

Longfellow knew of this great need of contact with the finer forces, through the silence he recognized the power of silent meditation when he gave to us these wonderful lines of power for healing:

Enter into that inner stillness,
 That inner stillness, for that inner healing,
 That perfect silence, where the lips and heart are stilled,
 Where I no longer entertain my own imperfect thoughts
 And vain opinions,
 But God alone speaks in us,
 And we wait in singleness of heart, to know Thy will
 And in the silence of the Spirit, to do thy will,
 And to do it only.

I often repeat this for the patient I am treating, also have them repeat it with me.

(19) What benefit is it?

Thus they become in closer union with the healer and the forces working through the healer.

It is in this perfect stillness, calmness, peace of Soul and At-one-ment that your patient is retuned, by the Divine forces and healing power, from those who work it is, to come to the aid of distressed humanity. Then like the balm of Gilead flows the electric and magnetic currents through the dynamo freely to the patient either present or absent.

(20) What aid is knowledge of Divine Law toward perfect health?

It is the open doorway aiding all to become superior in power, learning the secret the art of healing self and others.

(21. What should the patient first do to aid the healer and themselves?

To LET GO and relax.

The patient must LET GO of the abdominal walls and solar plexus and learn to breath from the solar plexus rhythmically. An occultist will soon discover the deepest sorrows and the greatest joys effect this physical anatomy.

(22) Can one learn to send the thought-force to any part of the body out of harmony?

One can learn through practice to do this (by breathing through rhythmic counts of seven) thinking and suggesting to the effected part through powerful affirmations and suggestions.

(23) What does this accomplish?

You are rebuilding and recharging with new life energy, through your own great mind forces. THIS IS APPLIED PSYCHOLOGY.

(24) What else is needed?

To RELAX, LET GO. Freedom is what is needed.

Use this affirmation for freedom and malignant growth:

"I AM just now at peace with ALL the world. I AM receiving the healing currents of Spiritual life. New life and energy is flowing through me, with perfect circulation. The nerve cells are giving perfect STRENGTH, VITALITY and ENERGY to (naming the organ of the body out of harmony.. I feel the inflow of healing love permeating my WHOLE BEING. I dissolve all inharmony and disease by my concentrated thought-force and the co-operation of God's great agencies.

This must be repeated as often as possible. Seeing the body in perfect wholeness. Keep this affirmation up long enough, it will dissolve any inharmonious condition. I have demonstrated this fact.

TREATMENT OF THE PATIENT—present)

As in absent treatment, I harmonize with the music, some beautiful thought or prayer is also very good, for one must be attuned to healing forces.

(25) What of the personal contact with your patient?

The first thing I do is to seat them comfortably. Then ask them to LET GO AND RELAX. That they may come up higher in consciousness. Many say they cannot do this; yet they have LET GO of their Divine supply the real thing that keeps them in contact with God consciousness. Through WORRY AND FEAR of what might be.

(26) Is it necessary to get the patient in a cheerful frame of mind?

It is very necessary to change the vibrations as quickly as possible. Suggest something of cheerful conversation to cause them to laugh if possible, that they may forget themselves. This is where music or a song appropriate for healing is good, all the time commanding them to LET GO of the physical body, for when in mental or physical distress, they have unconsciously tensed the whole body, especially the solar plexus this center of their being is pitifully cramped.

(27) What benefit is music in healing mentally or physically?

It assists your patient to LET GO. They gradually rise upward in consciousness where they can more readily feel the real contact with the healing vibrations, where they LET GO of the unreal, to grasp the real—where they discover their treasure house of energy and Divine supply. Where they LET GO of the outer world of things to enter into that inner world where is found health, wealth, peace and joy, that comes from the fountain of at-one-ment with God.

(28) When the patient is quieted and they have LET GO and relaxed, what step is taken?

The Healer must become conscious of the flow of new life and healing power through their hands.

For a Healer knows that the hands and finger tips contain grey matter-intelligence, and that they are connecting links or wires with the brain and solar plexus; then say with Job, with His lamp shining upon my head and by his light, I walk through darkness. Job: 29:3.

And John 4:4. Greater is he that is in you; than he that is in the world.

With this knowledge of God's greatness, you are prepared and attuned to the spiritual scale with the Divine enflow of healing forces of spirit at hand to recharge the patient, through rechemicalization. Knowing you do nothing from your own individuality, but from the power of the great infinite. The words of faith and of courage must be spoken, affirm you are one with this all omnipotent power, one with the healing currents, etc., this Jesus meant when he said, "I of myself do nothing."

(29) Should the Divine Healer inspire faith in the patient?

By all means. Paul said, "Faith is the substance of THINGS HOPED for the evidence of things not seen."

A practitioner or Healer knows well how necessary it is to instill Faith in a patient. Those of the Materia Medica profession are realizing what it means to give the POSITIVE THOUGHT and mental suggestions to their patients. "The tongue may speak to human ears, but Souls are reached by Souls that speak to Souls through the Divine. The Divine Healer becomes through their own developed intuition and God consciousness infused with nec-

essary faith; thus trying to impart the same to the patient, bringing about a transformation by the renewing of your mind. Reaching this height of realization they know their own and the patients need.

(30) Is faith always needed?

No, there are times not even faith is needed to accomplish the healing, although it is a very good thing for the patient to have faith in their physician or Healer.

(31) When you have calmed the patient and have them prepared for the healing treatment what step do you then take?

Stand behind the patient with the tips of the fingers placed in center of forehead. Bring them gently backward over top of ears to base of brain, then downward to shoulders following the arms, throwing off at the hands.

(32) Should one stop at the joints of any part of the body?

No, it is very necessary to continue the strokes onward beyond the joints always. Do this several times, then down the spine, over the kidneys and spleen. Then treat the front of the body in same manner—the vital organs, making passes on down to the feet.

(33) Is it necessary to touch the patient in these treatments?

Many desire it, and it is very beneficial. Others can produce the same lasting results without contacting the patient.

(34) Should one use their mental forces in these treatments?

By all means. I find the silent demand for freedom is very necessary, as well as the powerful spoken words of affirmations, as you heal instill through the spoken word courage and faith in the power through suggestion. Thus you are immortal, you are strong and powerful. You have strong will power to desolve all inharmony. You have freedom and energy in every atom of your being and power to desolve inharmony, bondage and limitations (all the time realizing the God power in you). The God that speaks, you then have no fear. Thus you instill in yourself and the patient faith in your power to heal. (Know of myself I do nothing but through God and the great HEALING powers, that work through me doeth the work of him who sent me.)

(35) What should determine the length of treatment?

One should watch and be guided by intuition and that power which works through you. When the force seems to leave or lessen, quit immediately.

(36) Should a Healer be a Teacher?

Most certainly. They should ever be enlightening the patient. Giving instructions—teaching them that the greatest need lies in their own mental powers to conceive their own great need of co-operation with Divine law and how to co-relate themselves with it for their own good. To establish freedom, energy and fearlessness.

(37) When a Healer has eliminated fear from the patient's mind, what is accomplished?

A great deal has been accomplished toward perfect healing. Enumerate to them the many things **THEY CAN** do to help themselves.

(38) Do many patients expect too much of a Healer?

They most certainly do. This is where they must be taught the truth that "God helps those who help themselves. This is where they must realize their own power that they can become master of their own temple of God.

(39) How can the patient be taught how to increase their own ability?

They should learn to use powerful affirmations of self-suggestions, such as I have given in this lesson on healing. There is nothing so harmful as discouraging self-suggestions, such as thinking they are not going to get well and that the physician, Metaphysician or Healer, will never be able to reach their particular case. In this manner the patient is gradually building a wall around them, by their negative thoughts, closing out the good and perfect healing by their constant mental suggestions.

Fill the mind with positive statements of courage daily. This will close the door of the conscious mind to adverse thoughts of failure. Practice positive thoughts for what one constantly thinks they can do, they surely can do.

This life is one big habit and imitation is another.

(40) Name a good habit for health suggestion.

A good habit is—think I **AM** going to be well, I **WILL** be a success, **THAT ALL WILL** turn out best for **MY GOOD**. The psychology for the business world and the successful person is to expect big things. Never see defeat.

To hold tenaciously to the Faith in the thing they have started out to accomplish. These are the ones who are sure to win against ALL odds, who demands big things and gets them, to know I AM success. To know I CAN BE WELL and happy; it is my birthright. This is the mental attitude and formula for daily thoughts and also to take to your Healer and Physician.

(41) What has vibration to do with Healing?

It has everything. If you are in high rate vibration, you are well and usually prosperous and consequently you will have a contented mind, that also brings you into Happy vibrations. This also makes those around you happy, thus vibrating in a successful mental atmosphere. Then, on the other hand, the low mental rate of vibration one contacts invariably attracts all opposite conditions bringing ill-health, inharmonious conditions, in fact, attracting people and things undesirable. Becoming out of rhythm with self and the world they are in contact with.

(42) What is the psychological key to the Holy Temple?

Try each day to smile all things down. Determine on arising in the morning to meet this day with a smile, closing every negative thought or word from your consciousness. Give a smile to the solicitor at your door, wish them success in their walk of life. They, too, are on the path with you, even though you are ahead. More REASON to thank God for the position you occupy. Forget the difference in station of ALL you meet. See ALL on an equal, if not superior. Rise above all discouragements and see only the bright things which are many. If one will stop to enumerate them, then be thankful and smile. Rise above all petty things, say something nice to someone, try to make them glad.

(43) Can I do ALL this?

Of course you can and much more. Try this receipt today, then you will so enjoy it and the fact you are master of self for one day, you will want to try it another and so on until you form this big habit, and others will want to imitate you, then you will be starting a new link in the chain of life that will be welded together by love and of good fellowship for your neighbor, friends and all you meet on the path of life.

ACCOMPLISHING RESULTS

Results is what you and I are looking for and you **CERTAINLY WILL GET THEM** if you believe in **YOURSELF** and the big things that are here for you to **DO TODAY**, and unwaveringly bend your efforts and energy to accomplish **THESE BIG THINGS** for **YOU** are needed to fill some **BIG NITCH** in life or why are you here?

THE RHYTHM OF LIFE

(44) What is necessary?

Rhythmic vibrations. Then "take time to be Holy." When this is all summed up by the crystalization of the thoughts by the many powerful affirmation, this is a great aid toward helping in concentration of forces, which is not only crystalizing and welding together the thoughts for health. It is essential in success or any venture of life.

Without ostentation keep faith in God's infinitude, which means unlimited. Knowing we are Finite and are **LIMITED**. Therefore, must work within God's **LAWS**. Teachers and Metaphysicians must reveal to the patient their possibilities of their own great being and their own power to overcome.

(45) What happens to those who are forever thinking of self?

These usually are the ones who are forever sick, nervous and discouraged, for they are **FOREVER THINKING** and talking of their troubles, their own unhappy conditions. These are forever banking their own numerous **LIABILITIES** and not their assets.

This is where rhythm comes to the aid of those who are willing to accept it in its fullness.

If you want to be morally, physically and mentally healthy, one must **LET GO** of all these every-day worries that bother the sensitive strings of life, never nurse them but **LET THEM GO**.

(46) How can one reach this rhythmic vibration?

To get into rhythm with God's great universe, one must learn **TO FORGET**. To do this is to **LET GO** of malice, Jealousy and envy. Use a vacuum on the mind making a thorough house-cleaning, for if you do not you are accu-

mulating that which is like deadly poison to the physical body.

(47) What of the tragedies in my life, you will say?

I cannot impress too forcibly this thought of LETTING GO. LET GO of all the tragedies of life, you can and you must, if you hope to get your portion of Joy out of life.

I have told you life is a bundle of habits. Get out of the habit of clinging to trouble. LET IT GO. (But you say I can't.) Oh, yes you can. Go out on your observation train and you will find far greater tragedies in other lives, making yours dwindle into nothingness. Too many are so busy holding on to their own—fearing to LET GO of them. They become too selfish in their trials and thought of self to help some one else less fortunate than themselves.

(48) FEAR. What does that do to the health?

It tears down rhythm, poise and vibration. Many fear the physical heredity of their ancestors until they actually contract the malady. These must be taught to LET GO of the thought of physical infirmity and establish in the mind the thought of FREEDOM, realizing their oneness with the God power and healing currents that surround them.

I cannot emphasize too forcibly upon your minds the necessity of closing out FEAR. When the patient has perfect trust in God, thus do they cast out FEAR, for then the Spiritual consciousness is quickened into the realization of their oneness with the Divine power and that God is omnipresent.

(49) How many know what love means?

What real sacrifice means and many other things in the esoteric meaning? This is why I emphasize the thought of gaining daily more knowledge of Divine laws that one may know themselves.

(50) What benefit is derived from this knowledge?

They will acquire knowledge of how to become creators of harmony and of rhythm. Learn to harmonize the physical body by filling the mind with thoughts of love for all humanity, only then will thy own Soul learn to live in rich fullness, filling their Soul with Divine essence of love, goodness and consideration for others.

(51) How can one learn to create thought-forms?

See thy self perfect. This is the meaning of—as a man thinketh, so is he. "Know you not that your body is the

temple of the Holy Spirit" which is in you. Jesus said, "I can of myself do nothing. The Father abideth in me, does the work." Make your image clear and distinct, perfect and symmetrical. This is imperative, whether it is a thought-form for physical perfection for a home, automobile, etc., if the thought-form is carried strong enough and long enough, you can draw the thing to you, but be sure it is something for your own good or good of others, otherwise one may draw disaster to themselves, there is a law, do not disobey it.

(52) What does disease mean?

It is lack of ease, caused by a lowering of vibration and from the disobeying of some NATURAL LAW causing inharmonious conditions. Learn to manifest freedom by living a rhythmic life. LET GO of FEAR and WORRY. This is a formula and foundation for health and perpetual youth. Disease will not attack one whose mind is centered upon the greatness of God's Divine Love and whose feet are planted on the solid rock of FREEDOM'S rhythmic shores, where the incoming of God's mighty tide washes FEARS of coming trials and disasters from the mind, bringing an INFLUX of precious peace and poise as the choicest rhythmical music can calm and sooth a tired and wearied Soul.

(53) How may I keep in rhythm with God's universe? How can this be accomplished?

Hush the thunder of the tumultuous winds of strife, seek the quietude of the vales. Learn to enjoy the hush of night the beauties of the noonday, the trailing moonbeams or the ocean's waves, the stars of night that shine as bright for the poor and lowly as for the rich. Even God's beasts in the forest with the soft tread. Learn to put the arms of compassion around those in sorrow and distress and just know, you are a link in the great chain with it all.

Silence the throbbing of the body. LET GO, say to yourself through it all, be still in the depths of my Soul, keeping in rhythm. Learn the art of TALKING in RHYTHM, WALKING in RHYTHM, BREATHING in RHYTHM. Permit every moment to be RHYTHMIC, then the thoughts will be like sweetest music, for you will be as a well-keyed or stringed instrument of true rhythm, keyed to the harmony of the spheres and the Universe. As

Jesus, whose intuition was so developed, HE KNEW who was true and who was false, and where pretended love became a mockery.

An old Chinese Philosopher said, "Leave all things to take their natural cause." For then only will things be righted in time and in season. The darkest, muddy pool of water if left quiet will clear itself. LET GO of all the excess baggage carried so long. You will discover FREEDOM of Soul never dreamed of, for looking upward beyond the dark storm clouds will be seen God's sunlight still shining.

(54) What is THE DIRECT KEY?

Love is the key. The Master Jesus taught this always, yet so few have it. It seems many have lost sight of it in this mad rapid whirl of living. LET GO of this whirl, ere it sweeps you outward, then you will discover this KEY Jesus left, "Love ye one another." Apply it in the lock that will open the door to the Kingdom of FREEDOM and PEACE. Get to yourself, enter into the closet that Jesus tells us and shut the door of the mind, FOR IN THE GOLDEN MOMENTS of silence does God speak to our tired Souls, peace and comfort. Go here often where you can realize your oneness with God, and LET GO, where Divine Love can flow freely through you. Where you liberate the mind from all thoughts of the outer world and look within. There you will discover all, for what is found within you, will be reflected to the outer world. See yourself a perfect child. A Divine image in the Father's love. This is where you LET GO, going higher where you are above the storms and strife of earth conditions.

(55) Can I get into the habit of rhythmic breathing?

You easily can form this habit if you observe closely. Let the thought of rhythm penetrate through and through and exhibit it in all you do. SING, WALK, DANCE, TALK, BREATH, all in rhythm, this is health. Those constantly in the battle of life are at war with themselves, but those who keep in perfect harmony and rhythm through it all are the ones who succeed, becoming also a tremendous aid to other people.

(56) How can I create?

One must recreate and rebuild daily by LETTING GO and seeking the rhythmic law. All feel a deep impulse some time in life to be of service. He who will love and give

service has the making of a Master. When one automatically becomes rhythmic in their daily walk of life, smiling at this existence with a song in the heart. It not only inspires and helps self but others also, for one must acquire knowledge to tune their own instrument before they can retune others. As you walk and talk in rhythm, you gain strength and poise. The voice throws out greater strength, then acquire knowledge of the science of rhythm of life through vibrations, then you learn the road to health. Genius never thinks it is great. Then permit yourself to acquire the simple loving method of living through following the example the Christ demonstrated in his daily life.

(57) When one discovers the true definition and location of God, what is found?

Then one can easily discover the SOURCE of Divine Supply and the road to perfect health and happiness.

There are a multiplicity of methods and ideas on healing. ALL ARE GOOD. It is all Divine Healing, for all originates from God.

(58) When the final analysis is taken, what does one discover?

That the MIND (which should be the Master) has a stupendous part to perform in the perfecting of the physical body.

This seems not a marvelous fact to the students of psychology. This very necessary truth was discovered thousands of years ago, when the old philosophers said, "As a man thinketh so is he."

The new applied psychology defines and analyzes its vastness. "Make the mind work for you, not to pay Doctor bills, but to perfect the body by right thinking, then one becomes their own physician."

These connecting links and methods of healing are numerous and called by various names, some healing by mental telepathy, others by auto-suggestions, thought transference, psychotherapy, some call it science of psychology, spiritual healing, Divine healing, healing by laying on of hands, mental science, self healing, etc. Whatever method used, it must be acknowledged it is a great truth, for marvelous results have been demonstrated.

Christ, the Healer, used various methods. Follow His ideals, then one need have no fear of going wrong. The

Bible has a history of marvelous healings called miracles. Here are just a few of them. Healing by magnetized articles will be found in II Kings 4:29, Acts 19:11-2. In the New Testament are many experiences. A few are Mathew 8:5-13, also 12:10-13, Mark 2:2-5, Luke 5:17-25, John 4:47-54 and Luke 9:11.

Old Testament:

Numbers 21:8-9; II Kings 5:1-14, I Kings 17:17-24. Revelations 1:10, II Kings 4:18-37, and numerous other places will be found in the Bible of healing. "Read your Bible." The disciples were charged to heal the sick. In Mathew 5:8, Luke 9:2, also 10:9, disciples heal the sick. Acts 14:8-10, also 3:18. Gifts of Healing, I Corinthians 12:9-28.

Prepare Thy own temple first by prayer, powerful affirmations, with high and lofty ideals, thus making it a fit habitation for God, then put into practice any method of healing that appeals to you most. Close out all fear, for you do nothing of yourself but the complete form of healing is given through you, not by you.

Realize that PERFECT FAITH AND TRUST will cast out ALL DOUBT OR FEAR of results. The more exalted one becomes at this particular time, the easier and free'er the healing power and force can do the work through you. (Meditate on these Bible quotations for HEALING when in silence.) Whatsoever things are true, honorable, just, pure, lovely, of good report. Think on these things, and the GOD of peace shall be with you.—Paul phil. 4:8.

Greater is he that is in you, than he that is in the world —John 4:4.

(The first thing in all HEALING is to recognize the all-prevading presence and the all-powerful mind of GOD; is able to heal any and all disease, both of mind and body.)

Learn what the mission of the solar plexus is and its relation to the Soul. (Awakening it into new life.)

(59) Have you perfect and full control of the physical when you sit down in quietude, closing out the world?

If you have, the next step is—go further, be perfectly still. Relax, LET GO, let every muscle take their normal place and breath rhythmically, thinking constructively, for only with proper thinking do you breath.

(For do you know you can only live four minutes without breathing.)

(60) But forty days without food? Then practice to breath deeply and eat less. This means longevity and newness of life.)

This removes all pressure from the nerves and eliminates that tention which so frequently produces physical exhaustion and mental defection.

(61) What does tention do?

TENTION leads to mental unrest, worry, care, fear and anxiety, closing out the free circulation of blood from millions of life cells.

(62) What must you do then?

Learn to relax, LET GO of the abdominal walls and let the solar plexus breath, then daily and hourly you will be building a new body.

(63) What does relaxation do?

It allows the solar plexus a chance to breath, the mental faculties to exercise greater freedom. This is an absolute necessity.

(64) Why is this true?

This is in order to allow the solar plexus really to function. You will be surprised at the result of freedom and rest your tired nerves receive.

(65) When the solar plexus contracts what does it do?

It withdraws the life giving force from the body. A continued contraction of the nerves results in nervous tention, causing many times nervous collapse and other dangerous maladies.

(66) What does a great shock do to the solar plexus?

It contracts, shutting out the source of supply, unless understanding the great laws governing the physical body, for the solar plexus is the point where life is born. Love radiates from this center. The contracting of the solar plexus closes out the outflow by inharmonious condition, caused by inharmonious thinking.

(67) What benefit is occult breaths and exercises?

They awaken the solar plexus, allowing it to shine forth as a great Sun. Keep shining and no unkind words or actions will disturb your peace of mind. Keep positively radiant—it wields an immense power for good to those less positive than yourself. A radiant presence without the

spoken word often stills the turbulent minds that are touched and distressed by earth's sorrows.

(68) What is the first great aid to breathing?

Thinking. You must form new habits of thinking and breathing. You will find it hard at first to form this new habit of deep rhythmic breaths. **KEEP ON BREATHING UNTIL YOU HAVE THE HABIT OF FULL RHYTHMIC BREATHING.** Those who are forever sick are those who fail to breath correctly.

This thought I want to impress upon the student.

If you hope to reach the Kingdom of Health and Happiness, breathe right, until you form the habit.

This will become the most profitable of anything you ever did. This will be a new habit of thought. Practice breathing deeply and be sure you have plenty of fresh air while doing it.

"Practice rhythmic breathing like you meant it." You will soon discover the road to perfect health.

(69) Can one claim to give spiritual development to another?

No—only a Soul ITSELF can earn it.

"Talk happiness and smile, it becomes habitual. Talk health and practice optimism, it's contagious. It will become a part of your daily life. The world is already sad enough."

"The Master Key," by Chas. Hannel, tells us, "In HIM, we move and have our being" and we are told that He "Is Spirit" and again that HE "Is Love." So that every time we breath, we breath this life, love and spirit. This is Pranic Energy, or Pranic Ether, we could not exist a moment without it. It is cosmic energy; it is the life of the solar plexus.

Every time we breath we fill our lungs with air and at the same time vitalize our body with Pranic Ether, which is life itself, so that we have the opportunity of making a conscious connection with **ALL LIFE, ALL INTELLIGENCE AND ALL SUBSTANCE.** "Let your soul out of its shell and grow."

(AFFIRMATION)

"Through awakened Soul intuition, I become a self-centered generator. In this Christ consciousness, I AM full

of love and healing power, through which the Infinite healing power can focus a ray of healing Wisdom, which gives me dominion over every state of body and mind through which I may become MASTER. I will broadcast over the radio activity of my mind HEALTH TO ALL THE WORLD WITH SUCCESS TO ALL, MATERIALLY AND SPIRITUALLY.

Go now, dear students of truth, carefully and prayerfully, out on your observation car and psychologically study self with this foremost thought that "I see encompassed about me (as you pass this way but once) health, wealth and success. On every side I am viewing unsurpassing beauties for me to utilize as my own."

Familiarize yourself in passing with all the things that are yours to have and to hold knowing "All the Father hath is mine."

There is but one great power in the Universe, a vast reservoir of HEALTH, STRENGTH and NEWNESS OF LIFE, whereby, on this "Path of Life" all can make tangible connection but do not expect all roses, unless there were some briars one WOULD NOT thoroughly enjoy the beauty, fragrance and fullness of life. For the rose needs constant cultivation to bloom and give forth to you its sweetest fragrance.

If one travels onward with undaunted courage toward this rising sun of a new day, still a greater heritage and knowledge of limitless power and ability will meet you on reaching the end of this life's journey. Then one will step forth from earth's observation car, transferring to one of greater beauty and splendor, traveling onward through eternity on evolution's train, striving still to reach the meridian of truth. Be not afraid to put your loving arms of compassion around those needing you. For your fare must be paid THROUGH SERVICE. Heal the sick, comfort the sorrowing, do not weary in well doing, God's storehouse is full for those who give.

Light will be upon the path to guide your footsteps in the right direction. You should have NO FEAR, for God's great power and protection surrounds you, for the Christ CONSCIOUSNESS well developed enlists myriads of forces to aid in constructive useful activity "upon the path" of the Souls' Evolution.

(AFFIRMATIONS)

Have a specified time each day to relax, LET GO, and silence the throbbing body. Meditate on your powerful affirmations.

"MORNING AFFIRMATION"

Through awakened Soul intuition:

I BECOME a self centered generator,
 IN THIS Christ consciousness,
 I AM full of love and healing power,
 THROUGH WHICH the Infinite Healing
 POWER CAN focus a ray of
 HEALING WISDOM,
 WHICH GIVES me dominion over
 EVERY STATE of body and mind
 THROUGH WHICH I may become Master.

"God's healing power through the Christ love and his ministering Angels heals and revitalizes my whole being. I now speak peace to the world."

"HIGH NOON AFFIRMATION"

FOR POSITIVENESS AND TO CLOSE OUT FEAR,
 TAKE TIME, GO SLOW WITH DEEP,
 RHYTHMIC BREATHS

With deep, slow inhalation and exhalation to count of seven for each line:

I have freedom from fear for I have INCREASING FAITH, ACTIVITY AND POWER DAILY.

I AM free from BONDAGE of LIMITATIONS or ILLUSIONS.

I AM all power, all force, ALL justice, ALL goodness, ALL peace.

ALL trust, for perfect trust casteth out ALL FEAR.

I AM abiding in the heart of the spiritual universe.

Here is one endless chain of new life and energy—

Where abideth poise for I AM in perfect rhythm—

Which is life, perfect health and all success—

From out this temple I speak peace to the world with loving service—

I AM in at-one-ment with the Master physician.

In these stated periods for meditation, affirmations and prayer, one gets a firmer grip of self-possession and poise, coming forth to contact the outer world and its activities with greater calmness and generosity.

“EVENING AFFIRMATION”

I know there is a sacred shrine within my mental world. I must look often therein and see what I have hanging upon its walls.

If I would dwell in this Sacred Shrine, this inner room of the Soul, and rest, I must BE STILL and know, I must enter this room in sacred silence. I must keep it in order. To do so, I must LET GO, relax and look within, knowing God is ever present, therefore, I have no fear, for this sacred room is a pure, sweet avenue for my soul to manifest through my physical to the world. Out of the DEPTHS of the stillness I THANK THEE, Oh Infinite Father, for the day and Divine protection through this night, for strength and peace that now keeps this TEMPLE in perfect order. I now am at PERFECT PEACE, LOVING ALL, FORGIVING ALL. I speak peace to all the world.

Expect healing and see how quickly you are benefited. Emile Coue's affirmation was "Day by day, in every way, I am getting better and better," but to it should be added, "But I must work for it."

Just as you work for Realization, Illumination, Health, Peace and Spiritual Sunshine.

AFFIRMATION FOR MIND POWER

I AM an awakened Soul because I AM formed of the Soul substance of the Eternal One. I CAN no more die than my Father God; therefore, I speak the words of HEALTH, PEACE, FREEDOM AND NEW LIFE, I AM MASTER of this physical body for MY MIND now becomes master.

Through willingness to do Thy Divine will obeying the law, hath made my body whole.

I will now keep my thoughts in a channel that will help me to love, work and study elevating literature, that I may renew my mind daily and fill my consciousness with renewed courage and higher ideals.

Through thought affirmations I will acquire a firmer hold of the LIGHT that radiates from the Great SOLAR PLEXUS of PEACE, POWER and NEW LIFE."

HEALTH AFFIRMATION

Emphasize the I AM—I AM power, I AM health, I AM success, materially, physically, spiritually. Father free me from bondage of the flesh, from all limitations or illusions of any kind, "All that the Father hath is mine," and the Father's supply is unlimited.

To be well in body I must also be pure and noble in mind and consciousness.

My thoughts must travel on the path of purity and uprightness, thinking all Souls are traveling on the path in like manner. If I AM permitted, on the pilgrimage of the Soul's Evolution to pass them, I will offer up a prayer for strength and light to aid their pilgrimage on the path.

(A mind that is easily charmed by false flattery and appearances cannot see the better things when the Soul is on the path of Divine light can they discriminate correctly.)

AFFIRMATION

LESSON FOR SILENT MEDITATION AND PEACE AND FOR DETERMINATION, CONCEN- TRATION AND FREEDOM

Go alone into the silence, RELAX, LET GO, permitting the mind to lead, breathing deeply as you do so, to the rhythmic count of seven. (For every sentence) this is VERY necessary and beneficial.

Before entering the silence, stand erect, raise the arms upward above the head, one deep inhalation as you do so to the count of seven, then gently lower arms, touching floor (as near as you can) to the same rhythmic count of

seven, exhaling breath, speaking the word, peace, as you do so.

(70) What does this accomplish?

This is very necessary to raise the vibration above the sewerage of the mental sea one contacts in their daily life, here you sense greater freedom and peace, freeing the mind of all mental cob-webs. Be not satisfied with self lest you stop progressing. "Woe to him who is fully satisfied."

(SILENT AFFIRMATION)

Now enter the silence with a prayer, for all good to FLOW TO YOU. Concentrate for a time on PEACE AND HARMONY: Then slowly affirm.

I KNOW there is no limit to the heights I can attain. I HAVE STRENGTH, FORCE and POWER equal to my DEMAND. In this manner I AM in the fullness of life, expecting the best to come to me.

Through this realization, do I ever draw the refreshing waters from the deific fountain of life—with the realization of still greater possibilities—seeking always this pathway that leads me onward toward the rising sun, on its horizon, do I see greater promises for me and for all who are willing to take and to hold. Only now do I really live, seeing by its brightness, to walk on life's path, for health and wealth are my Divine heritage. In this do I discover how to live scientifically. Then keeping my mind closed to all negative thoughts; thus becoming receptive to all pure, ennobling thoughts.

This is cosmic life (the allness of the all), for it unites me with the Universe and the laws governing it. I AM NOW keyed to the perfect RHYTHM of life, in TIME and TUNE. In this vibration I AM in harmonious relationship with the higher spheres. Through nature I hear God's music and His secrets are revealed to me. Through my awakened consciousness I AM in co-operation with God's universal laws. The sensitive strings of my nature are now keyed to the harmony of the spheres and ALL LIFE. ILLUMINATION NOW LIGHTS MY PATHWAY. ALL IS PEACE.

A splendid lesson on HEALTH IS—

"Give your body the benefit of plenty fresh AIR, SUNSHINE and WATER. This is the greatest and safest tonic.

With a rest period occasionally, where all cares, worries and work are forgotten, living in God's great out-of-doors with nature, remember, just reading these affirmations will get you no where. It is in practical application only will you get value received. As in everything else worth while.

We discover on first investigation, there are so many beautiful principles ON THE PATH of truth that it is difficult to decide where to begin, although the only scientific method is—"start at the basic principles," to gain full knowledge of the law, then there will gradually be unfolded and revealed, the great powers inherent and dormant in each Soul that need only the creative thought to awaken them to greater possibilities. Ignorance and superstition is fast disappearing, progressive people are thus lifting humanity out of the old conventionalism placing their feet UPON THE PATH of a greater realism.

Through the higher psychology of self unfoldment one is given the key, but the Soul alone must have the knowledge of how to correctly apply it; to know self and the limitless possibilities of thought power is to have the key to the Kingdom of life that leads all Souls to still greater possibilities ON THE PATH.

One gets out of anything just to the measure of interest, desire, hope and aspiration manifested. Everything in life worth while is accomplished through work.

Store all the affirmations and constructive thoughts throughout the lessons in the sub-conscious to be tapped when needed.

If you permit your thoughts to be unprejudiced without condemnation, laying aside bias and preconceived ideas until you have gone through these pages, with unreserved opinion, you will discover many facts of helpfulness that no longer are hidden as you familiarize yourself with the Universal laws of life. Glean all you can from the thoughts expressed in its pages, then keep going onward and beyond with still a greater urge for TRUTH. Tuning into greater currents of thought to higher and still nobler ideals ON THE PATH.

"I know I must have dauntless COURAGE to travel onward ON THE PATH," even though sorrows visit my door or privation enter, nor permit the relentless steel of

jealousy and malice, or the disappointment in those whom
I thought were trusted friends, wound my soul.

Yet will I walk with head erect;

AND STILL KEEP LIVING ON.
NOT UNDERSTOOD

We move along asunder,
Our paths grow wider,
As the seasons creep along the years,
We marvel and we wonder,
Why life is life and then we fall asleep,

NOT UNDERSTOOD.

We gather false impressions,
And hug them closer,
As the years go by,
Till virtue oft' times seem to us transgression,
And thus men rise and fall and live and die,

NOT UNDERSTOOD.

The secret springs of action,
Which lie beneath the surface and the show are disregarded,
And with self satisfaction,
We judge our neighbor and they often go,

NOT UNDERSTOOD.

Not understood? How trifles often change us,
The thoughtless sentence, or the fancied slight,
Destroy long years of friendship and estrange us,
And on our Souls there falls a freezing blight,

NOT UNDERSTOOD.

Poor Souls with stunted visions,
Oft measure giants by their narrow gage,
The poisoness shafts of falsehood and direision,
Are oft' impelled against those,
Who mold the age,

NOT UNDERSTOOD.

How many hearts are breaking,
For lack of Sympathy—Ah day by day,
How many cheerless, lonely hearts are aching,
How many noble spirits pass away,

NOT UNDERSTOOD.

Oh, God that man could see a little clearer,
Or judge less harshly when they cannot see,
Oh, God that men would draw a little nearer,
To one another,
They'd be nearer Thee,

AND UNDERSTOOD.

—Anon.

THE END



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